

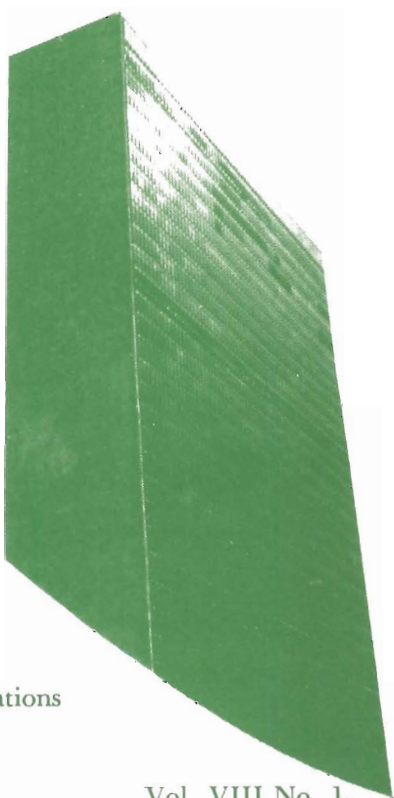
# Meditation at the United Nations

United Nations:



the Heart-Home  
of the World-Body

Monthly Bulletin of  
Sri Chinmoy Meditation at the United Nations



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MEDITATION  
AT THE  
UNITED NATIONS

MONTHLY BULLETIN OF  
SRI CHINMOY MEDITATION  
AT THE UNITED NATIONS

Since January, 1973, Sri Chinmoy Meditation at the United Nations has published the monthly bulletin, *Meditation at the United Nations*. This publication offers a basic introduction to meditation techniques and spirituality through questions and answers and lectures, and also reviews the Group's activities. Profits from the sale of this bulletin are donated to UNICEF.

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# SRI CHINMOY MEDITATION AT THE UNITED NATIONS

United Nations:



the Heart-Home  
of the World-Body

WE BELIEVE and we hold that each man has the potentiality of reaching the Ultimate Truth. We also believe that man cannot and will not remain imperfect forever. Each man is an instrument of God. When the hour strikes, each individual soul listens to the inner dictates of God. When man listens to God, his imperfections are turned into perfections, his ignorance into knowledge, his searching mind into revealing light and his uncertain reality into all-fulfilling Divinity.

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## EDITOR'S NOTE

*Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents, who believe that inner reflection and meditation can bring us in touch with the founding spirit of the United Nations and inspire renewed dedication to its ideals.*

*The main focus of our activities, both in New York and in Geneva, is our twice-weekly meditations, which provide an opportunity for quiet, spiritual renewal in an atmosphere reflective of the highest purposes of the world organisation. In addition, through an ongoing series of conferences and symposia, we provide forums where ambassadors, Secretariat officials and staff, religious leaders and other world-minded individuals can share and reinforce their spiritual vision for the United Nations.*

*The Meditation Group was founded in 1970, when interested staff members invited the distinguished spiritual leader Sri Chinmoy to conduct non-denominational meditations at New York Headquarters. Since then, the Group's membership has grown considerably and its expanded activities have been warmly received by the U.N. community.*

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## SPECIAL ISSUE FOR THE INTERNATIONAL YEAR OF THE CHILD

This issue documents some of the varied ways the Meditation Group has joined in the celebration of the International Year of the Child during 1979. Our participation in these activities and commemorations represents our humble efforts both in the U.N. community and throughout the world - to focus attention on the U.N.'s lofty ideals and forward-looking programmes for IYC.

Inspired by the declaration of the Year of the Child, Sri Chinmoy, the Group's leader, dedicated a painting to IYC and composed the song, "This Is My Year." At a reception-luncheon held at Headquarters on 27 March 1979, the painting was presented by Ambassador Jaipal on behalf of the Indian Government to Assistant Secretary-General Dr. Lim, Special Representative for IYC. Highlights from the reception appear in the March 1979 issue of the Bulletin.

At the back of the issue are questions and answers relating to the United Nations and meditation philosophy, which are a regular feature of the bulletin.

## INTERNATIONAL YEAR OF THE CHILD HONOURED IN WASHINGTON

*On 23 May 1979 the Meditation Group was invited to join with the U.S. National Park Service to honour the International Year of the Child in a reception and tree planting ceremony held at the National Visitor Center in Washington. The programme coincided with the opening of a two-month exhibit in the Visitor Center of Sri Chinmoy's paintings, dedicated to IYC and sponsored by the Park Service.*

*The reception included remarks by representatives of the Park Service and the IYC Secretariat, and by Congresswoman Geraldine Ferraro, as well as a short meditation by Sri Chinmoy. Under-Secretary of the Interior James A. Joseph unveiled a tree dedicated to the International Year of the Child. Attached was a plaque with a quote by the Secretary of the Department of the Interior, Cecil D. Andrus, as well as Sri Chinmoy's IYC song. Fourth and fifth graders from the Chevy Chase Elementary School Choir sang Sri Chinmoy's "This Is My Year," and the Meditation Group Singers performed other U.N. songs. Later Sri Chinmoy offered an esraj concert.*

*Excerpts from the programme follow.*



*Mr. Ira Hutchison, Deputy Regional Director of the National Parks Service:* It is indeed my sincere pleasure to welcome each of you to the National Visitor Center for what I happen to believe is a very special and meaningful occasion, and I would assume, by your presence, that you share that feeling with me. On behalf of National Park Service Director, Phil Whalen, I would like to say that the National Park Service is extremely pleased to be a part of this programme, one which is dedicated to the children of the world, the future of tomorrow, if you please. We are indeed delighted to see so

many of you here and appreciate the fact that so many of you from the Congress and the diplomatic and art communities, as well as others, have taken time from your busy schedule to be here to pay tribute to the Year of the Child and the works of Sri Chinmoy.



*Mr. Kevin Keefe, UNICEF, for IYC Secretariat:*

I am very happy to be here today on behalf of the IYC Secretariat. At this time UNICEF, which has been appointed as the main co-ordinating body for the International Year of the Child, is having its Executive Board meeting in Mexico City. Because of this meeting, Dr. Estefania Aldaba-Lim, Assistant Secretary-General and Special Representative for IYC, was unfortunately not able to be with us today. I know how much she would appreciate this programme in the National Visitor Center.

Twenty years ago the Declaration of the Rights of the Child was unanimously passed by the General Assembly. We are very much aware today that it is still a far cry from total implementation. However, as Dr. Lim has pointed out on other occasions, we also want to keep in mind throughout

the Year the truth, the beauty and the joy of Childhood.

We feel in the IYC Secretariat that it is very appropriate that the National Parks Service and the Department of the Interior are part of this programme in support of the International Year of the Child for it is the Department of the Interior and the National Parks Service in this country that have very much kept alive the spirit of the child within all of us. We are very grateful for those organisations that are trying to keep the spirit alive in us. We also feel it is very appropriate that the Meditation Group and similar organisations have offered their wholehearted support to the International Year of the Child. As I understand meditation, it is to bring forth this spirit of positive good within us, to bring to the fore—if you will allow me to use the expression - the divine child or the eternal child, that spark within all of us.

For many of you that are here, this is not the first time you have supported something to do with children and I am sure it won't be the last. That is the spirit of the Year as it was created—to bring a focus on the problems and on the opportunities of the children of the world and to bring even more of a focus on their future. The IYC won't end with 1979. Those of us who work with international organisations of national, unilateral or bilateral aid organisations, appreciate your support—from the members of Congress and members of the governmental agencies throughout the world. We depend on and will continue to count on your support, both through your governments and through your individual efforts. Thank you very much.



*The Honourable Geraldine Ferraro, Congresswoman from New York:* International Year of the Child is an appropriate time for us to recognise the simplicity and unabashed freedom of the childlike spirit, to draw from those values and incorporate them into our adult lives. We tend to believe that maturity requires us to abandon what we believed in as children. Yet our society would function at its

fullest potential if we were to combine the values of childhood with the reason of adulthood. Compassion, which is innate in our children, becomes too tied up with the dollars and cents considerations of adults.

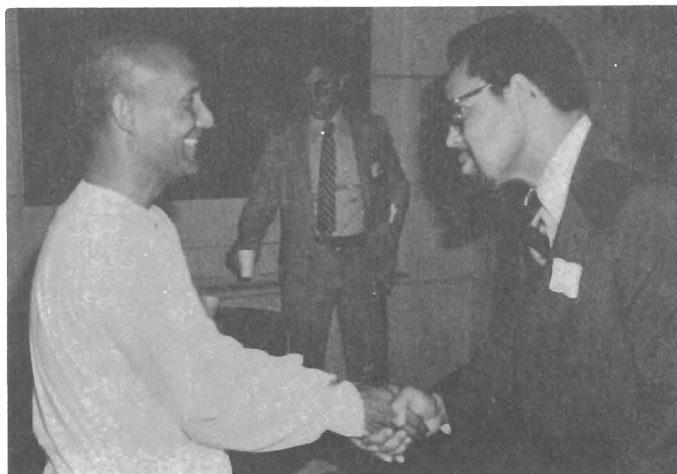
As a member of Congress, I see my colleagues and I attempting to rationalise necessary humane legislation in terms of the fact that in the long run it will save us money. But our obligation is to legislate with compassion, to devise social programmes and solve national problems with compassion, to bring to our government the same compassion that we were born with. Our responsibility is to be careful not to substitute talk of cost-effectiveness for talk of compassion for the weak and the needy.

Our government and our corporate boardrooms would be better served and would better serve the needs of this nation, would better reflect what we should represent, if we could bring to them the freedom from prejudice that our children bring to their lives; and as a first task in the International Year of the Child, bring to our adult society the precious values of our children, to rise above the petty prejudices and inhibitions of adulthood, and hopefully lead our nation and the world in compassion for others.

But that is only half of the responsibility that the International Year of the Child places upon us. We also have an obligation to protect and to preserve our children. It is incomprehensible that in our modern society, child abuse has reached epidemic proportions. It is wrong for this nation, the richest in the world, to have starving children in our urban ghettos and our underprivileged rural areas. Our

obligation is to protect the childlike spirit against those who seek to break it, whether consciously through abuse or whether unconsciously through neglect.

The International Year of the Child should serve as a starting point for us. It should be a springboard for renewed awareness of the value of our children, and of our need to protect them as they remain vulnerable. I hope that it will not just be talk for this year, and this year alone. The International Year of the Child must become more than a one-year celebration. It must become more than just words. It must become deeds. It should remain a lifelong commitment to children of this and every generation to come. Thank you.



*The Honourable James A. Joseph, Under-Secretary of the Interior:* In this ceremony to commemorate the International Year of the Child, we will be unveiling a plaque and later we will be dedicat-



ing a tree. In reflecting on that I recall the words of Joyce Kilmer, that "Poems are made by fools like me, but only God can make a tree." There is something spiritual in a tree, as there is something spiritual in a child. A tree symbolises our faith in the future, as a child symbolises our hopes for that future.

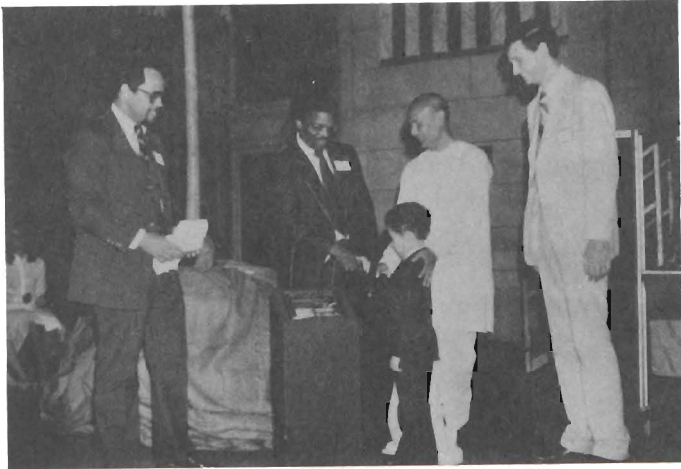
Like the tree, the child must struggle for life and growth. In order to reach maturity, it must survive the winter storms, both of nature and the spirit. Without young trees, our forests die. Without children, humanity would wither and fail. The young tree that replenishes the forest does not know whether it will prosper and grow to maturity. Likewise the child rarely pauses to analyze its chances of success. Instead, it bounds ahead joyously, unfettered by the bitter knowledge of success and failure which comes to him later in life.

Those of us who have devoted our lives to the struggle for dignity and decency can add a personal note. When we marched in the streets to preserve and protect inalienable rights, we believed that the struggle was for us, the participants. Looking back, we now know that the battle was not for us at all, but for our children and our children's children. The struggle to establish justice, to ensure domestic tranquility, and to promote the common welfare, must exist in perpetuity. We know that justice is not a self-fulfilling prophecy and freedom not a guaranteed condition. They are instead the product of eternal vigilance, to be secured by each succeeding generation in the onward march of humankind.

To paraphrase the Robert Frost quotation, which was a favourite of the late Robert Kennedy, the world will always have those who see things as

they are and ask why. What the world needs are those who see things as they might be and ask why not. This, I submit to you, is the special province of the child, because in those of us who are older, there reside forces which too easily sound the trumpets of alarm, forces which whisper that the task is too difficult or that somehow we cannot succeed. Such forces rarely reside in the child.

So it is with a special sense of pride that I participate in the symbolic dedication of a tree to the children of the world and to the spirit of the child, which I hope will continue to reside in each of us. Thank you.



*Mr. Loren Hart, aged 6, shakes hands with National Park Service Deputy Director Mr. Ira Hutchison, after unveiling the commemorative plaque for the dedication of the "Children's Tree."*



*The Chevy Chase Elementary School Choir performs "This Is My Year "*

INTERNATIONAL YEAR OF THE CHILD  
CELEBRATED AT THE  
JHARNA-KALA GALLERY

*The evening of 14 August 1979, the Mission of the Republic of Panama to the United Nations and the Meditation Group at the United Nations sponsored a reception in commemoration of the International Year of the Child, which was held at the Jharna-Kala Gallery on Madison Avenue. Distinguished speakers from varied Permanent Missions offered brief remarks on the spirit behind the Year of the Child as well as expressions of solidarity and their commitment to the world's children. The Jharna-Kala gallery was at the time displaying among its collection the painting created as a special tribute to the Year of the Child by Sri Chinmoy. The programme also included the performance of Sri Chinmoy's song, "Thus Is My Year," by a children's choir and the Meditation Group Singers. Excerpts from the programme follow.*



*His Excellency Dr. Jorge E. Illueca, Permanent Representative of the Republic of Panama to the United Nations:* Ladies and gentlemen; it gives me great pleasure in the name of the sponsors of this event to greet all of you and to express how much we appreciate your participation in this programme to commemorate the International Year of the Child.

I also wish to express our appreciation to the Jharna-Kala Foundation for the generous hospitality extended to us in the inspiring atmosphere of this art gallery, illuminated by the light of candor and joy of childhood that comes from the beautiful painting of Sri Chinmoy, as a supreme manifestation of mankind's oneness with the cause of the International Year of the Child.

The purpose which guides us today is to promote during the International Year of the Child and in the years ahead programmes of action to supply basic services for children at the national, regional

and international levels, and to stimulate the world community to renew and reaffirm its determination to meet children's needs and to secure their fundamental rights.

The adherence and dedication to the ideals of the International Year of the Child by UNICEF, by the International Year of the Child Secretariat, by the Interagency Advisory Group and by the organisations of the United Nations system as well as many non-governmental organisations, constitute the greatest force for their achievement and deserve our recognition and gratitude.

It is indeed very fortunate that the thirty-fourth session of the General Assembly meeting next month will include in its agenda the item entitled "International Year of the Child: Plans and actions to improve the situation in the world, particularly in the developing countries." That item will be considered by the Assembly in a plenary meeting, in observance of the Year, and all Heads of State or Government have been invited to issue special messages in connection with the Year.

I must conclude quoting from the message of the President of Panama, Dr. Aristides Royo, to the General Assembly: "1979, which is also dedicated to commemorate the twentieth Anniversary of the United Nations Declaration of the Rights of the Child, shall be a Year dedicated by the national community to drive an exceptional effort to give full implementation to the fundamental rights of the child, so that he shall enjoy living in a society full of hopes with the benefit of a family providing the atmosphere of affection for the harmonious development of his personality. In this manner society shall endeavor to provide childhood with

special care and protection which are essential to form the ideal man, the capable citizen, responsible for building the great future of mankind."



*His Excellency Dr. Francisco Cuevas Cancino, Permanent Representative of Mexico to the United Nations: Ambassador Illueca, ladies and gentlemen; since I live in the neighbourhood, it is a great privilege to see that this building has now been transformed in a search for things of the spirit. And I hope that it is not merely a welcome addition to Madison Avenue, but also a beginning of something which might become a general practice.*

Ambassador Illueca has been kind enough to ask me to give you some thoughts on the matter of the International Year of the Child. Indeed, it was not an easy matter for the United Nations to decide on a Year of the Child. Childhood is one of those things in today's world which it is very easy to be for. Nobody is against children. But the idea was that this would be an opportunity to do something for children. And since other years dedicated to certain ideas or subjects had already been observed by the United Nations, vast experience enabled the United Nations to make sure that this would be something positive and something different. So, instead of the United Nations just issuing a succession of pious declarations about how good it is to be a child and how respectable it is for society to care for children, the idea was to do something positive for children, to have a good hard look at what each country is doing for children—and what the country has done to improve their lot—and then to see where we have failed and how to make sure that those failings will not continue.

My Government was interested from the beginning in doing something for this Year. I had the privilege of inviting the Secretary-General to have the May meeting of the UNICEF Board in Mexico, and we also took advantage of that fact to convene a meeting about children by the Latin American Region. The result was that delegates came forward and said, "The fact is we have now provided for a number of our children's necessities. If you consider the situation twenty years ago, we have improved, but what is still to be done is immense." Therefore, the delegates put together what is called the "Declaration of Mexico," regarding the situation of children and childhood in Latin



America. Many great truths are given there. And it is important that Governments recognise their failings. They realise that not enough has been done, for example, in education, that the efforts should be redoubled, and that the situation of childhood and children around the big cities is very poor indeed. The rural child has great difficulty obtaining a primary education. As public education now exists in all our countries, it is very difficult for an individual to go from primary to secondary and then to university education – even with great personal will. I think this declaration is proof of a general concern of Governments all over the world to make sure that 1979 would not bring merely an idle approval of principles, but would result in real action.

In the beginning the concern about children was in some ways a means of assuring the propagation of the species. We have transcended that. The human species is not in danger. Therefore, we have to care about something beyond this: that the children of today, who are the men of tomorrow, will be able to achieve what we are not able to do; that they should be spiritually better; that they should be educationally more qualified; that their outlook should be more universal; and that, in spite of our present failings in this organisation, they should be able to go ahead and to do all those things that we are dreaming of. Your presence here is added proof that we are thinking along those lines, and it gives me great pleasure to thank you for the opportunity of addressing you.



*His Excellency Mr. Alejandro D. Yango, Permanent Representative of the Philippines to the United Nations:* I am delighted and honoured to be present at this programme in celebration of the International Year of the Child at the kind invitation and initiative of His Excellency Mr. Jorge E. Illueca, the distinguished Permanent Representative of Panama to the United Nations, and the Meditation Group of the United Nations. The painting by Sri Chinmoy is indeed a fitting tribute to the International Year of the Child.

I have welcomed the opportunity to make a few remarks at this programme because of a deep and abiding conviction that the children of the world are the leaders of tomorrow and, therefore, they should be reared with all the love, affection and protection we could give them under the best conditions so that they can mature into happy, healthy and responsible men and women. I was therefore very happy when the Philippines supported resolution 184 (XXXI) of the General Assembly proclaiming the year 1979 as the "International Year of the Child."

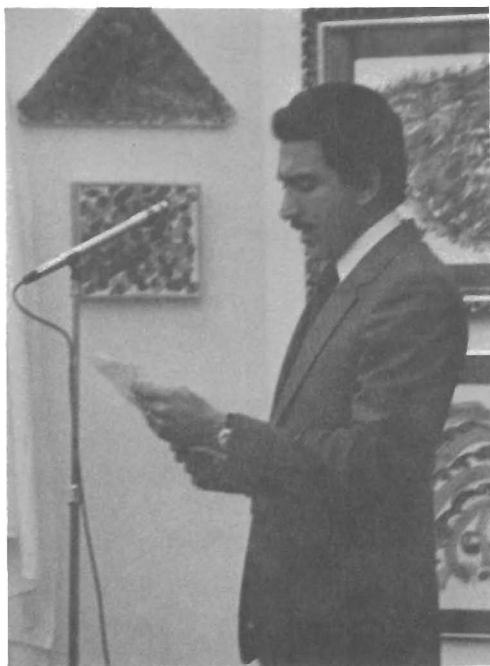
Financially the Philippine Government has contributed one hundred thousand U.S. dollars to the IYC Secretariat to assist the Secretariat in implementing the lofty goals of the International Year of the Child. The Philippine Mission to the United Nations, for its part, has been engaged in fund raising campaigns in the City of New York on behalf of the International Year of the Child. In September 1979, the Philippine Communities Executive Council, a federation of Filipino communities in the tri-state area, will sponsor an exhibition of arts and crafts in Manhattan, the proceeds from which will be for the benefit of the International Year of the Child.

We hope we will be forgiven if we say we take pride in the fact that the Special Representative of the Secretary-General of the United Nations on the IYC Secretariat, is Dr. Estefania Aldaba Lim, the former Minister for Social Welfare of the Philippines. Needless to state, Dr. Lim has been vigorously dedicating her time and effort and contributing her creative energies towards helping make the International Year of the Child a big success.

Children are a great national asset. No one will gainsay that they are also our resource in promoting fellowship, international understanding and cooperation. If our children are raised with love and righteousness, we can look forward to a world of peace and harmony in which their creative energies are wholly devoted to peaceful pursuits.

It is cultural and civic programmes such as this one which remind us, parents and adults, of our solemn duties and obligations to our children and to the children of the world, particularly to the less fortunate children of the Third World, who need the help of national governments, the international

community and the United Nations. I therefore take this opportunity to express my deep appreciation to Ambassador Illueca and to the Meditation Group for their initiative in sponsoring this worthwhile programme we are witnessing tonight.



*His Excellency Dr. Emmanuel Esquea-Guerrero, Permanent Representative of the Dominican Republic to the United Nations:* Ladies and gentlemen: I am deeply honoured by the opportunity which has been offered to me by the distinguished Representative Illueca to participate in this programme in commemoration of the International Year of the Child.

My country has shown solidarity with the cause of the children of the world, and this year, which has been declared by the United Nations as the International Year of the Child, we have not hesitated to incorporate ourselves in the struggle launched by the Committee in charge of the activities of this year. For this reason we invite Dr. Estefania Aldaba-Lim to visit our country and she honoured us with her presence.

I must be brief and in closing I wish to congratulate the distinguished Mission of Panama in the person of its Ambassador Illueca and the Group of Meditation at the United Nations, who have made this programme possible, as well as Sri Chinmoy, who created a painting in a special tribute to the Year of the Child. Thank you.



*Mrs. Maryanne Nsubuga, Charge d'Affaires (has since become Permanent Representative of the Seychelles to the United Nations) : Mr. Ambassador, distinguished ladies and gentlemen, Sri Chinmoy, it*

is indeed a great honour for me on behalf of my Government, the Republic of Seychelles, to join you in your contribution towards the commemoration of the International Year of the Child.

Like yourselves, I want to assure you that my Government and the people of the Seychelles have considered this International Year of the Child very seriously, for we regard this as a building process for the future. Whatever we do today, we are bearing in mind the children's future development, education and place in society and the international community.

My Government and the people of Seychelles have already celebrated and continue to celebrate this great occasion. And some of the practical means we have already employed are, for example, a survey and register covering all children with physical and mental handicaps, and those who are undernourished or suffering from malnutrition and neglect. This has been set up in order to provide special assistance and care for our children's well-being. In addition, a seminar to identify programmes for children will be held in October 1979. Also a National Commission under the patronage of Mrs. Geva Rene, the wife of the President of our Republic, will coordinate various activities.

On 1 June 1979 the Seychelles International Year of Children's Playground was officially opened by the President, Mr. France Albert Rene, and a creche was opened on West Mahe. The International Children's Day was celebrated by a Grand Children's Parade and a Children of the World Show. As you can see, small as we are with our exiguous resources, we are seriously embarked on a

programme to ensure the well being of all our present and future children.

Distinguished ladies and gentlemen, these are some humble contributions of the Seychelles, a nation ten thousand miles away in the Indian Ocean. And I thank the Ambassador and the people of Panama, the Meditation Group at the United Nations, and Sri Chinmoy, under whose auspices this event for the International Year of the Child is being held.



*Ms. Nina Sibal, First Secretary of the Permanent Mission of India to the United Nations* I would like to convey the regrets of my Ambassador, who would have very much liked to be here but unfortunately could not join us tonight. In any case, I am delighted to have this opportunity. I remember distinctly an occasion a few months ago

when Sri Chinmoy presented one of his beautiful paintings to Dr. Estafania Lim as a contribution to the International Year of the Child. At that time I said to myself, "I wish I could have the opportunity to see more of his works." Now I do and, as I said, I am delighted. There is in them such a beautiful, childlike quality that immediately strikes one—the lovely colours, the marvelous designs—and one remembers that in every genius there is definitely something of the child, just as in every child there is something of the genius.

Sri Chinmoy represents in many ways what is India today and what has been India in the past. One of the ways you see here today in his strong advocacy of the rights of the child and of the cause of children. This has long been a tradition in India, and it is very much a living tradition today. In fact, the needs of children and the duties of adults to children form a part of our Constitution. Keeping that in mind, and inspired also by the United Nations Declaration of the Rights of the Child in 1974, the Indian Government evolved a national policy for children. Then came the United Nations proclamation of the International Year of the Child, and we evolved from our national policy a national plan of action for this year. It is a plan of action which concentrates on problem areas which are common to most developing countries: health, nutrition, sanitation, education, social welfare, good legislation, publicity and fund raising. We are concentrating on children of the age group from birth to 14 years, with special emphasis on children between birth and 6 years, as well as pregnant and nursing mothers. We look upon this programme as just a springboard, a



starting point toward what is to be an evolving and ever-growing programme of action.

This is also the view of the international community, as I can personally testify from my experience in Mexico City, where the meeting of the UNICEF Executive Board took place just a few months ago and where the International Year of the Child was discussed at great length. It was not assessed, because we have not yet finished the Year of the Child, but it was discussed, and it was recognised that this is only the starting point. So, may I then express the wish that all of us together can do something to continue the effects of the Year of the Child far beyond 1979. Thank you.



Honoured guests at a reception for IYC sponsored by the Permanent Mission of Panama to the U.N. at the Jharna-Kala Gallery (left to right): Ms. Nina Sibal, First Secretary, Permanent Mission of India to the U.N.; H.E. Mr. Alejandro D. Yango, Permanent Representative of the Philippines; Sra. Emilia Castro de Barish, Alternate Permanent Representative of Costa Rica. H.E. Ms. Ana Esther de la Maza Vasquez, Alternate Representative of the Dominican Republic; H.E. Dr. J. E. Illueca, Permanent Representative of Panama; Sri Chinmoy, Mr. Seigfeld Werners, Permanent Mission of Surinam (in background); Dr. Omar Juen, Delegation of Panama; Lic. Pedro Brin Martinez, Delegation of Panama; Ms. Maryanne Nsubuga, Charge d'Affaires, a.i., Permanent Mission of Seychelles; Mr. N. Williams, Delegation of Panama; and H.E. Mr. E. Esquea-Guerrero, Permanent Representative of the Dominican Republic to the U.N.

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## CHILDREN'S CHOIR CONTESTS— THOUSANDS SING FOR IYC

Thousands of children across the globe sang in celebration of their Year, in children's choir contests conducted in conjunction with October U.N. Day activities. "This Is My Year" by Sri Chinmoy was chosen by the organizers of the competition, who invited choirs to enter their cassette tape recordings of the piece. First place winners in the contests were the Fifth Grade Choir at Canton Street School in Wharton, Texas, U.S.A and the Junction Park Primary School Choir in Brisbane, Australia.

Following are a few selected quotes from teachers whose choirs participated, as well as the music for "This Is My Year."



**National champions**

Members of the fifth grade choir at Canton Street School, first place winners in the International Year of the Child "This is my Year" song competition, are (from left, front row) Elna Olivo, Kristy Elliott, Stephanie Craig, Alana Shambora, Angela Anander, Melissa McDonough, Lillie Hernandez, Rhonda Ruiz, John Shambora, Jason Ullmann, Kevin Yankovsky, Harry Felder, Drew Sharp, Cliff Crump; (middle row) Lori Sandell, Christi Brandt, Shirley Kalman, Jane Belasquez, Jennifer Delgado, Elizabeth Jalilka, Joan Ullmann, Lisa Jones, Susan Allison,

Allan Bock, Douglas Rachanski, Kenneth Plymon, Lloyd White; (back row) Angela Eggs, Sherry Ramsey, Jennifer Thomas, Julie Carlson, Sandra Zahn, Shelby Koshler, Kris Hughes, Lisa Rugeley, Jay Holcomb, Dwayne Sablatara, Kyle Dean, Aldwyn Lathson, Tommy Little and John Reynolds. Not pictured are choir members Brenda Huerta, Leslie Dalton and Madeleine Haynes, director Kay Ballou and assistant director and accompanist Margaret Wilcox.

*National Champions: The Fifth Grade Choir at  
Canton Street School, Wharton, Texas.*

"Concerning the music of *This Is My Year*, I thought the words were very relevant to today's children. I felt that the song was a good learning and a very renewing experience for the children . . . I felt like the song had a good spirit to it. The children enjoyed it very much.

"We thank you for letting us have the chance in this competition. We feel that if we do not win, at least we have tried and we have expanded with the children's knowledge that this is their year and that we are trying to do something new and enriching and special for them."

Bonita S. Reed  
James R. Allen School  
Brandenburg, Kentucky

"Thank you so much for the use of this music. It is a pleasure to be involved in something as global and worthwhile as this project. With regard to the text—well, all I can say is that it was written by someone with the greatest insight and understanding possible."

Kay Bollom  
Canton Street Elementary School  
Wharton, Texas

"My congratulations to Mr. Chinmoy for creating an excellent song. This has been an educational experience for all of us. We have enjoyed learning and performing this special song for a special year. The text and the music complement each other very well . . . Expressive and always interesting."

Nancy B. Wenger  
Northside Elementary School  
Harrisburg, Pennsylvania

“The work is commendable beyond my ability to express.”

George I. Howdyshell  
Lancaster, Ohio

## THIS IS MY YEAR

Words and music  
by Sri Chinmoy

(♩ = 76) Fast *fine*

The musical score is written on a single treble clef staff with a key signature of three flats (B-flat, E-flat, A-flat) and a 2/4 time signature. The tempo is marked 'Fast' with a quarter note equal to 76 beats per minute. The piece concludes with a 'D.C. al fine' instruction. The lyrics are written below the notes, with some words connected by lines to indicate phrasing.

This is my year, this is my year! \_\_\_\_\_

I am the world-child, God — — prize — — dear. \_\_\_\_\_

My — — dreams — — are — — my — — pa — — rents' \_\_\_\_\_

pride — — — — — su — — — — — preme. \_\_\_\_\_

In me they are the — — ful — — filled scheme. \_\_\_\_\_

Hea — ven's joy, earth's peace I give. \_\_\_\_\_

For — — e — — ver, e — — v'ry — — where \_\_\_\_\_

I — — — — — live. \_\_\_\_\_ *D.C. al fine*

This is my year, this is my year!  
I am the world-child, God-prize dear.  
My dreams are my parents' pride supreme.  
In me they are the fulfilled scheme.  
Heaven's joy, earth's peace I give.  
Forever, everywhere I live.

## IYC DEDICATION IN PRESIDENT'S PARK

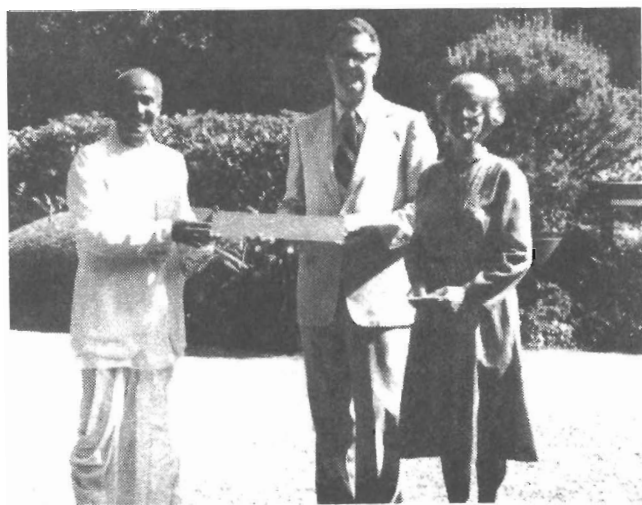
On 4 October 1979 the United States National Park Service and Sri Chinmoy Meditation at the United Nations dedicated a plaque to the International Year of the Child, which was placed in President's Park in Washington, D.C. From the left in the photo. W.F. Ruback, Manager, President's Park; J. Lindsay, Chief Horticulturist, National Park Service; D. Novoa, Meditation Group; B. Curchack, U.S. Committee for UNICEF; K.E. Cox, Senator Percy's Office; F. Jackson, Inter-Agency Task Force on Women, and S. Freeman, *Aviation Daily*. Not shown is Bill Clark of the Park Service.

On the plaque is a quote from Secretary of the Interior Cecil D. Andrus, "Caring for children means caring for the natural world they will inherit," plus Sri Chinmoy's song dedicated to IYC.



## MEDITATION GARDEN IN HONOUR OF IYC

A small, sunny area of ten-acre Blake Gardens, property of the University of California, Berkeley, was dedicated 1 June 1979 as a "Meditation Garden" in honour of the International Year of the Child. Sri Chinmoy inaugurated the area with a meditation preceded by the singing of "This Is My Year." A bench will be placed in the area facing the plaque on which the words to the song are engraved.



*Sri Chinmoy, Professor Robert Tetlow, Director of the Department of Landscape Architecture, and Mrs. Saxon, wife of the President of the University of California, Berkeley.*

## WORLDWIDE CELEBRATION OF IYC

*In a worldwide celebration of IYC, young men and women across the globe cycled, ran, sang and performed to call attention to the Year, often in conjunction with U.N. Day observances. Participants were students of Sri Chinmoy in the United States, Canada, Europe and Australia who were inspired to call attention to the importance of IYC, not only for the year 1979, but for the future as well. Below are brief accounts of their energetic and dedicated efforts.*

## BOSTON, MASSACHUSETTS

On 1 July 1979 students of Sri Chinmoy participated in Boston's Year of the Child parade. In the afternoon they performed the "This Is My Year" and "Welcome" songs to open up IYC ceremonies at Waterfront Park, sponsored by the Mayor's Office for Cultural Affairs.

On U.N. Day, the Centre held a U.N. Day 34-mile relay run, beginning with a ceremony outside the State House attended by Dr. Robert Wood, U.N. Day coordinator for the Boston area and Superintendent of the Boston Public Schools; Col. Thomas L. Fischer, President of the Greater Boston-Massachusetts United Nations Association; and Mr. J. Malcomb Forbes of the U.N.A. Board of Directors. The group proceeded to Boston City Hall for the performance of "This Is My Year," before covering the Boston Marathon course plus an additional eight miles along the Charles River to end at the State House.





*United Nations Day Runner Stanton Cameron hands baton to Dr. Robert Wood, Boston Superintendent of Schools and U.N. Day Coordinator for the Boston Area.*

## CHICAGO, ILLINOIS

Chicago Mayor Jane Byrne declared 20 July 1979 "Year of the Child Day," to mark a 500-mile non-stop bicycle relay from Chicago to Springfield, Illinois, and back, held to celebrate IYC. The cyclists began on the 20th and completed the relay 42 hours later. In Springfield, IYC officials and a Governor's representative joined the cyclists in ceremonies for IYC.

For U.N. Day, the team took the opportunity to get back on their bicycles, cycling 265 miles non-stop through Chicago and sixty-four neighbouring communities, drawing proclamations and letters of recognition for IYC. A selection of these proclamations follows.

PROCLAMATION

WHEREAS, this year on October 24, the people of the world will join together once again to observe United Nations Day, recalling the date in 1945 when the United Nations Charter came into force. United Nations Day is a time for the world's citizens to reaffirm their faith in the Charter's ideals of peace and human rights. United Nations Day is an occasion for us to renew our commitment to social and economic co-operation between nations. United Nations Day gives us all an opportunity to examine our involvement in the world's problems and their possible solutions.

WHEREAS, the United Nations is largely a product of the idealism and strength of the United States. Since the United Nations was formed 34 years ago, the world has changed dramatically and the United Nations reflects these changes. But the ideals on which it was founded have not changed, nor have ours.

WHEREAS, the new direction of the United States reconfirms our confidence in these ideals and the noble purpose of the United Nations. The Carter Administration has already made a major commitment to the United Nations as a means through which the United States can take constructive action for world harmony. The President is intent on restoring the moral leadership the United States once had within the United Nations, thus reinforcing the United Nations' efforts to make and keep peace throughout the world.

WHEREAS, as we face today's pressing problems and tomorrow's crucial questions, we realize that their solution requires the co-operation of all nations. Problems such as nuclear proliferation, population growth, use of the seas, energy, food production, trade, and environmental protection affect us all and cannot be solved by one nation alone. The United Nations, as our only world-wide organization, offers us the best vehicle for finding the answers we all seek.

WHEREAS, this year on United Nations Day, a special and unique observance is being planned in the greater Chicagoland area. A team of riders will bicycle non-stop throughout Chicagoland to over sixty suburban cities, villages and townships to honor the United Nations 34th anniversary. Individual municipalities of this great region can join together in support of an ideal, in much the same way that the member nations at the United Nations join together to work for internationalism and world peace.

NOW, THEREFORE, I, Herbert H. Volberding, Sr., Mayor of the City of Des Plaines, do hereby proclaim Wednesday, October 24, 1979, as United Nations Day and Chicagoland United Nations Day Relay and call upon all citizens of Des Plaines to observe that day in the spirit of common purpose expressed in the United Nations Charter. I urge everyone, groups or individuals, to participate in activities designed to increase understanding of the problems and potentials of the United Nations and develop ideas to make the United Nations more effective. I ask all citizens to observe United Nations Day with a sense of re-dedication to the high truths we in the United States hold to be self-evident, as expressed for us in the Constitution and the Bill of Rights, and for all the world in the Charter of the United Nations.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Des Plaines, Illinois, to be affixed this 10th day of October in the year of our Lord, One Thousand Nine Hundred and Seventy-Nine.



  
HERBERT H. VOLBERDING, SR.  
MAYOR - CITY OF DES PLAINES



VILLAGE OF SCHAUMBURG      PROGRESS THROUGH THOUGHTFUL PLANNING

P R O C L A M A T I O N

WHEREAS, United Nations Day is celebrated each year to honor the United Nations and to promote world peace and understanding; and

WHEREAS, United Nations Day will be celebrated October 24, 1979 and in observation of this special event, the "Chicagoland U.N. Day Relay" will be held; and

WHEREAS, the Sri Chinmoy Centre Team will bicycle non-stop throughout Chicagoland on the weekend of October 27 - 28 to honor the United Nations 34th Anniversary; and

WHEREAS, the Village of Schaumburg supports the Sri Chinmoy Centre Team in this unique display in support of U.N. Day.

NOW, THEREFORE, I, Herbert J. Aigner, Mayor of the Village of Schaumburg, by virtue of the power vested in me, do hereby proclaim the weekend of October 27 - 28 as:

CHICAGOLAND U.N. DAY RELAY

in support of the bicycle relay and of U.N. Day.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Corporate Seal of the Village of Schaumburg to be affixed this 9th day of October, 1979.

ATTEST:

*Sandy Carse*  
Sandy Carse, Village Clerk

*Herbert J. Aigner*  
Herbert J. Aigner, Village President



P R O C L A M A T I O N

WHEREAS, United Nations Day is celebrated each year to honor the United Nations and to promote world peace and understanding; and

WHEREAS, this year on U.N. Day, October 24, 1979, a special and unique observance is being planned in the greater Chicagoland area, called Chicagoland U.N. Day Relay, and is sponsored by the Sri Chinmoy Centre, a non-governmental organization of the United Nations, in conjunction with the United Nations Association; and

WHEREAS, a team of riders from the Sri Chinmoy Centre Team will bicycle nonstop throughout Chicagoland, to over sixty suburban cities, villages, and townships on the weekend of October 27-28 to honor the United Nations 34th Anniversary. It is a time when individual municipalities of this great nation can join together in support of an ideal, in much the same way the member nations at the United Nations join together to work for world peace.

NOW, THEREFORE, I, Jacqueline Gorell, Mayor Pro Tem, of the Village of Skokie, Illinois, do hereby proclaim October 27-28, 1979 as CHICAGOLAND UNITED NATIONS DAY RELAY, and urge all residents to observe this very worthwhile endeavor.

DATED this 22nd day of October, 1979.

Attest:

*Jacqueline Gorell*  
Jacqueline Gorell  
Mayor Pro Tem

William Siegel  
Village Clerk

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*IYC observance in Springfield.*

#### HONOLULU, HAWAII

On 29 December 1979 a performing troupe staged an International Year of the Child puppet show and sing-a-long for children at the main public library in Honolulu.

#### MIAMI, FLORIDA

Runners added an unusual feature to the United Nations Association of Greater Miami's celebration of U.N. Day with a 34-mile U.N. Run for Peace. The Run was in conjunction with a U.N. luncheon held in Miami's prestigious Omni International Hotel.

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## PHILADELPHIA, PENNSYLVANIA

In Philadelphia the Sri Chinmoy Centre co-sponsored a children's run in honour of the International Year of the Child along with the Mid-Atlantic AAU and Olney Kiwanis Club. The Age-Group Championships in Cross Country drew approximately one hundred top-seated young runners.

## PHOENIX, ARIZONA

In Phoenix enthusiastic IYC supporters took part in the "Celebrate Youth" festival, sponsored by the City of Phoenix, on 10 and 11 November. Information on the Year of the Child was provided and "This Is My Year" was performed by the Marcos de Niza High School Choir.

On 24 October runners held a 34-mile relay, ending with a presentation in honour of IYC to Phoenix Mayor Harry Mitchel. In the afternoon the Centre sponsored a U.N. Day programme at Arizona State University, with participation from the Phoenix Indian High School. Speakers were Mrs. Elsa Higgenbotham, IYC Coordinator for Arizona, and Mr. Ed Hornik, the Governor's Honorary Chairman for Coordinating U.N. Day in Arizona.

## PROVIDENCE, RHODE ISLAND

The 34th anniversary of the United Nations was marked in Providence, Rhode Island with a 34-mile relay walk held on 24 October. Officials from Warren and East Providence proclaimed "U.N. Day" and the town of Briston presented a certificate of recognition for the walkers' efforts.

## SAN FRANCISCO, CALIFORNIA

In San Francisco a 34-mile peace run was held around a specially lit track to commemorate U.N. Day on 24 October.

## SANTA BARBARA, CALIFORNIA

U.N. Day was celebrated in Santa Barbara this year with a 34-kilometre relay run, dedicated to the International Year of the Child.

## SEATTLE, WASHINGTON

Children and adults alike joined in a 34-kilometre bicycle race this year to celebrate the International Year of the Child. Spirits were high despite the rainy weather.

## WASHINGTON, D.C.

A half-hour radio broadcast on 24 October drew attention to U.N. Day with a programme of music and readings about the United Nations and its quest for inner and outer peace.

## CANADA

### HALIFAX

In Halifax a 34-kilometre relay run was launched by the chairperson for the local IYC Committee, Mr. Ray Amirault, the morning of 24 October. En route Premier Buchanan of Nova Scotia and Mayor Morris of Halifax signed a proclamation declaring it U.N. Day on behalf of the people of Nova Scotia and the city of Halifax.



## Proclamation;

Whereas: the Halifax Sri Chinmoy Centre's Marathon Team will be carrying this scroll in a 34 km. running relay throughout the city of Halifax, capitol of this province of Nova Scotia, in our country of Canada on October 24, 1979 in their salute to United Nations Day; and

Whereas: this event will provide the residents of the city of Halifax & the province of Nova Scotia an opportunity to salute the work of the United Nations on the occasion of its 34 anniversary;

Now, Therefore, I, J. M. Buchanan, do hereby proclaim October 24, 1979 to be United Nations Day in Nova Scotia

Now, Therefore, I, E. L. Morris, do hereby proclaim October 24, 1979 to be United Nations Day in the city of Halifax

J. M. Buchanan — Premier

E. L. Morris — Mayor

## MONTREAL

A 34-kilometre run around the city marked U.N. Day in Montreal. During the course of the run ceremonies were held at UNICEF with Director-Generale M. Jean-Pierre Demers and President Mme. Celine Barbin. The relay ended at a special U.N. flag raising ceremony at Place Ville Marie, presided over by U.N.A. President Dr. Knellman.

In the evening about fifty children were entertained with a special "Music for Children" programme in honour of IYC. Children learned "This Is My Year" and other songs, and were then treated to an IYC puppet show.

October 30th, 1979

Mrs. D. Groulx,  
Co-President,  
Sri Chinmoy Centre,  
3404 Park Avenue,  
Montreal, Canada.

Dear Mrs. Groulx:


On behalf of the United Nations Association, Montreal Branch, will you please extend to all of the members of the Sri Chinmoy Centre our deep appreciation for the beautiful gift in commemoration of the International Year of the Child, which was presented to us on Wednesday, October 24th on the occasion of United Nations Day and the International Year of the Child.

This beautiful painting by Sri Chinmoy will indeed be instrumental in making us aware of the beauty and joy of childhood and will be placed in our office for all to see.

I should like to wish you all continued success in your excellent activities and again thank you for taking part in our Flag Raising Ceremony.

personal regards,

With renewed thanks and kind

Sincerely,  
  
Mrs. Michael J. Cleary  
Executive Vice-President

IC/1.

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## VICTORIA, VANCOUVER

In Victoria Mayor Mike Young proclaimed it "U.N. Day" for a 34-kilometre IYC run, which culminated in televised ceremonies with Victoria alderman Murray Glazier, UNA President Potts and UNICEF Representative Summers. A newspaper article and proclamation follow.

Tony Porcino, 11, hands baton to 81-year-old Bert Walker as Marjorie MacBean and Rick Haeland look on

### 81-YEAR-OLD TAKES PART

## UN Day marked by 34-kilometer run

By BRIAN DAVIS

Runners from the Oak Bay Sri Chinmoy Centre celebrated United Nations Day this morning (Wednesday) by staging a 34-kilometer relay run throughout the Greater Victoria area.

The length of the run was equivalent to the 34 years the United Nations

has been in operation. The day's events were planned to focus on the International Year of the Child and, along these lines, the ranks of the runners were bolstered by children from various schools. Participants from the centre itself ranged in age from an 11-year-old boy to an 81-year-old "youngster."

Starting from the cen-

tennial flame at the parliament buildings, at 6 a.m., the course took the runners past City Hall and the municipal halls in Esquimalt, Saanich, and Oak Bay before finishing at the causeway flagpole about three hours later. The distances of the various relay lengths varied according to the ability of each runner.

Following the run, Victoria alderman Murray Glazier read an official proclamation from Mayor Mike Young and then the United Nations flag was raised.

This flag is always flown in the City of Victoria, ever since council declared itself a municipalized city of the United Nations, in the early '70s. In doing so, they recognize that the city not only has obligations to Canada, but also to the world as a whole.

The Sri Chinmoy Centre in Oak Bay often involves itself with United Nations charities and organizes an annual 10-kilometer run each summer to help with its fund-raising.



P R O C L A M A T I O N

"UNITED NATIONS DAY"

WHEREAS The Sri Chinmoy Relay Team will commemorate United Nations Day and the International Year of the Child with a 34 km relay on October 24, 1979; and


WHEREAS the relay will terminate at a U. N. Flag raising ceremony at 9:00 a.m. at the Inner Harbour flag pole; and

WHEREAS this event will provide the residents of Victoria with the opportunity to salute the work of the United Nations and its efforts on behalf of children all over the world:

NOW, THEREFORE, I do hereby proclaim Wednesday, October 24, 1979, as "UNITED NATIONS DAY" in special recognition of the International Year of the Child Day in VICTORIA, BRITISH COLUMBIA, and urge all citizens to take cognizance of the special events arranged at this time.

IN WITNESS WHEREOF, I hereunto set my hand this 17th day of October, Nineteen hundred and seventy-nine.



  
MAYOR  
CITY OF VICTORIA  
BRITISH COLUMBIA

## UNITED KINGDOM

### IPSWICH, SUFFOLK

U.N. Day in Ipswich was marked with a children's 34-mile bicycle relay for IYC as well as a 34-mile relay run, as described in the *Evening Star* article below. In addition, about twenty children from the choir of the School of Jesus and Mary sang "This Is My Year" on the local radio station.

EVENING STAR, Wednesday, October 24, 1979 13

## UN Day celebration

EIGHT members of the Sri Chiamoy Centre in Ipswich ran a road relay around the town last night to celebrate the 34th anniversary of the founding of the United Nations.

The run began at midnight from the centre in Soane Street, and consisted of four circuits of a route around the borough.

The runners, aged from 19-48, took it in turns to run a certain distance, with the rest of the team following in a car.

Each member of the team ran about 4½ miles, making a total distance covered of 34 miles, finishing at about 4.30 a.m.

The children of the centre celebrated the International Year of the Child last Saturday with a 34 mile cycle relay that started and finished at Christchurch Park, where they planted a magnolia tree to celebrate the event.

### Give your support

Meanwhile the Mayor of Ipswich, Mr. Eric Grant, has drawn the attention of the people of Ipswich to United Nations Day and its particular

significance in the International Year of the Child.

"The work of the United Nations on behalf of children all over the world, but especially those in the under-developed countries, deserves the support and encouragement of all Ipswich citizens and the Mayor hopes that this support will be shown for the special events arranged for this time by many different voluntary bodies," he said.

Officers of the Ipswich Branch of the United Nations Association were received by the Mayor today, when he discussed with them the activities of the branch and the work of the association generally.



Members of the Sri Chiamoy relay team before their run around the town last night to celebrate United Nations day.

## GLASGOW

Newspaper and radio covered a 34-lap run (about 8 miles) around George Square, which led into the UNA official ceremony in Glasgow held on 24 October. Before the U.N. flag was raised over the Town Hall, the Lord Provost thanked the runners, and expressed how glad he was to see young people take an interest in the United Nations.

## AUSTRALIA

### PERTH

A U.N. "Run for Peace" organised on 21 October drew over fifty Perth runners for a 10.5 kilometre run (6 miles). The run, which will become an annual event, was started by the famous Australian miler, Herb Elliott. A letter of appreciation from the Executive Director of UNA follows.



# United Nations Association of Australia W.A. Division

306 Murray Street, Perth. Telephone 321 7030

PATRON: HIS EXCELLENCY THE GOVERNOR AIR CHIEF MARSHAL SIR G.M.A. PAUL, C.B.E., C.M.G., C.V.O.

PRESIDENT: SIR THOMAS WARDELL

EXECUTIVE DIRECTOR: L. LLOYD SEMPLE

31st October 1979

Mr. Ian Johnson  
31a Hampden Road  
NEDLANDS. W.A. 6009

Dear Ian,

A big 'thankyou' on behalf of U.N.A.A. (W.A.) to you, your good wife and loyal supporters in organising the 'Run for Peace' which inaugurated U.N. Week activities at Kings Park on Sunday morning 21st October at 8a.m.

It certainly was a stimulating sight to see over 50 young people full of vigour and vision setting out on the course and promoting such a cause as U.N.

We have been very grateful for the worth-while contributions made by the Sri Chinmoy group over the last few years and would ask you to express thanks to all those responsible this year.

Yours sincerely,

L. LLOYD SEMPLE  
Executive Director



*Perth U.N. DAY "Run for Peace."*

## DISTINGUISHED SERVICE AWARD

Sri Chinmoy, who is the non-governmental organization representative of the Sri Chinmoy Centres as well as the leader of the Meditation Group at the United Nations, received the distinguished service award from the United Nations Association of the United States of America for his Centres' active participation in U.N. Day celebrations around the world.





## QUESTIONS AND ANSWERS ABOUT THE UNITED NATIONS

*Sri Chinmoy answered the following questions during a meeting of the Meditation Group, held on 9 May 1979 in the Dag Hammarskjold Auditorium.*

*Donald Keys:* How does the Supreme see the United Nations?

*Sri Chinmoy:* The Supreme sees the United Nations as a thoughtful experience and a soulful hope.

*Blaise Scavullo:* Will the dream that began with the League of Nations need yet another organisation to manifest itself?

*Sri Chinmoy:* No, the dream that began with the League of Nations does not need another organisation to fulfil its message. The United Nations has abundant capacity to fulfil the dream of the League of Nations and also to fulfil its own dream, which, in a sense, is more absorbing, more illumining and more fulfilling.

*Anselmo Evans:* Will the United Nations grow into a world government?

*Sri Chinmoy:* Here we have to know what kind of world government you are speaking of. If it is a

government that wants to govern nations with the inner message that comes directly from the heart, then there is every possibility that some day the Absolute Supreme will give the United Nations the supreme opportunity to govern the world in an unprecedented, self-giving way.

*Allan Markman:* When peace is finally established on earth, what then will be the function of the United Nations?

*Sri Chinmoy:* The role of the United Nations will never come to an end after the establishment of peace on earth. To have peace is just the beginning; to have world peace is not and cannot be the end of human achievement. When the individual seeker acquires peace, he begins to grow into a new light, a new harmony, a new fulfilment. After peace there are many things that the individual seeker must acquire in order to make himself a perfect instrument of God. Like the individual seeker, this earth of ours also has many things to offer to the Absolute Supreme, and the first is peace on earth, peace in the individual and peace in the collective human mind.

*Dolores Novoa:* What is the most significant change that you have seen at the United Nations since you have been here?

*Sri Chinmoy.* In the outer world, unfortunately, I have not seen a most significant change. In the inner world, at every moment I see a significant change and that significant change is a brighter hope, a more illumining promise and a more fulfilling inner confidence.

*Tanima Bossart*: In what way does the Supreme work most effectively through the United Nations?

*Sri Chinmoy*: The Supreme acts most effectively in the United Nations through His Compassion-Power, Tolerance-Power, Self-Giving-Power and Patience-Power, and, finally, through His unconditional Love-Power.

*Vivian Fredner*: What is the United Nations achieving spiritually in the least developed countries of the world?

*Sri Chinmoy*: The United Nations is offering a new kind of inner assurance to the hearts of the least developed countries of the world. And this assurance is that they can and they will eventually become part and parcel of the United Nations broad vision and world-oneness.

*Tarak Kauff*: Many countries are outwardly critical of the United Nations. What is their inner attitude?

*Sri Chinmoy*: Outwardly many countries are critical of the United Nations. Outwardly many individuals are critical of the United Nations. But all countries and all human beings, in the very depths of their being, have a soulful attitude towards the United Nations vision. That is to say, they do sympathize with the cause and the vision of the United Nations and with its concern for the entire humanity.

*Danny Tuohy:* On what principles should the United Nations be unyielding and uncompromising?

*Sri Chinmoy:* When ignorance wants to lord it over the United Nations, naturally the Soul of the United Nations cannot and will not surrender to compromise.

*Vicki Gruber:* What is the supreme role of each individual nation for the United Nations?

*Sri Chinmoy:* The supreme role of each individual nation is to maintain a genuine faith in the United Nations and implicitly abide by the United Nations Charter.

*Paul Larusso:* Is world peace possible without the United Nations?

*Sri Chinmoy:* Complete world peace without the United Nations is impossible, for the United Nations is the hope of the world. The United Nations is Heaven's promise to the world. Therefore, the United Nations has an indispensable role.

*Karabi Hart:* How far is the United Nations from accomplishing the ideals of its founders?

*Sri Chinmoy:* Unfortunately, it is quite far. It has to go a long way before it can accomplish all the ideals that its founders envisioned.

*Charles Podell:* Why is progress at the United Nations so slow?

*Sri Chinmoy* Progress is slow not only at the United Nations; human progress everywhere is slow, slower, slowest. In most cases progress is slow. Again, as long as we see an iota of progress in an individual or in a country, we must be thankful to God. If progress is steady and fulfilling, even though it is slow we know that we will eventually reach the goal.

*Carol Tooker.* How can the United Nations improve its role in inspiring the seeker in humanity?

*Sri Chinmoy.* It is by developing more sympathy and more oneness with the individual and the countries that the United Nations can best inspire them.

*Peter Neumann:* Does the United Nations itself have special divine protection from bombs, violent riots and so forth?

*Sri Chinmoy:* It entirely depends upon the United Nations prayer, meditation, self-giving and oneness with the rest of the world. When the time comes, the Supreme knows what is best not only for the United Nations, but for His entire creation. The United Nations is not just a building; the United Nations is humanity's home. Wherever an individual human being exists, the message of the United Nations exists in the very depths of that person's heart. So if a catastrophe took place at the United Nations, it would not affect just an individual or a building; it would affect the entire world. And again, whenever the world achieves something, it is not the achievement of an individual or country; it is the achievement of the entire human race.

## QUESTIONS AND ANSWERS ON MEDITATION AND SPIRITUALITY

*On 10 August 1979 Sri Chinmoy held a special meditation and question and answer session for U.N. staff members who had attended a free four-week introductory course to meditation, offered by the Meditation Group in July. A transcript of the questions and answers appears below.*

*Question.* Why does the mind resist so much when one tries to meditate?

*Sri Chinmoy:* The mind by nature is restless, and restlessness is the opposite of peace. If the mind allows us to be peaceful, then the mind feels that it has lost in the battlefield of life. So when we try to bring down peace, the mind resists; it feels it will lose its supremacy if it does not resist. This is the human mind that I am speaking of. The human mind tries to bind others, and in binding others it thinks that it is increasing its own freedom. But this is not at all the case. The more we bind others, the more we *lose* our freedom. The mind resists because it is afraid of losing its freedom. It feels that by resisting, it can have poise and peace, which is absurd.

There is also a higher mind. In the higher mind there is no resistance. It is all peace and tranquility. But the human mind constantly enjoys thought. This moment it enjoys a good thought, the next moment it enjoys a bad thought. Although it knows perfectly well that a particular thought is a bad thought, still the mind enjoys it. The human mind has no sense of discrimination. It is equally satisfied with the good and the bad. The heart, on the other hand, will always care only for the good things, the good experiences. Whereas the mind is very limited, the heart is unlimited. The mind feels that if it expands into a new territory, then it will be totally lost. But the heart feels that if it expands, at that time it will only exercise more freedom, which is absolutely true. The more we can expand, the more freedom we shall enjoy.

The mind is like a naughty boy. But how long can a naughty boy remain naughty? If the mother and father every day pray to God – “O God, grant my child some Peace and Light so that he will be freed from all his bad qualities” then God is bound to listen to their hearts’ prayer and the child will become peaceful. If we pray for Peace and Light, then like a child who was naughty once upon a time, the mind will become calm, quiet and good. Instead of resisting, the mind will expand itself in meditation and become one with the Vast. It is by virtue of our prayer and meditation that one day we shall possess a simple, sincere, humble and aspiring mind, which will have the peace that it so badly needs.

*Question:* Does meditation necessarily go hand in hand with prayer and spirituality?

*Sri Chinmoy:* Yes, meditation goes hand in hand with prayer and spirituality. Spirituality is the subject. In order to be a good student, one has to study hard and one has to study in a specific way. Meditation and prayer are what one has to study in order to become a good student in the spiritual life. Meditation and prayer are two friends. We need friends in the spiritual life. Prayer and meditation are two good friends who all the time try to help us in our inner life.

When we pray, we feel that there is Someone who is thinking of us, looking after us and taking care of us from above, and that Someone is our Beloved Supreme. Again, when we meditate, we feel that He is within us or all around us and that He is all the time observing us to see if we are really trying to be good, faithful and devoted children of His. When we meditate, we feel His Presence deep within us inspiring us to lead a higher and more fulfilling life. Prayer makes us feel that we have to go to Him in order to please Him. We are at the foot of the tree and He is at the top of the tree, so we have to climb up in order to reach Him. But meditation makes us feel that no matter where we are—whether we are at the foot of the tree or on the topmost branch—He is all the time with us, helping us and guiding us.

Both prayer and meditation are absolutely necessary. We have to start at the foot of the tree in order to climb up the tree. And if we climb up, we have to know that there are fruits, which are inner experiences, and these inner experiences we have to



bring down to share with the rest of the world. So prayer and meditation are both of paramount importance.

*Question.* Sometimes when I get in a large crowd of people, as when I am riding on the subway, it's very, very difficult to meditate because of the tension. Can you offer advice?

*Sri Chinmoy.* At times, prayer is more effective than meditation. Under certain circumstances, when prayer can be more helpful to us than meditation, we shall pray; and again, in other circumstances, when meditation can be of greater help, at that time we shall meditate. In the subway it is very difficult to have a peaceful mind or a sense of serenity. But still we can pray most ardently and soulfully. Otherwise, before we can even have a glimpse of proper meditation, many unfortunate things will take place. So the best thing is to pray soulfully and powerfully for protection.

There are two ways of praying. One way is very quietly, in a calm and serene atmosphere; the other way is to do it like a fast car moving along the street. When there is movement, either very powerful movement or very rapid movement, it is better to have also a powerful and fast prayer. Everything has to be very fast in the seeker's mind in order to keep pace with the situation. In this case, our prayer will be the repetition of the sacred name "God" quite fast. When we do this, the strength and power of God-Consciousness will enter into our entire being and create a constant flow of energy inside us. This flow of energy inside our

being will automatically grant protection in the subway or wherever many people are gathered together and it is all hustle and bustle.