

# The Washington Post

## Prayers For Peace

Mystic Sri Chinmoy's  
Congressional Meditation

By Carol Krucoff

While most of Capitol Hill focused on the president's record \$305 billion defense budget request yesterday, a small man in a white satin dhoti called congressmen, senators and ambassadors together to meditate on peace.

"Peace, God's-beauty-is-in-his-oneness, om" intoned Indian mystic Sri Chinmoy at the inauguration of his Peace Meditation at Congress. Nearly 100 people gathered in the Rayburn building for the event, billed as "a twice-monthly interlude of contemplation and renewal for congressional members and staff" and modeled after the biweekly non-denominational meditations Chinmoy has conducted at the United Nations for the past 14 years.

"Congress is America's fate-maker," said the 52-year-old guru, who moved to New York from India in 1964 after spending 20 years at an ashram. "If here we can pray and meditate, we will bring forward peace that will inundate the length and breadth of the world."

Scheduled to begin at noon, the  
See CHINMOY, C9, Col. 1



By James A. Parcell—The Washington Post

Sri Chinmoy on the Hill yesterday

## CHINMOY, From CI

meditation started 15 minutes late to wait for sponsor Rep. Joseph P. Addabbo (D-N.Y.), who had spent the morning railing at Defense Secretary Caspar Weinberger in his capacity as chairman of the House Appropriations subcommittee on defense. (Despite word that Weinberger's security people had poked their heads into the room shortly before the meditation began, the defense secretary did not attend.)

Chinmoy began by bowing his head over prayer-clasped hands for several moments of silence—broken only by the insistent buzz of the House vote alert. Then a chorus of fresh-faced young women in saris and clean-cut young men in business suits sang several Chinmoy compositions including:

*O Senators, O Congressmen, O great and good giant souls!*

*To hold our country's Himalayan heights*

*Yours are the supreme self-giving roles.*

Addabbo took the podium next, calling the event "most appropriate" since "today we started our hearings on House defense appropriations dealing with death and destruction and, hopefully, peace in the days to come."

Addabbo said he agreed to sponsor the peace meditation, which was initiated by Chinmoy's Washington-area disciples, because "Sri's a constituent, he's internationally known and he presents a moment of peace in a life of turmoil." The congressman said he would attend "now and then," adding, "I don't think it will hurt."

Deputy chief of the Indian Embassy Peter Sinai offered this wis-

# Sri Chinmoy

dom from the Ebagavad-Gita: "The trick to keeping peace of mind is to remain unattached to the results. Try to do right action, but keep your detachment from the fruit thereof."

Next, the choir offered a few Chinmoy aphorisms such as:

*As there can be no war without the war mongers*

*There can be no peace without the peace lovers.*

And:

*World peace will begin when human expectation ends. World peace can dawn only when each individual realizes the supreme truth: Love is the revelation of Life, and Life is the manifestation of Love.*

Chinmoy then distributed orange roses to the dignitaries in attendance—Rep. Addabbo, Sen. Claiborne Pell (D-R.I.), Rep. George M. O'Brien (R-Ill.) and ambassadors and representatives from Italy, Burma, Cyprus, Venezuela, Laos, Mauritania, Tunisia and Bangladesh.

Finally came the home movies.

"Here is the historic meeting of Sri Chinmoy and the late United Nations secretary general U Thant," narrated a sari-clad Chinmoy follower, launching 15 minutes of slides: Chinmoy with Pope John Paul II, Chinmoy with Leonard Bernstein, Chinmoy with Coretta Scott King, Chinmoy with Muhammad Ali.

Chinmoy, who says he has published more than 350 books, composed more than 3,000 songs, completed more than 130,000 paintings,

lectured at more than 150 universities and runs 40 miles a week, has also met with a smorgasbord of superstars—with a photographer present.

The photos continued: Chinmoy with musician Pablo Casals, Chinmoy with New York Mayor Edward Koch, Chinmoy with sculptor Henry Moore, Chinmoy with runner Bill Rodgers, Chinmoy with Sen. Charles McC. Mathias (R-Md.).

Finally came the late greats: Chinmoy at a memorial to Eleanor Roosevelt, Chinmoy at a memorial to Albert Einstein, Chinmoy at a memorial to Nelson Rockefeller.

Afterward, he broke his usual rule against talking to the press—as a result of media distortions, explained a follower—by responding to several questions that had been submitted earlier in writing.

"The goodness of America is perhaps forgotten to some extent," Chinmoy said in barely audible tones, with his eyes closed—except for brief moments when he flashed them open for emphasis.

His message to the American people: "Your goodness is peace. America's greatness the world knows. But this goodness America can bring to the fore in infinite measure . . . and offer it to the world."

The best way to tap inner peace, he said, is "prayer and meditation . . . not just by senators and congressman, but by all Americans . . . The peace is within, we have to dig and dig."

Society's major problem, he said, is "to increase the heart power, not the power of the arms. We must not compete with any other country . . . When America sings the song of self-transcendence, the rest of the world will definitely, cheerfully plus faithfully follow."

Friday, March 2, 1984

# The Washington Post

## Prayers For Peace

### Mystic Sri Chinmoy's Congressional Meditation

By Carol Krucoff

While most of Capitol Hill focused on the president's record \$305 billion defense budget request yesterday, a small man in a white satin dhoti called congressmen, senators and ambassadors together to meditate on peace.

"Peace, God's beauty-is-in-his-ness, om" intoned Indian mystic Sri Chinmoy at the inauguration of his Peace Meditation at Congress. Nearly 100 people gathered in the Rayburn building for the event, billed as "a twice-monthly interlude of contemplation and renewal for congressional members and staff" and modeled after the biweekly non-denominational meditations Chinmoy has conducted at the United Nations for the past 14 years.

"Congress is America's fate-maker," said the 52-year-old guru, who moved to New York from India in 1964 after spending 20 years at an ashram. "If here we can pray and meditate, we will bring forward peace that will inundate the length and breadth of the world."

Scheduled to begin at noon, the See CHINMOY, C9, Col. 1



By James A. Paçcell—The Washington Post

Sri Chinmoy on the Hill yesterday

CHINMOY, From C1  
meditation started 15 minutes late to wait for sponsor Rep. Joseph P. Addabbo (D-N.Y.), who had spent the morning railing at Defense Secretary Caspar Weinberger in his capacity as chairman of the House Appropriations subcommittee on defense. (Despite word that Weinberger's security people had poked their heads into the room shortly before the meditation began, the defense secretary did not attend.)

Chinmoy began by bowing his head over prayer-clasped hands for several moments of silence—broken only by the insistent buzz of the House vote alert. Then a chorus of fresh-faced young women in saris and clean-cut young men in business suits sang several Chinmoy compositions including:

*O Senators, O Congressmen, O great and good giant souls!*

*To hold our country's Himalayan heights*

*Yours are the supreme self-giving roles.*

Addabbo took the podium next, calling the event "most appropriate" since "today we started our hearings on House defense appropriations dealing with death and destruction and, hopefully, peace in the days to come."

Addabbo said he agreed to sponsor the peace meditation, which was initiated by Chinmoy's Washington-area disciples, because "Sri's a constituent, he's internationally known and he presents a moment of peace in a life of turmoil." The congressman said he would attend "now and then," adding, "I don't think it will hurt."

Deputy chief of the Indian Embassy Peter Sinai offered this wis-

## Sri Chinmoy

dom from the Bhagavad-Gita: "The trick to keeping peace of mind is to remain unattached to the results. Try to do right action, but keep your detachment from the fruit thereof."

Next, the choir offered a few Chinmoy aphorisms such as:

*As there can be no war without the war mongers*

*There can be no peace without the peace lovers.*

And:  
*World peace will begin when human expectation ends. World peace can dawn only when each individual realizes the supreme truth: Love is the revelation of Life, and Life is the manifestation of Love.*

Chinmoy then distributed orange roses to the dignitaries in attendance—Rep. Addabbo, Sen. Claiborne Pell (D-R.I.), Rep. George M. O'Brien (R-Ill.) and ambassadors and representatives from Italy, Burma, Cyprus, Venezuela, Laos, Mauritania, Tunisia and Bangladesh.

Finally came the home movies. "Here is the historic meeting of Sri Chinmoy and the late United Nations secretary general U Thant," narrated a sari-clad Chinmoy follower, launching 15 minutes of slides: Chinmoy with Pope John Paul II, Chinmoy with Leonard Bernstein, Chinmoy with Coretta Scott King, Chinmoy with Muhammad Ali.

Chinmoy, who says he has published more than 350 books, composed more than 3,000 songs, completed more than 130,000 paintings,

lectured at more than 150 universities and runs 40 miles a week, has also met with a smorgasbord of superstars—with a photographer present.

The photos continued: Chinmoy with musician Pablo Casals, Chinmoy with New York Mayor Edward Koch, Chinmoy with sculptor Henry Moore, Chinmoy with runner Bill Rodgers, Chinmoy with Sen. Charles McC. Mathias (R-Md.).

Finally came the late greats: Chinmoy at a memorial to Eleanor Roosevelt, Chinmoy at a memorial to Albert Einstein, Chinmoy at a memorial to Nelson Rockefeller.

Afterward, he broke his usual rule against talking to the press—as a result of media distortions, explained a follower—by responding to several questions that had been submitted earlier in writing.

"The goodness of America is perhaps forgotten to some extent," Chinmoy said in barely audible tones, with his eyes closed—except for brief moments when he flashed them open for emphasis.

His message to the American people: "Your goodness is peace. America's greatness the world knows. But this goodness America can bring to the fore in infinite measure . . . and offer it to the world."

"The best way to tap inner peace, he said, is "prayer and meditation . . . not just by senators and congressman, but by all Americans . . . The peace is within, we have to dig and dig."

Society's major problem, he said, is "to increase the heart power, not the power of the arms. We must not compete with any other country . . . When America sings the song of self-transcendence, the rest of the world will definitely, cheerfully plus faithfully follow."