

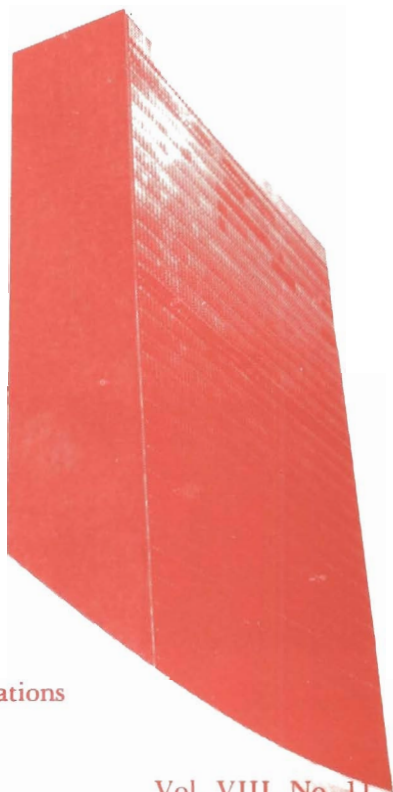
Meditation at the United Nations

United Nations:



the Heart-Home
of the World-Body

Monthly Bulletin of
Sri Chinmoy Meditation at the United Nations



Vol. VIII, No. 11
27 November 1980



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**MEDITATION
AT THE
UNITED NATIONS**

MONTHLY BULLETIN OF
SRI CHINMOY MEDITATION
AT THE UNITED NATIONS

Since January, 1978, 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 uncertainty 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.

27 November 1980

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INTERNATIONAL THANKSGIVING DAY

This year's International Thanksgiving Day celebration on 17 November 1980 featured guest speakers Ambassador Clark of Nigeria, Ambassador Kamanda of Zaire and Ambassador Xifra of Spain, who pointed out the present increased awareness in the United Nations of the need for good and equitable North-South relations, and the increasing spiritual emphasis. Following are brief excerpts from the programme.



H.E. Mr. B.A. Clark, Permanent Representative of Nigeria to the United Nations: First of all I would like to express my gratitude to you all for inviting me to come here this afternoon. I have been particularly impressed that in the bustling life of New York, of which the life of the United Nations is a part, we do have a group of people who can shut out everything mundane and insignificant to contemplate the eternal Truths of man and religion. I feel your group has its roots in the teachings of the East, where I had the privilege of serving some twenty years ago, in India to be precise. There, unlike some of the societies we have in the West, the most respected people in the society are those who have given up everything in order to be able to contemplate the eternal Truths of peace, justice and fellowship of man with man.

I am especially moved to be here today with a view to marking the twentieth anniversary of the admission of Nigeria to the United Nations. Nations, like men, are constantly at war with themselves. On a personal basis, for example, every

morning when I get up—which in itself is not easy—and when I prepare to go to work, I have to convince myself that I am going to work for the good of my country and of course for my own good, because without working I could not support myself and my family. On a larger scale, as a country Nigeria has not been free from strife over the past twenty years, experiencing what has characterised the life of many of the third world countries. We even had a civil war for thirty months. We fought among ourselves in order to defend the principles that led us to be members of the United Nations today. For us membership in the United Nations has come to mean our independence, the right to organise our own social, economic and political life, and the right to defend the territorial integrity of our country. We have taken the liberty—and I think it is our duty—to work to establish these principles and conditions throughout the world, especially in Africa. I'm talking about decolonisation, the fight against racism and *apartheid* in South Africa and the concept of the New Economic Order, which in fact is economic decolonisation, in order to ensure that in the post-colonial era, Nigeria's relations with the rest of the world will be characterised by equality, justice and fair play.

I want to conclude my brief remarks by thanking you again for inviting me and by challenging you to persist in what you are doing, because here, in my experience of the United Nations, is one of the few oases of peace in this building, and I presume in the city. I think the ideals you try to propagate here can be used to promote the principles and ideals of the United Nations in a manner which no country—however powerful—can. Thank you very much.



H.E. Sr. Don Jose Luis Xifra, Deputy Permanent Representative of Spain to the United Nations: I am very happy to be here with you on the fifth anniversary of the celebration of International Thanksgiving. It is very difficult for me to speak after such eloquence by my colleague, Ambassador Clark of Nigeria, but I have been asked to tell you about what twenty-five years of membership in the United Nations has meant to my country. I think I could do that best if I just briefly relay some of my personal experiences in the diplomatic world and in this organisation.

As a student studying languages abroad, I was aware of the existence of the European world, composed mainly of France, England, Germany and Italy, plus I was very keenly aware of the existence of the Latin American world, since for us in Spain, Latin America is a real part of our conception of the world. I was only dimly aware— as silly as that may seem—of the existence of the North African world. I say “silly” because 18 kilo-

metres is the distance between Spain and Morocco. This attitude simply reflects the most common position of the Western European student in the fifties of this century.

When I launched into my diplomatic career, my first post was in Pakistan, and after Pakistan I went to Morocco. These years opened new horizons for me. In 1968 I went to Geneva to work at the U.N., and then I went on to Paris, London and finally New York, to work at the United Nations again. Here I found a different United Nations than in Geneva, not only because New York is more political while Geneva is more technical, but also because eleven years had passed. When I came here in 1977, I remember talking with many colleagues about how astonished I was at how much more third-world-oriented the U.N. had become. And this would be, in my opinion, the most important thing that we as Spaniards can derive from our belonging to the United Nations. It has meant for us the possibility of understanding first-hand that apart from our small and, to us, powerful world of Western Europe and our own closely related Latin American world, there are other worlds. Many of these countries—thanks first, of course, to their own efforts, but with the help of the United Nations—have become politically independent in the last 20 years. Some of them are now trying to become economically independent, which they should, and to which end this organisation should direct all its might and power.

Reflecting on these 25 years as a whole, I think that we have much to be grateful for. Of course we are aware of the mistakes of the United Nations, but we ourselves must accept responsibility for them. Clearly, in this building, within the limits of the Charter, we have both the power for doing

and for just appearing as if we were doing. But if there is any justification of our being here, if—as the Ambassador of Nigeria said—we want to face the day with a modicum of clear conscience, then it should be clear that this organisation gives us the power to act, to work for equal political and economic opportunities for all the countries of the world. You will tell me, and I have heard, that this is only a dream. But sometimes we have to start dreaming. Otherwise, the only thing we shall be doing is sleeping and if we had only wanted to sleep, we would not have created the United Nations.



H.E. M. Kamanda wa Kamanda, Permanent Representative of the Republic of Zaire to the United Nations (translated from the original French by Ms. Yvette Ripplinger of UNITAR): On behalf of the Republic of Zaire, as well as on my own personal behalf, I am most happy to join

with friends in this programme to celebrate International Thanksgiving Day, under the sponsorship of Sri Chinmoy Meditation at the United Nations.

From the farthest origins of man, from North to South and from East to West, and whatever the colour of his "skin tunic," man has questioned himself on his anthropogenesis, on problems born of his own life, on his *raison d'être* and the very meaning of life, its end and its future, on the state of co-existence with nature in its immensity — which can be at times hospitable and at times most hostile — and, finally, on the mysterious beyond. To these diverse questions, regardless of his geographical location, man has found answers which, at a given time in his evolution, were able to satisfy his level of understanding and the demands of his inquiring mind. . . .

Out of this specific vision of the world is born the culture of a people, namely, the sum of the spiritual and material values which a people create and shape in the course of its evolution in time and space. This brings us to the realisation that each people has found its own answers to the problems of existence, has established a specific system representing or expressing its vision of the world, has possessed its own culture and civilisation and created its own social values. The African black man has not escaped this movement of humanity. This is why, as a manifestation of the human spirit in its essence, one culture is well worth another, since none is hierarchically superior to another. Who would establish or would have the power to establish such a hierarchical order, beyond any agreed upon authority? . . .

The United Nations organisation constitutes the ideal place for a cosmo-culture and a cosmo-civilisation to promote solidarity and fraternity to be integrated in the service of all men.

The accession of the Republic of Zaire to independence and, especially, the problems which the nation has known immediately following that independence—problems which influence both its national and political life and the life of the United Nations—represent a unique page in the history of the United Nations at the very beginning of the second half of the twentieth century. We want to reiterate the expression of our gratitude to the international community and to all those who gave us their support in the spirit of peace of the United Nations, and whose actions and purpose were faithful to the principles, goals and objectives of the United Nations Charter. The free choice of our membership to the United Nations on 20 September 1960 was not an indication of our wanting to be fashionable, but a sign of our profound faith in the peace mission and progress of the United Nations.

In these times of ours filled with uncertainty, distrust, violence, instability and tension, and open to the manifestation of all kinds of egoistic designs, where we rush so as not to be late without knowing quite where we are going, where we are confronted with many irrational requests—times which seem to take us away from the basic needs of humanity—it is heartening and comforting to know that such associations as the Sri Chinmoy Meditation at the United Nations exist, to give us a moment of reflection to think about the intimate meaning of life, to give a transcendental thought about things and to rediscover together the infinite greatness of humility as well as the sense of being as students before what is beyond our understanding, before the great architecture of the universe, in our continuous search for perfection. We believe that, indeed, in the course of his life, man, through his achievements, achieves himself; through his reali-

sations, realises himself, within the framework of the continuous creative process of a world which supports or underlies the extraordinary power of improvement, which I shall call the "innate quality of perfectibility."

STATEMENT BY
MR. PETER STEWART, PRESIDENT
THE CENTER FOR WORLD THANKSGIVING

Greetings to the International Day of Thanksgiving at the United Nations, which rightly and justly expresses our deep gratitude for the gift of all life. It is perhaps the highest achievement of human consciousness that we recognize that we as human beings are given life each moment and that we can rejoice with all the human race in that simple fact. The healings and unity of all the peoples of the earth can draw strength and praise for the divine gift of life.

The tradition started in 1975 of the International Day of Thanksgiving at the United Nations is a powerful message of hope to the entire world.

UNITED NATIONS DAY CELEBRATED INTERNATIONALLY

This year hundreds of people from many different countries joined in a unique celebration of United Nations Day, which is observed annually on 24 October. Special performances, ceremonies and athletic events were organised by students of Sri Chinmoy, who, in addition to leading meditations at the U.N., also heads a worldwide meditation organisation which is an accredited non-governmental organisation to the United Nations. Often held in co-operation with the local United Nations Associations, these U.N. Day observances are one way the centres serve to bring to the public's attention the importance of the United Nations ideals and activities.

BOSTON, MASSACHUSETTS

Students of Sri Chinmoy added to the U.N. Day festivities in Boston with a 35-kilometre relay run, beginning at the United Nations Association, to draw attention to the 35th anniversary of the world organisation. In addition, members of the Centre visited 35 consulates in downtown Boston to distribute literature about the United Nations.

CHICAGO, ILLINOIS

A short radio spot on Radio WLAK brought U.N. Day to the attention of many Chicago residents. During the announcement, which was aired on 24 October, students of Sri Chinmoy performed a song dedicated to the United Nations and recited this passage about the U.N.: "The outer message of the United Nations is Peace. The inner message of the United Nations is Love. The inmost message of the United Nations is Oneness. Peace we feel. Love we become. Oneness we manifest." Finally, they expressed their support for the ideals and goals of the United Nations.

MIAMI, FLORIDA

As the final activity of United Nations Week in Miami, runners organised a 3.5-mile race at Miami-Dade Community College on Sunday, 26 October, which was co-sponsored by the Greater Miami United Nations Association. Praised as one of the most outstanding events of the week, the run drew about 150 participants, with the women's awards presented by Ms. Ethyl Felts, Chairman of the Miami UNA, and the men's presented by Mr. Pat Chmiel, winner of the 1977 Orange Bowl Marathon.

PHOENIX, ARIZONA

In Phoenix, a 35-minute meditation walk was held on 24 October to mark the 35th anniversary of the founding of the United Nations.

PORTLAND, MAINE

U.N. Day was commemorated in the City of Portland by a 35-minute "Walk Toward World Peace" in Portland's Deering Oaks Park on 24 October. The walkers, carrying a flaming torch and colourful banners lettered with such U.N. goals as "World Peace" and "World Friendship," began their walk at 4 p.m., ending 35 minutes later at the A.A.R.S. Rose Garden. The group then gathered for a brief commemorative programme, in which 15 of Sri Chinmoy's books about the U.N. were donated to the Portland Public Library.

SAN FRANCISCO, CALIFORNIA

Seven runners participated in a 35-mile relay run on 24 October around San Francisco's U.N. Plaza, a commemorative plaza and fountain dedicated to the United Nations in the city's Civic Center. The runners passed a U.N. flag from one runner to the next, and leaflets were handed out to passersby to bring attention to U.N. Day. The event was covered on the evening news by radio stations as well as one of San Francisco's major television stations.



Runners Mike Miller (above), Martin Weber (lower left) and Ron Cohen (lower right) participate in a 35-mile relay run around San Francisco's U.N. Plaza.



SANTA BARBARA, CALIFORNIA

A 3.5-mile Fun Run was held in Santa Barbara on 24 October to celebrate the 35th anniversary of the United Nations. Special iron-on emblems were presented to each of the runners by the United Nations Association in Santa Barbara.

SEATTLE, WASHINGTON

A 24-hour non-stop relay walk through historical and scenic sites in the greater Seattle area was held starting 12 noon, 23 October, and ending at 12 noon, 24 October. The relay began at the Seattle Municipal Building, where walkers received a proclamation from Seattle Mayor Charles Royer declaring "U.N. Day in Seattle." Proclamations were also received from the mayors of the cities of Bellevue, Kirkland, Lake Forest Park and Renton, as well as from the King County Executive. The 70-mile walk finished at the Washington Plaza Hotel, where the participants joined local UNA members and supporters for their annual meeting.



Dr. James Todd of the Department of Intergovernmental Affairs in Seattle places Mayor Charles Royer's U.N. Day Proclamation into a baton to be carried some 70 miles by the team of relay walkers. The baton is held by Dr. Lincoln Polissar, organizer of the relay walk.

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

WHEREAS, on October 24, 1980, the world will mark the 35th Anniversary of the United Nations, dedicated to the ideals of peace and human rights, to the promotion of economic and social progress, and to ensuring a greater measure of justice and freedom for all; and

WHEREAS, the City of Seattle joins in the hope and promise of a more peaceful world and the opportunity for new strides in international cooperation; and

WHEREAS, it is most proper that we set aside a time of special recognition of the need for everyone, groups and individuals alike, to participate in programs and activities designed to develop a better understanding of the problems and potentials of the United Nations and to stimulate discussion of ways to make the United Nations into a more effective organization;

NOW, THEREFORE, I, CHARLES ROYER, Mayor of the City of Seattle, do hereby proclaim October 24, 1980, as UNITED NATIONS DAY in Seattle, and urge all Citizens to join in this observance with a spirit of rededication to the high truths which 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.

Charles Royer
Charles Royer
Mayor

(15)



Above, walkers brave a chill night on the edge of Lake Washington. Below, Dr. Polissar presents proclamations from five mayors to Ms. Edith Clark, U.N.A. President, at the annual Seattle U.N. Day meeting.



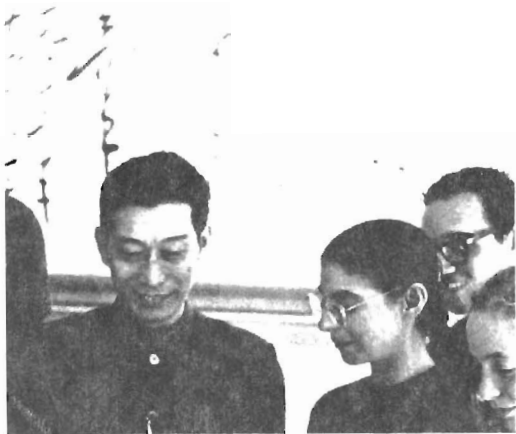
WASHINGTON, D.C.

A 35-mile running, walking and cycling relay was held in Washington, D.C. on 24 October to celebrate U.N. Day. Along the route, participants visited sixteen embassies as well as a number of U.N. offices and government buildings, including the White House, where they were greeted by Annette Carter, the President's daughter-in-law. At each stop officials were presented with literature about the U.N., including a copy of "The Inner Role of the United Nations," a recent talk by Sri Chinmoy at the U.S. State Department's Open Forum.

The relay began at 8:15 a.m. at the Apostolic Delegation, where participants were met by two Monsignors and photographs were taken near a portrait of Pope John Paul II. Some interesting stops along the route included a visit to the Mexican Embassy, where Ambassador Margain presented the participants with a book about Mexico, and meetings with the Ambassadors of Jamaica and Madagascar. At the Embassy of the People's Republic of China, Minister Xie Quimei presented each runner with a book of poetry by Mao Tse Tung and a magazine on sports in China. The relay ended at the UNICEF office in Washington, near the U.S. Capitol building.



Above, Ambassador Rattray of Jamaica receives gifts from the U.N. Day relay participants. Below, Minister Xie of the Chinese Embassy receives literature about the U.N.





The participants meet with Mr. Tamayo of the U.N. Information Center in Washington.

CANADA

HALIFAX

Four runners completed a total of 35 miles in Point Pleasant Park to mark the U.N.'s 35th birthday.

MONTREAL

A 35-kilometre relay run was held in Montreal on 24 October. Runners passed the UNICEF office in Montreal and finished at the office of U.N.A. where they were greeted by the Vice-President of U.N.A.

In the evening, a special U.N. Day children's programme was held, which included music, a puppet show and a children's play. Proceeds from the programme were donated to UNICEF.

TORONTO

In Toronto a team of cyclists celebrated U.N. Day by riding 35 kilometres through the main streets of the city. Along their route they stopped at several foreign consulates where they made presentations in honour of U.N Day.



At the Indian Consulate in Toronto, U.N. Day cyclists meet with Vice-Consul Rao.



U.N. Day cyclists meet with Mrs. Pinto, Assistant Information Officer of the Japanese Consulate in Toronto.



Mr. John R. Garan, Consul General of Australia in Toronto, receives a presentation from the cyclists.

VICTORIA

A 35-kilometre relay run was held in Victoria, ending with a flag-raising ceremony at the inner harbour. During the ceremony, a message from the Premier of British Columbia was read out, as well as a proclamation from the Mayor of Victoria and special U.N. Day messages from the mayors of Esquimalt, Oak Bay and Faanich. A short speech was also offered by the President of the United Nations Association, Ms. Dorothy Potts.

UNITED KINGDOM

IPSWICH

A 75-mile relay run started in Ipswich at 7 p.m. on 24 October and finished 13 hours later at Number 10 Downing Street in London, where a proclamation of oneness with the ideals of the United Nations was received by a representative of the Prime Minister.

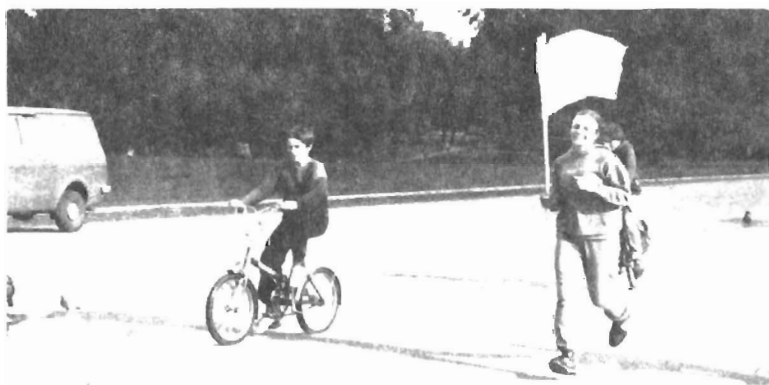
A special service was organised at the School of Jesus and Mary on U.N. Day, during which the children prayed for World Peace. Diana Spettigue of the Ipswich Centre spoke to the children about the United Nations and songs dedicated to the United Nations were sung.

LONDON

A 35-mile relay run was held in Hyde Park on 24 October, followed by a meeting with Professor John Fergusson, Chairman of the United Nations Association of Great Britain and Northern Ireland.



U.N. Day runners in London meet with Prof. John Fergusson, Chairman of the United Nations Association of Great Britain and Northern Ireland.



Runners carry U.N. flag through London's Hyde Park on U.N. Day.



10 DOWNING STREET

4 November 1980

Dear Mrs Spettigue

The Prime Minister has asked me to thank you for your Proclamation in celebration of the 35th Anniversary of the United Nations.

Mrs Thatcher has asked me to convey her congratulations to the members of the Sri Chinmoy Centre in Ipswich on the completion of their Ipswich to London Relay Walk.

Yours sincerely

B M Cross

13th October 1980

Dear Mrs. Spettigue,

I would like to thank you on behalf of the County Library for the gift of books written by Sri Chinmoy in honour of the thirty-fifth birthday of the United Nations.

As I explained to you when we met, earlier, I will not be able to place all these books in Ipswich Library as some of them will probably be allocated to branches.

I wish you all the best on the day of your Ipswich to London relay race.

Yours sincerely,

SUFFOLK
COUNTY
COUNCIL



(24)

M E Hollis

M. Hollis
Assistant County Librarian



**UNITED NATIONS ASSOCIATION
OF GREAT BRITAIN AND NORTHERN IRELAND**

3 WHITEHALL COURT LONDON SW1A 2LL TEL 01-906 28017

24 October 1980 UN Day

Dear Sri Chirmoy,

I am writing on behalf of the United Nations Association of Great Britain and Northern Ireland to say how much we appreciated the action of your supporters in London in celebrating this special day by a run through the streets bearing a UN banner to our Headquarters, where they made a presentation to me of one of your books. We value their concern for peace, as we value your prayers for the UN.

Yours,

A handwritten signature in cursive script that reads "John Ferguson".

John Ferguson
Chairman

AUSTRALIA

ADELAIDE

On the evening of 24 October, a 10-kilometre Run for Peace was held on a floodlit track in Adelaide to mark U.N. Day. The race was officially started by Mr. Shan Hoskins, President of the United Nations Association, and proceeds from the event were donated to UNICEF.



Runners await the start of the evening Run for Peace in Adelaide.

PERTH

The 2nd annual 10-kilometre Run for Peace was held in Perth on 19 October. Sponsored by the Sri Chinmoy Centre and the United Nations Association, the run was the first official function for World United Nations Week in Western Australia. Sir Thomas Wardle, President of the United Nations Association of Western Australia, officially started the race. Among the 300 participants were a number of Western Australia's top athletes, including Robert DeCastella, who recently represented Australia at the Olympics, placing 10th in the marathon.



Runners line up for the start of the 2nd annual Run for Peace in Perth, Australia.

QUESTIONS AND ANSWERS

Sri Chinmoy answered the following questions at meetings of the meditation group.

Question: What should our attitude be toward working at the United Nations?

Sri Chinmoy: Our attitude should be one of conscious self-giving. This self-giving can take various forms on the outer plane. Here we are dealing with many individuals. If we find it difficult to give ourselves to many individuals, many countries, at least we can have an attitude of forgiveness. We forgive in order to make forward progress.

If we have so-called enemies, then we will all the time harbour evil thoughts towards our enemies. When we feel that we have enemies around us we actually forget our own goal. We think only of our enemies—how to conquer them, how to annihilate them. This becomes our goal. Then what kind of progress are we going to make?

So the best attitude is to always think of the goal. The goal is always found in self-giving. The more we can give soulfully, the sooner we shall get satisfaction in what we are doing or what we are growing into. Each individual knows how to offer something to the world at large. Each individual knows how to offer something to his body, vital, mind, heart and soul. Only we have to do it.

We create thoughts, ideas and ideals. Let us say that a thought has entered into our mind. Immediately if we want to nourish that thought, we can put a good feeling into the thought. And that feeling comes from the heart itself. If we do not nourish the thought with our heart's psychic feelings, the thought remains powerless; it remains unfulfilled. Here we are talking about attitudes on the mental plane. But the real divinity, or the real essence of anything divine, lies only inside the heart. So anything that we see in the form of creation or anything that we create ourselves must be nourished by the feelings of the heart.

At every moment we can be attacked by negative thoughts, assailed by undivine thoughts. Again, at every moment with our inner will we can create good thoughts, loving thoughts, illumining thoughts, fulfilling thoughts. These thoughts can only function properly when we have an inner feeling from the heart.

The feelings of the heart we can increase only by self-giving. Right now we use the term "self-giving" precisely because we have not sufficiently cultivated or developed the capacity that makes us feel that we are of the one and for the many. We have not yet discovered our universal oneness. But once we have discovered our oneness with the rest of the world, then it is not self-giving; it is only the fulfillment of our own inner awakening. When my hand does something for my leg or vice versa, they do not take it as self-giving. Hand and leg are part and parcel of one reality; they are one reality.

Unfortunately, at the present state of our evolution, our limited vision has not granted us the capacity to feel everyone as our own. So let us start with the idea of self-giving. We shall give what we have and what we are; we shall give our good thoughts.

So the best attitude right now is the attitude of self-giving. If there are adversaries, wrong forces or others who do not see eye to eye with us, then we have to move forward on the strength of our forgiveness-capacity or our forgetfulness. We shall not forget our ideal, no. We will forget only unhappy, unhealthy experiences that we get from others while we are trying to serve the divine purpose within us.

Question: How can we stay in the heart when we are doing tasks which involve the mind?

Sri Chinmoy: We can remain in the heart, even when the mind is necessary to perform specific tasks, if we know that we are not the mind or the body or the vital, but the heart. If we know that we are nothing but the heart and that we have nothing but the heart, then automatically everything that we do is being done in and through the heart. Now we feel that we have a mind, we have a vital, we have a body, we have a heart and we have a soul. But if we feel that we have only one thing, the heart, then naturally we will use only that one thing when we want to achieve something or give something.

If we feel that we have many levels of being, then naturally we will be tempted, we will be inspired to use all these when we feel it is necessary. But if we can make ourselves feel that what we have and what we are is the aspiring heart, then the consciousness of the heart will come to the fore and inundate the whole body from top to bottom, from the sole of the foot to the crown of the head. If I repeat, "I am the heart, I am the heart," then we will only have the heart's consciousness no matter

what we do. Then the problem of the mind's involvement in our activities will not arise. For we are not using the mind as such; we are using only the thing that we claim to be our own, our very own, and that is the heart.

So if you always think of yourself as the all-loving heart, all-illuminating heart, then the heart itself will take care of the so-called problems that we face every day in our multifarious activities.

Question: You have said that if we wish to serve the world, we must have the proper attitude. Could you explain please what that attitude is.

Sri Chinmoy: If we wish to work in the world and for the world, our attitude should be one of dedicated service. We have to feel that the rest of the world is ours, that everyone is a member of the same family. When the attitude of help comes into the picture, we become proud. When we help others, immediately we feel that we are superior to them. But if we take the attitude of service, if we remain in the ordinary consciousness we may feel that we are inferior to others; but if we remain in the divine consciousness, we feel that we have been given a golden opportunity to serve the vast world. Now this opportunity is given to us by the Inner Pilot, the Supreme, who is within us and within everyone. So when we are working for others, we have to feel the Inner Pilot has given us the golden opportunity to serve Him in others.

If we are sincere and have the idea only of serving, and if we feel that somebody else could have been given this golden opportunity, then we become humble. Humility is not humiliation but rather the expansion of our consciousness. It is like

this. The conscious Light that feels everything as one is in our heart. Now this Light comes and takes my hand as the instrument and says, "Touch your head." I touch it, and then the Light says, "Now touch your feet." But now I am unwilling, because I feel that this time I am becoming a slave whereas before, when I touched my head, I was the master. But when I know that my feet, my heart, my head are all one, I don't feel that it is beneath my dignity to touch my feet. Our attitude here should be the one of surrender, surrender to the command. So if we serve the world with the idea that the world is ours and we are part and parcel of the world, the question of superiority and inferiority can never arise.

We are asked to do something. Why is it that God has asked us and not somebody else? Because He feels that we have the inner surrender, the inner willingness, and we want to do it in a divine way. Now two persons can do something and their outer success will be the same; but their attitudes may totally differ. In God's Eye, the attitude is most important, not the so-called success. If we do something devotedly and unconditionally, then God feels that is a real success. If we achieve something by hook or by crook, by deceiving the world, we may get the success on the surface. But our conscience will torture us and then a day will come when everything will be exposed and we will become victim to both our own inner conscience and the outer public.

When we serve the world, we have to feel that we are not the doer, but that Somebody else is. We may not know Him, we may not see Him, but we can feel Him. God is nearer than our nose, nearer than our eyes, much nearer, but we don't have to see Him in order to know it. We have been sitting here

meditating for half an hour; we may not have seen the golden Face of God, but we have felt something guiding and inspiring us. Hundreds of people are working at the United Nations, but why have just you people come here to meditate? It is because Someone has inspired you to do the right thing and to become the right person. And that Someone is God. If Somebody from within had not inspired you, then by this time you would have gone for your lunch break or left to mix with your friends.

Now others who are not paying attention to the spiritual life may be much greater than we are. In the eyes of the world greatness is determined by who has the authority, who has the power of autocracy; it depends on how much physical power or vital power or mental power one can wield. But in God's Eye, whoever wants to expand his heart's capacity, whoever has the heart's magnanimity, is really great. In God's Eye, greatness means goodness. Whoever is good becomes God's chosen son or chosen daughter.

In order to serve God in man and man in God, the first thing we have to do is pray and meditate. When we meditate, inside our meditation we will find the divine message or command, and we will also see how this order can be executed. If we discard prayer and meditation and become world-lovers, philanthropists, we are making a mistake. We will be like a human body without a backbone. No! First we have to become a God-lover, and then see humanity inside God. If through our meditation we see God and feel His Presence, then naturally we shall care for mankind. God is like the root of the cosmic tree. If we want to water the branches or the leaves and fruit, it is impossible; we have to water the base of the tree, the root. That is to say, we have to please God first and only

in this way shall we be able to serve and fulfil mankind.

Question: Can you give us some suggestions on how we might use in our jobs the light, joy, bliss and other things that we receive in our meditation here?

Sri Chinmoy: When you meditate here you *do* get something—either peace or light or bliss, or some other divine qualities. These divine qualities are your treasure. When you want to buy something in the outer world, you need money to buy it. You keep your money in your wallet and you use it whenever you want to. With your inner treasure, please try to feel that your wallet is your heart. When you meditate you earn money in the form of peace, light and power—and you keep it in your heart. Do not feel that when you are here you get things and later, just because you are not meditating consciously, you no longer have any wealth. No! You work for eight hours a day for five days and you get paid. This money you can use any time you want to. It is absolutely yours. Because you have prayed and meditated, you have earned this divine wealth. Now with ordinary money-power you buy things that you want. But with light-power or peace-power you try to conquer something instead of buying it. You conquer ignorance by inundating it with your inner light and peace.

When you go to your office you have to associate with many people who are not aspiring at all. They have their own world, their own life. Now, with your peace, light and bliss you keep a solid, adamant wall between yourself and these unambitious people. On the outer plane you may be

quite cordial, friendly and sympathetic, but on the inner plane you have to be very strong always. You have to remember that right now you are a tiny, fragile plant which can be easily destroyed. But you do have the power within you to create a protective barrier between yourself and your associates, a power to fight ignorance. This power, which is in the form of peace, light or bliss, you get from your meditation here.

Now, you must be constantly aware that you do have this inner power. If you do not feel it, then in spite of having it you will not be able to use it to solve your problems. You have money in your pocket, but if you forget that it is there, then naturally when you see something you want you will not be able to buy it. This very often happens. Even now we are all inseparably one with God, but we have forgotten. Only by practising meditation for years and years do we come to realise what it means to be inseparably one with God. People who have realised God say that God was always there within them but they had totally forgotten. All of us have divinity within us, but a spiritual Master has become conscious of it. We are praying and meditating in order to become conscious of the fact that inside us God exists.

When you pray and meditate here, try to keep the experience that you get constantly alive inside you. You have something, but it is up to you to utilise it. If you do not use it, then after some time it loses its power. So when you meditate here you *do* get power, peace, light and bliss. Peace is power, light is power, all divine qualities are power, power to stand against the ignorance of the outer world. So always try to remind yourself of the divine qualities that you achieve during your meditation and then you will see that it is quite

easy to stand against ignorance. If you just remember the qualities that you have achieved, these very qualities will fight on your behalf against ignorance.



THE PRESIDENT
OF THE
GENERAL ASSEMBLY

New York, November 19, 1980

Sri Chinmoy
Sri Chinmoy Meditation
at the United Nations
GPO 20-Room 1931
United Nations
New York, N.Y. 10017

Dear Sir:

You were indeed most kind to extend to me
on my birthday your good wishes and offer me
such a beautiful bouquet of flowers.

Let me thank you from the bottom of my
heart for your thoughtfulness.

Very best regards,

(Rüdiger von Weizsäcker)

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(38) B. m. k.
