

*At a meeting of Sri Chinmoy: The Peace Meditation at the United Nations, Sri Chinmoy met bodybuilding champion Frank Zane for the first time.*

Sri Chinmoy: Mr. Olympia, Mr. Olympia, Mr. Olympia! Dear Brother Frank, Frank Zane, I am extremely happy and deeply honoured to have you here at our Peace Meditation at the United Nations.

The difference between you and me is very simple: my body is a quivering ant and your physique is a roaring lion. But because you are a truth-seeker and God-lover, and I am also a truth-seeker and God-lover, we are sailing in the same boat of aspiration and dedication. On the strength of our aspiration we are trying to love our Lord Beloved Supreme soulfully. On the strength of our dedication we are trying to serve humanity devotedly.

My joy knows no bounds to have you here with the truth-seekers and God-lovers. Last night I came to learn from a student of mine that you would be coming here. Immediately I got the inspiration to compose a song in honour of you, and now I am dedicating this song to your God-loving heart and man-serving life. I wish to offer you gratitude from the very depths of my heart for the kind words you have said with regard to my weightlifting.

Frank Zane: Thank you, Sri Chinmoy. This is a great honour. I have never had a song written about me before.

I am really happy I could come here. And it is always fascinating to me how the course of events in my life happened. The fact that I was coming to New York this weekend and I received a phone call the day before, and I ended up coming here without any kind of planning—this seems to be happening more and more. I guess you could call it synchronicity.

And I am really very curious about you, Sri Chinmoy. Your life is beyond my own contribution—how anybody could do that, maybe you could tell me. I personally have never been able to do anything that heavy. To lift with one arm, to press your bodyweight—it is unheard of. So I can really appreciate what it would take to do something like that. The type of training I have always done in bodybuilding is more concerned with the effects on the body. But I have done some heavy training and I know what that type of training takes.

I am very pleased and impressed and glad to be here. Thank you very much.

Sri Chinmoy: Your wife also does bodybuilding? You said that in the book you are dedicating to each other. Today I shall start reading it. I have read a few articles about you from magazines.

Frank Zane: We have a book on nutrition coming out in February. We would like very much to send you a copy. We have been together 18 years.

We have been doing meditation for a long time. I actually started about the same time I started bodybuilding. I was 14 when I started bodybuilding. I was impressed by *Gitanjali's* aphorisms. I always wanted to be spiritual. One of the reasons I have been successful in bodybuilding is that I have always tried concentration, and I focus always on spiritual concentration. It is all extremely helpful.

I found your book *The Journey of Silver Dreams* very inspiring. It is one of my favourites.

Sri Chinmoy sings his song dedicated to Frank Zane, composed the same day, and offers a presentation of the song to the champion.

Frank Zane: Thank you very much. I will take back a lot of gifts with me!

Sri Chinmoy: From time to time if you come to New York, if you are free...

Frank Zane: If you are ever in California, please call me!