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Chinmoy Hopes To Sow Peace With Meditation

By MATT DAMSKER Courant Staff Writer

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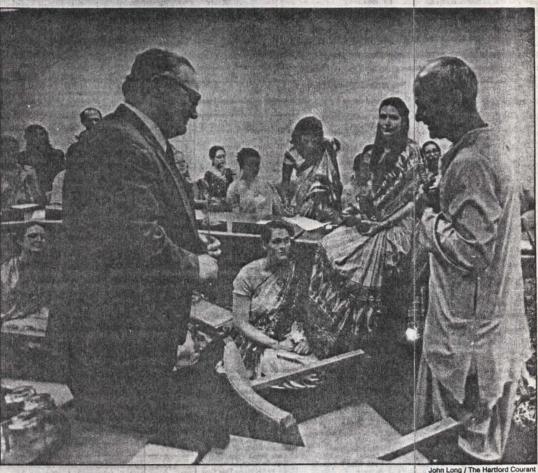
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A Guru's Quiet Quest



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Guru's Quiet Quest Is To Sow Peace

Continued from Page D1

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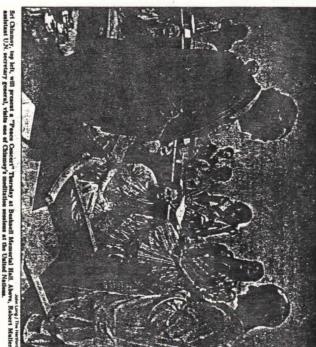
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HARTFORD COURANT, cont.

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on sprinter has inspired him to sponsor a number of marathons and running events worldwide. In 1977, he took up tennis enthusiastically, and as a result of a running injury, five months ago he took up weight lifting. The guru pumps iron enthusiastically these days, Dhruva Hein says Chimmoy now can single-handedly press more than his body weight.

"All my life I have been inspiring my students to run, because spirituality is an inner run and you have to make an outer run to keep the body fit," says the man born Chimmoy Kumar Chose (the Sri means, simply, "Revarend") into a religious family in Chittagong, in what is now Bangladesh. "If in the morning you suffer from headache and stomach upset, that's a wonderful excuse not to pray and meditate. So physical fitness is of paramount importance in spirituality."

But Chinmoy soon cuts short the interview. It seems so much talk is a drain on the perfect silence of the inner life. "I have answered thousands of questions," he says politely, "and if I try to answer more I will only display my ignorance." The eyes retreat into bliss. Someone hands him the pink rose from the table and he touches it to his brow, meditates on it for a fervent moment, as if drawing sustenance from its organic harmony. Then the guru takes his leave.

"The Peace Concert" featuring Sri Chimmy will be Thursday at 5

"The Peace Concert" featuring Sri Chinmey will be Thursday at 8 p.m. at Bushneil Memoriai Hall, 166 Capitol Ave. in Hartford. Admission is free, and tickets will be distribut-ed at the door.