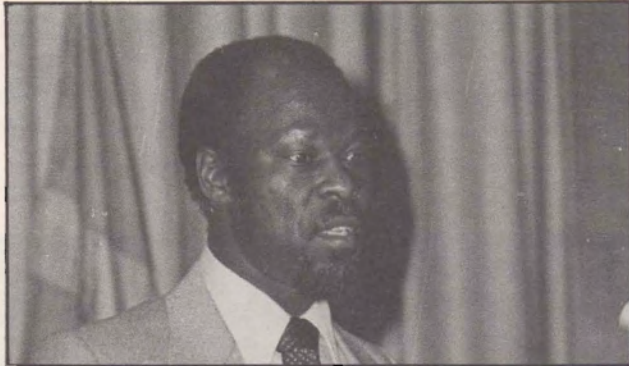


International Thanksgiving 1978

On 20 November 1978 Sri Chinmoy Meditation at the United Nations sponsored the fourth observance of International Thanksgiving at United Nations Headquarters. Guest speakers included Ambassador Davidson L. Hepburn of the Bahamas, Ambassador E. Owono Asangono of Equatorial Guinea, Ambassador C.G. Maina of Kenya, Ambassador Harald Rose of the German Democratic Republic, Mr. Zaim Imam, Political Adviser of Kuwait and Mr. Christian Schmittlein, Third Secretary, from the Mission of the Federal Republic of Germany. Colonel Geiger was also present as a representative of the Swedish Mission to the United Nations.

Following are excerpts from the programme.



H.E. Mr. Davidson L. Hepburn, Permanent Representative of the Bahamas to the United Nations: Membership in the United Nations has been a catalyst to the Bahamas. The exposure has challenged our delegates to deal with issues in a more constructive and decisive manner. Hence, we are more positive in our conviction that the true values of peace and harmony with one another and with one's environment are within mankind's grasp, and we hope that by sharing this belief with our colleagues here at the United Nations we can enhance the image of the organisation by fostering better relations and strengthening the call for the maintenance of universal peace and security.



H.E. Mr. C. G. Maina, Permanent Representative of Kenya to the United Nations: We are happy to join all our friends in this International

Day of Thanksgiving, even for the imperfect peace in an imperfect world that we have continued to enjoy in the past year. It is our hope that men and women leaders everywhere in the world will have the opportunity to sit back and count not only the problems, but also the blessings that we have, because without the ability to sit back and reflect on the basic values of human existence and the relationship between man, his immediate environment and the rest of the universe, the human being often behaves no better than the lesser creations that inhabit the earth.



H.E. Dr. Harald Rose, Permanent Representative of the German Democratic Republic to the United Nations: It will soon be thirty years since the German Democratic Republic was founded—an anniversary for which the people of my country are making preparations in many ways. I am presenting to you a young State whose people can look back on a long and eventful history . . . For the German Democratic Republic the commitment to the principles of the Charter of the United Nations is not only motivated by political or juridical considerations. It is deeply rooted in our philosophy and ideology and in our concepts of value, in short, in our new life.



Mr. Zaim Imam, Political Adviser, Permanent Mission of Kuwait to the United Nations: The United Nations means a great deal to my countrymen. We view the United Nations as the institution that can ensure our very survival through the establishment of international security and the rule of law. It is also the institution which completes the process of decolonization and ensures protection for human rights and fundamental freedoms. To strengthen the United Nations, Member States should work to improve it as an object in itself. They should cease to use it as an instrument for the furtherance of national policies. My countrymen believe that with the proper political will, which must evolve in an increasingly interdependent world, the United Nations can fulfil its real goals.



H.E. Mr. E. Owono Asangono, Permanent Representative of Equatorial Guinea to the United Nations (translated from the Spanish): With Equatorial Guinea's admission to the community of nations, its people were born to a new light. It has meant the complete and effective acquisition of all its rights, duties and obligations before the international community. The Equatorial Guineans feel that it is their duty and obligation to contribute to the common efforts for the edification of an honourable and prosperous universal human

society, and, at the same time, recognize their right to participate in the benefits of this community.

I would like to say a few words to manifest the importance of and the highly significant role that meditation has for the human being. Because of the multiple factors of the social and political life of our environment, the process of humanization is very difficult. It is then indispensable and necessary to surrender every now and then to meditation, as a way to the purification of our spirit and the rediscovery of our inner self. The United Nations constitutes the hope and dream of the international community for the solution of grave problems that affect humanity. We have then the obligation and duty to work pure in spirit here.



Mr. Christian Schmittlein, Third Secretary, Permanent Mission of the Federal Republic of Germany to the United Nations: The German artists, philosophers, writers and painters of the 19th century did not want to be "German" artists in the first sense; coming from middle Europe, they wanted to give their message and their way of thinking to all states. They did not want to be German national artists, but they wanted to be world citizens. This is true not only for Goethe, but also for Heinrich Heine, Karl Marx or any of the others. So, you see that the German culture is not limited to what is now the present Federal Republic of Germany. German culture has always been directed towards the larger world.

This is how we understand our role in the United Nations, too. We try to strengthen all the attempts and all the efforts for peace. The German culture, in the past as well as in the present in the Federal Republic of Germany, has tried to work for peace for all people.

Eleanor Roosevelt: Dedicated Server

On 1 December 1978 a commemorative programme for Eleanor Roosevelt was sponsored by Sri Chinmoy Meditation at the United Nations, held in the Dag Hammarskjöld Auditorium. The programme opened with a very moving silent meditation conducted by Sri Chinmoy, followed by the song "Eleanor," composed by Sri Chinmoy in her honour and sung by several members of the Meditation Group. Guest speakers included Eleanor Roosevelt's grandson, Mr. Curtis Roosevelt, now a Senior Programme Officer in the United Nations Department of International Economic and Social Affairs; Ms. Estelle Linzer, a former personal assistant to Mrs. Roosevelt at the United Nations Association, now the NGO Representative of the Johnson Foundation, and Mr. Allard Lowenstein, former United States Ambassador. A section from a documentary film on the life of Eleanor Roosevelt showing her work on the drafting of the Universal Declaration of Human Rights concluded the programme. Excerpts follow.



Mr. Curtis Roosevelt, Senior Programme Officer, Department of International Economic and Social Affairs: Over the years I've heard many speeches about my grandmother, many talks both formal and informal, recalling what she said and what she did, but I must tell you with all my heart that the silent meditation followed by the singing is the most accurate and true expression we could ever give to Eleanor Roosevelt.

(Eleanor Roosevelt) was able both to represent her country as well as to maintain a certain personal integrity which the delegates respected. I think she maintained this not through any intellectual virtuosity or manipulation, but because she gave love. She represented that essential human quality that lies within all of us. Whether she was talking over a personal problem with a delegate or engaged in negotiating one of the sticky problems forming the Universal Declaration of Human Rights, her thoughtfulness was always quite realistic. There was a quality of love that enabled her to transcend the intellectual.

She was a very spiritual person with a deep inner spiritual life. She would indeed have been much in sympathy with your meditation and singing today.



Ms. Estelle Linzer, NGO Representative, Johnson Foundation: When Mrs. Roosevelt left the United States delegation to the United Nations, she became the world's most famous volunteer. She came to the American Association for the United Nations and said, "Now I want to volunteer. I have nothing to do." The idea of Mrs. Roosevelt not having anything to do was a little ludicrous, but we accepted her offer. And for the nine years until her death she travelled, she spoke, she corresponded and she wrote about the United Nations.

She was a very practical lady, a very realistic lady who never lost her ideals. But she was a unique lady. She touched so many lives. She started a career when she was over 60. She was a widow. She could have stayed home in her country estate and never have to do anything but garden and read and take care of her children and grandchildren forever. But she started a career. Her second career was as unofficial ambassador, when she spoke about the U.N. and what she hoped her government would do in the U.N.

She was a great lady, she was a wonderful friend and she was an example that I live by. And I hope many of us will do so.

Mr. Allard Lowenstein: When I represented the United States on the Human Rights Commission, just sitting in the chair that she had occupied entered into everything that I would try to say or do. the vibrations and hopes of Eleanor Roosevelt permeated the feelings of everyone on that Commission. Of all the marriages of person and function that have occurred since the war, I suppose the most uniquely brilliant and lasting was her personification of what human rights is and must become. It seems to me that what we need now is to try to get more of her spirit into each of us.



Benefit Runs for UNICEF and UNESCO

On 1 January 1978 a Sri Chinmoy 10-Mile Run in benefit of UNICEF was held in Hamilton, Bermuda. The event attracted several former Olympic athletes among the 150 runners, which is believed to be the largest participation in Bermuda running history. The spirit of the UNICEF run was perfectly summed up by Mr. Jim Butterfield, the 2nd place winner, when he said: "This is more than an athletic event—this is like a family gathering."

On 24 September 1978 another Sri Chinmoy 10-Mile Run was held in Greenwich, Connecticut, this time with proceeds to UNESCO.



Sri Chinmoy himself ran the 10-mile course in Greenwich, Connecticut, finishing in 105 minutes.

* * *

He who meditates, consciously dedicates his life to God.

He who dedicates his life to mankind, soulfully meditates on the real God.

His are the eyes that see Heaven on earth. In him divinity and humanity are triumphantly blended.

Japan and Italy Honoured

On 5 December 1978 a programme honouring the anniversaries of Italy and Japan joining the United Nations on 14 December 1955 and 18 December 1956 respectively, was sponsored by Sri Chinmoy Meditation at the United Nations in the Dag Hammarskjold Auditorium. Guest speakers were Ambassador Piero Vinci of Italy and Ambassador Isao Abe of Japan. The programme also included the performance of two new songs written for the occasion by Sri Chinmoy, one in tribute to each of the countries, as well as the national anthems of both countries.

Excerpts from the programme follow.



H.E. Mr. Piero Vinci, *Permanent Representative of Italy to the United Nations*: I'm very happy to be here with the Meditation Group, a group which, under the very outstanding leadership of Sri Chinmoy, is working to support the spiritual values at the United Nations. Spiritual values are always one of the driving forces among people. God's world has such a spiritual potential which needs to be awakened in order to fulfil the expectations and the aspirations of mankind. . . .

Italy's role and its actions at the United Nations have been much easier for us than perhaps for others, because we have had no national interest to defend, but rather we have tried to defend the principles and the purposes of the Charter of the United Nations. I think we try to play our role with all the conviction and effort commensurate with the influence a country like mine can exercise. One instance that I might perhaps mention is in the peace-keeping operations in the Congo, where thirteen members of our Air Force gave their lives. Their names are inscribed on the wall along with Dag Hammarskjold's close to the Meditation Room. I think the names would be inspiring to you since you dedicate so much of your time and your thinking to meditation. . . .

H.E. Mr. Isao Abe, *Permanent Representative of Japan to the United Nations*: Thank you very much for your warm welcome and for the very



nice song. I think that is one of the nicest songs I have heard in the United Nations.

As we have done in the past, we will continue to use only words, discussion—rather than force or violence—to deal with problems at the United Nations. But we sometimes forget what is often said, not only in Japan but elsewhere, that "eloquence is silver, but silence is golden." The real value of words exists in the true thinking behind them. For words to be really meaningful, they must be the outward expression of thoughts of inner value. I believe this is something your Group is striving to achieve. I think that more communication between men, often expressed by words, but more often by silence, could perhaps help us to understand each other more at the United Nations.



Human Rights Day Programme

On 8 December 1978 Sri Chinmoy Meditation at the United Nations sponsored an observance of Human Rights Day in the Dag Hammarskjold Auditorium. The programme was opened with silent meditation led by Sri Chinmoy and the singing of the song "O Human Rights" by the Meditation Group singers. The guest speakers included Ambassador Rikhi Jaipal of India, Mr. K.F. Nyamekye of the Mission of Ghana to the United Nations and Mr. B. Ramcharan, Assistant to the Director of the United Nations Division of Human Rights in Geneva. The programme closed with the song "All Men Are Created Equal" performed by the singers and a reading from the Universal Declaration of Human Rights.

Following are excerpts from the programme.



His Excellency Mr. Rikhi Jaipal, Permanent Representative of India to the United Nations: One feels a sense of exhilaration every time one reads the Universal Declaration of Human Rights. It is a great landmark in the evolution of man. At the same time one also wonders whether the entire range of human rights promised to us can be realised fully. I have no doubt that the human rights movement has acquired a logic and momentum of its own that could lead on to the building of one interdependent world, a world where reason and justice will prevail. Of course, on the way to that world man may have to make heavy sacrifices, because it is not yet in the nature of man to make the right choices by peaceful means.

This makes one ask a fundamental question about the nature of the human being and his potential. I do believe that if one tries to preserve one's rights at the expense of others' rights, it leads to violations of human rights. The only way to promote a general respect for human rights is to become aware of oneself and to identify oneself with others. This deeper awareness can come only through regular meditation. The most important human right is the right to be human. Without it, other rights cannot have any real value or meaning.



Mr. K.F. Nyamekye, Counsellor, Permanent Mission of Ghana to the United Nations: The celebration of the 30th anniversary of the Universal Declaration of Human Rights should be an occasion for re-examination of our method for achieving the goals of the Declaration, especially in Southern Africa. It is our view that it is the responsibility of the international community to ensure the elimination of the gross violation of human rights on our continent. This year's celebrations should offer us the opportunity to rededicate ourselves to the cause of our unfortunate brothers and sisters and join in the international mobilization for the eradication of apartheid and racial discrimination once and for all.

Our emphasis on the human rights in Southern Africa does not imply that we do not appreciate problems in that field in other areas. We believe that the denial of all forms of rights and fundamental freedoms everywhere and under whatever circumstances is intolerable. Every individual is a complete entity and should have the right to enjoy the basic human rights for the fulfilment of his or her full self.

Mr. B. Ramcharan, Assistant to the Director, United Nations Division of Human Rights, Geneva: I think that on this occasion of the 30th



anniversary of the Universal Declaration of Human Rights, we should ask ourselves what we can do, or how we can approach the situation before us, when we see so many clear instances of man's inhumanity to man.

It is imperative for us to recognize our common humanity. Tolerance and understanding flow naturally from the recognition and acceptance of our common humanity. We should also pledge

ourselves to the concept of human solidarity, because it cannot be the conception of our Maker that some of us should live in luxury and some in squalor. We should try to develop ourselves and by personal standards of conduct be an example to others. If there are violations of human rights in any parts of the world, we should concern ourselves with them and speak out; we should not be members of the silent majority in the face of glaring violations of human rights.

When we speak about human rights, we are not talking in general terms about vague problems or ideas. We are talking about individual human beings who have problems that are real to them. I think this occasion is a time for individual commitment and action. It is a time not merely to re-dedicate ourselves to the principles of the Universal Declaration, but also to go out in the world and strive by example and by effort to bring about the full realization of the Declaration's objectives and principles.

* * *

Today's United Nations offers hopeful and soulful advice to mankind. Tomorrow's United Nations will offer fruitful and fulfilling peace to mankind.

Today's United Nations feels Truth, Light and Delight in its loving heart. Tomorrow's United Nations will manifest Truth, Light and Delight with its all-embracing soul.

Today's United Nations sees the nations as its true friends. Tomorrow's United Nations will see the nations as its real sisters and brothers.

Happy Anniversary, Austria; Happy Birthday, Secretary-General

On 15 December 1978 a programme in honour of the anniversary of Austria's joining the United Nations on 14 December 1955 was sponsored by Sri Chinmoy Meditation at the United Nations. The programme included several songs performed by the Meditation Group singers, one of which was a song about Austria composed specially for the occasion by Sri Chinmoy. The guest speaker was Mr. Gustav Ortner, Deputy Permanent Representative of Austria to the United Nations. Slides of Austria were shown, accompanied by selections from Austria's rich musical heritage.

The Meditation Group then observed the 60th birthday of Secretary-General Kurt Waldheim (which was actually on 21 December). Mr. F. Mayrhofer-Grunbuhel, Special Assistant to the Secretary-General, spoke briefly, offering thanks on behalf of Mr. Waldheim, who was unable to personally attend, due to the heavy pressure of his work. The Meditation Group singers sang four songs in the Secretary-General's honour, "Congratulation," "O Kurt Waldheim" and two songs which Sri Chinmoy had composed to words of the Secretary-General. Sri Chinmoy also spoke and later presented Mr. Mayrhofer-Grunbuhel with a birthday cake, decorated with a unique, edible likeness of the Secretary-General, and sixty red roses, which were later delivered to the Secretary-General's office.

Following are excerpts from the programme and a letter of thanks from Secretary-General Waldheim.



Mr. Gustav Ortner, Deputy Permanent Representative of Austria to the United Nations: I first want to thank you very much for welcoming me on this commemorative day which you have organised. I want to congratulate you also for your performance of the choral singing which we have just heard. I was very sensitive to this, as an Austrian and as an amateur musician, to the very fine quality you have achieved in producing your music.

Austria, a neutral country, has since its membership in the United Nations tried by active collaboration to contribute in the sense of the Charter as an active and neutral country, and therefore also be a markstone within the United Nations, and we have the feeling that we have found within the world community general approval for our activity.

Sri Chinmoy: We, the members of the Meditation Group, are observing the most auspicious birthday of our beloved Secretary-General Kurt Waldheim. We are praying most soulfully to the Absolute Supreme to grant our dear Secretary-General infinite Peace and Bliss on this most memorable occasion. Prayerfully we are invoking the Presence of the Absolute Supreme to grant our dear Secretary-General continuous success in his outer life and continuous progress in his inner life, so that he can steer the United Nations boat most swiftly to its destined goal.



Mr. Ferdinand Mayrhofer-Grunbuhel, Special Assistant to the Secretary-General: The Secretary-General has asked me to thank all of you, and in particular the members of the Meditation Group, for this programme. He has also asked me to convey



his sincere and very best greetings and wishes to all of you.

When I informed Mr. Keefe that the Secretary-General would unfortunately not be able to be with you today, he asked me whether I would speak about the Secretary-General. I told him that I really didn't think that it would be appropriate for an assistant of the Secretary-General to speak about his superior. Therefore, I just want to say one thing: I have worked for the Secretary-General for almost six years now, for two years when he was Foreign Minister of Austria and almost four years here in New York. I can tell you only that it is most certainly worth working for him.

* * *

Each delegate is a human being and each human being has a soul. That means a solid portion of God's Consciousness-Light is inside each individual. Each individual has the capacity, the potentiality, the needed power to serve mankind spiritually. But it takes time. Some individuals open up to the light sooner than others. But nobody—no diplomat or delegate or individual—can live without in some way offering to the Source the love, concern, sympathy, compassion, devotedness and all the other good qualities that come from the Source.



THE SECRETARY-GENERAL

20 December 1978

Dear Sri Chinmoy,

I wish to thank you for the kind wishes which you extended to me in connexion with my 60th birthday and for the beautiful flowers you sent me for this occasion.

I very much regret that official commitments relating to the General Assembly made it impossible for me to join you for your Group's gathering on 15 December, but I greatly appreciated this invitation to take part in this programme. Mr. Ferdinand Mayrhofer-Grunbuhel told me of the activities that had so kindly been arranged, for which I am indeed grateful.

Yours sincerely,

Kurt Waldheim

Sri Chinmoy
Meditation at the United Nations
New York

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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.

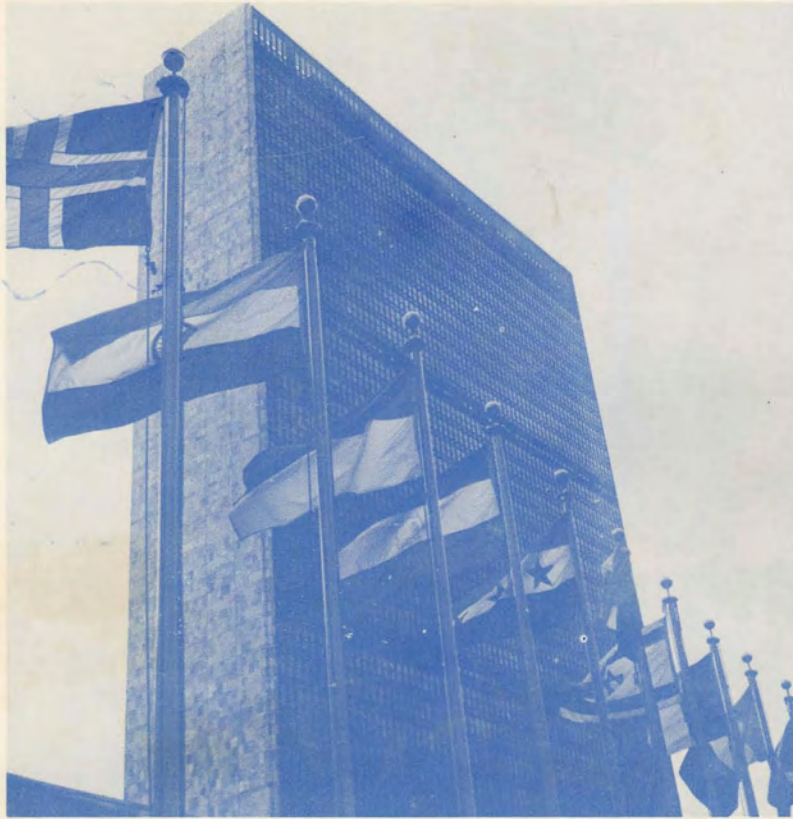
Sri Chinmoy Meditation at the United Nations is an association of U.N. delegates, staff, NGO representatives and accredited press correspondents.*

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* Sri Chinmoy Meditation at the United Nations was formerly known as the United Nations Meditation Group.

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SRI CHINMOY MEDITATION AT THE UNITED NATIONS

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.

Front and back cover photos: United Nations