

MEDITATION
AT THE
UNITED NATIONS



OUR HOPE FOR MANKIND

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

VOL. II, NO. 12

27 DECEMBER 1974

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MEDITATION AT THE UNITED NATIONS

MONTHLY BULLETIN OF THE
UNITED NATIONS MEDITATION GROUP

(1)

Meditation at the United Nations is a monthly bulletin of the United Nations Meditation Group, compiled basically of transcriptions of the Group's regular meetings which are conducted by Sri Chinmoy.

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UNITED NATIONS MEDITATION GROUP



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

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EDITOR'S NOTE

The United Nations Meditation Group was inaugurated on April 14, 1970, when Sri Chinmoy, the eminent Hindu spiritual teacher and philosopher, was invited to conduct its weekly meetings. The Group began its meditations in the Peace Room of the Church Center for the United Nations, but this small room was soon outgrown. Drawn by the immense spiritual wealth of the Master, many new seekers joined the Meditation Group. Coming from every department of the Secretariat as well as from associated organizations and various missions to the United Nations, they were deeply moved by the sublime peace and profound wisdom of Sri Chinmoy.

With its increased numbers and greater activities, the United Nations Meditation Group now meets on Tuesdays at 12 noon in the Chapel of the Church Center for the United Nations and on Fridays at 1:00 p.m. in one of the Secretariat Conference Rooms.

Membership is open to staff members of the Secretariat, delegates and representatives from Missions, Specialized Agencies and accredited NGOs to the United Nations.

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**Selections from Sri Chinmoy's
Creative and Literary Achievements
of 1974:**

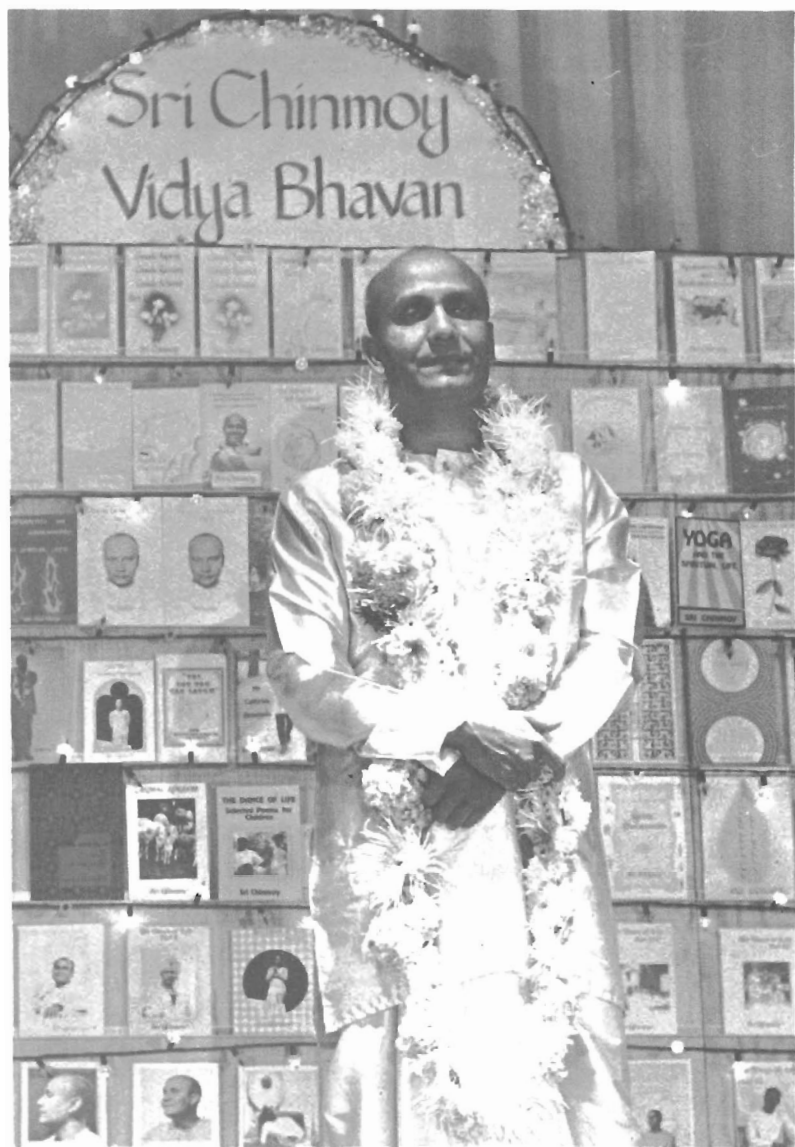
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FOOTNOTE: The black and white reproductions illustrating this issue are selections from *Jharna-Kala*.

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DEDICATION

The members of the United Nations Meditation Group dedicate the December issue of *Meditation at the United Nations* to our Spiritual Director, Sri Chinmoy, with deepest gratitude for his loving and selfless spiritual guidance and in honour of his literary, artistic and other significant achievements in 1974.



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SRI CHINMOY:
CREATIVE AND LITERARY
ACHIEVEMENTS OF
1974

POEMS!

SONGS!

PAINTINGS!

LECTURES!

STORIES!

QUESTIONS & ANSWERS!

* * *

... Included in Sri Chinmoy's many other significant achievements during 1974 are his meetings with the respective Presidents of Ireland and Iceland and with the mayors and civic leaders

of the major cities in New York, Connecticut, California and Puerto Rico, as well as his remarkable solo performance of scenes from his own play The Son, in which he portrayed both the Supreme and the Christ.



Sri Chinmoy during his performance of *The Son*.

4,000 POEMS AND SONGS

During the course of the year 1974 Sri Chinmoy wrote a total of 3,795 poems in English. He also composed 205 Bengali songs, writing both words (with English translations) and music—thus making a total of 4,000 poems and songs.

*On several occasions Sri Chinmoy wrote many poems within very short time periods, his most remarkable achievement in this respect being the 360 poems written within 24 hours on April 28, 1974 and published in *The Goal Is Won*.*

The following summary outlines Sri Chinmoy's poetic and musical achievements during the year.

POETRY ACHIEVEMENTS

BOOK TITLE	NO. OF POEMS	WHERE WRITTEN	WHEN WRITTEN
<i>Animal Kingdom</i>	51	Puerto Rico	January
<i>Golden Boat, The (Parts 1-20)</i>	1,000	Puerto Rico/ New York	Started January 29 Completed October 17
<i>Goal Is Won, The</i>	360	New York	Midnight to Midnight April 28 (24-hour span)

<i>365 Father's Day Prayers 1974</i>	365	Puerto Rico	Started June 10, 6.00 p.m. Completed June 13, 5.45 p.m.
<i>Europe-Blossoms</i>	1,000	Europe	Started June 21 Completed July 13 (23-day span)
<i>Supreme, I Sing Only for You *</i>	105	New York	July/August
<i>My California Redwoods</i>	39	New York	August 21
<i>Eternity's Silence-Heart</i>	50	During trip to West Coast, Hawaii and Alaska	October/November
<i>Giving and Becoming</i>	50		
<i>God's Vision-Promise</i>	50		
<i>Immortality's Dance</i>	50		
<i>Prayer of the Sky, The</i>	50		
<i>Light-Delight-Journeys</i>	65	Canada	November 16 and 23
<i>My Canadian Fruits</i>	50	Canada	November 15 to 23
<i>Sound Becomes, Silence Is</i>	595	New York	October/November
<i>Supreme, Teach Me How to Cry *</i>	100	New York	December
<i>'naginary Conversations with with The Christ</i>	20	New York	December

Grand Total: 4,000

*Collection of Bengali verses (with English translations),
which have been set to music by Sri Chinmoy.

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JHARNA-KALA

In mid-November Sri Chinmoy launched into a new sphere of creativity: art. Three weeks later he had completed 1,000 drawings in various media: water colour, crayon and felt-tip pen. These were subsequently displayed in a public showing in Hollis, Queens, on 28 December 1974. Sri Chinmoy called this his Jharna-Kala, meaning—most appropriately—Fountain-Art.

জর্না কলা
Jharna Kala
Fountain-Art
C. k. g.





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Nov. 28th 1976

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LECTURES

1.

50 FREEDOM-BOATS TO ONE GOLDEN SHORE

Between 9 January and 29 October 1974, Sri Chinmoy visited and delivered a university lecture in every State of the United States of America. These lectures have been published in a 5-part series entitled: 50 Freedom-Boats to One Golden Shore.

The following summary outlines Sri Chinmoy's U.S. lecture schedule:

50 FREEDOM-BOATS TO ONE GOLDEN SHORE

DATE	STATE	UNIVERSITY/COLLEGE	LECTURE TITLE
Jan. 9	Rhode Island	Brown University	<i>Thoughts-Waves</i>
Jan. 9	Massachusetts	Harvard University	<i>Realisation, Revelation and Perfection</i>
Jan. 11	New Hampshire	Dartmouth College	<i>The World WITHIN and the World Without</i>
Jan. 12	New York	New York University	<i>You</i>
Jan. 14	Connecticut	University of Connecticut	<i>Self-examination</i>
Jan. 16	Maryland	University of Maryland	<i>Choice</i>
Jan. 16	Delaware	University of Delaware	<i>Meditation and the Inner Education</i>
Jan. 22	New Jersey	Princeton University	<i>Experience</i>
Jan. 22	Philadelphia	University of Pennsylvania	<i>The Heart</i>

DATE	STATE	UNIVERSITY/COLLEGE	LECTURE TITLE
Jan. 25	Vermont	Marlboro College	<i>Time</i>
Jan. 25	Maine	University of Maine	<i>Power</i>
Feb. 6	Virginia	Virginia Commonwealth Univ.	<i>Spirituality</i>
Feb. 12	Michigan	University of Michigan	<i>Freedom</i>
Feb. 12	Ohio	University of Toledo	<i>Peace</i>
Feb. 13	Indiana	St. Joseph's College	<i>Success and Progress</i>
Feb. 13	Illinois	Roosevelt University	<i>Wisdom-Light</i>
Feb. 14	Wisconsin	University of Wisconsin	<i>Forward!</i>
Feb. 20	Georgia	Georgia Institute of Technology	<i>Wisdom, Justice and Moderation</i>
Feb. 20	So. Carolina	Clemson University	<i>Hope and Life</i>
Feb. 20	No. Carolina	University of North Carolina	<i>Success, Failure and Progress</i>
Feb. 21	Kentucky	Berea College	<i>God's Love</i>
Feb. 21	Tennessee	University of Tennessee	<i>Self-Transcendence</i>
Feb. 27	Louisiana	Tulane University	<i>Compassion</i>
Feb. 27	Mississippi	Mississippi Gulf Coast Junior College	<i>Love Human and Love Divine</i>
Feb. 27	Alabama	University of South Alabama	<i>The Human and the Divine</i>
Feb. 28	West Virginia	Wheeling College	<i>Problems</i>
Mar. 5	Nebraska	University of Nebraska	<i>Do We Love God?</i>
Mar. 5	Iowa	Iowa Western Community College	<i>The Spiritual Life</i>
Mar. 5	Kansas	Kansas City College of Osteopathic Medicine	<i>Silence</i>
Mar. 5	Missouri	University of Missouri	<i>Prayer</i>
Mar. 6	Arkansas	University of Arkansas	<i>Service</i>
Mar. 6	Oklahoma	University of Tulsa	<i>Renunciation</i>
Mar. 7	Texas	Southern Methodist University	<i>Friendship</i>

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DATE	STATE	UNIVERSITY/COLLEGE	LECTURE TITLE
Apr. 17	Nevada	University of Nevada	<i>The Practical Reality</i>
Apr. 19	California	Stanford University	<i>What Has Life Taught Me?</i>
Apr. 22	Oregon	Portland State University	<i>Transformation, Liberation, Revelation, Manifestation</i>
Apr. 22	Washington	Gonzaga University	<i>Just for Today</i>
Apr. 22	Idaho	North Idaho Junior College	<i>The Existence of God</i>
Apr. 23	Montana	University of Montana	<i>Beauty</i>
Apr. 23	Colorado	University of Colorado	<i>Philosophy, Religion and Spirituality</i>
Apr. 23	Wyoming	University of Wyoming	<i>Concentration</i>
Apr. 24	Utah	University of Utah (held in The Unitarian Church)	<i>Life</i>
Apr. 24	Arizona	Arizona State University	<i>The Divine Teachers</i>
Apr. 24	New Mexico	University of New Mexico	<i>Realisation</i>
Sept. 30	Florida	University of Miami	<i>Wisdom</i>
Oct. 25	North Dakota	North Dakota State University	<i>Title to come</i>
Oct. 25	Minnesota	Moorhead State College	<i>Time</i>
Oct. 25	South		
Oct. 25	South Dakota	Northern State College	<i>Sound-life and Silence-life</i>
Oct. 28	Hawaii	University of Hawaii	<i>Yoga</i>
Oct. 29	Alaska	Alaska Methodist University	<i>Belief and Faith</i>

2.
MY MAPLE TREE

*“An Indian spiritual Master
shares his Light with the awakened
soul of Canada”*

*From 16 to 29 March 1974, Sri Chinmoy toured
Eastern Canada, giving a total of 16 university
lectures which have subsequently been collected
and published under the title: My Maple Tree.*

*Following is a summary of Sri Chinmoy’s
Canadian lecture tour:*

MY MAPLE TREE

DATE	PROVINCE	UNIVERSITY	LECTURE TITLE
Mar. 16	Nova Scotia	Dalhousie University	<i>Realisation</i>
Mar. 17	New Brunswick	University of New Brunswick	<i>Give, Receive and Become</i>
Mar. 19	Quebec	Laval University	<i>Oneness</i>
Mar. 20	Quebec	Sir George Williams University	<i>The Human, the Divine and the Supreme</i>
Mar. 21	Quebec	Université de Sherbrooke	<i>Freedom</i>
Mar. 21	Quebec	Université de Montréal	<i>Purity</i>
Mar. 22	Ontario	Queens University	<i>Aspiration</i>
Mar. 22	Ontario	University of Ottawa	<i>Progress</i>

Mar. 22	Ontario	Trent University	<i>Limitation</i>
Mar. 24	Ontario	University of Toronto	<i>Spirituality and Satisfaction</i>
Mar. 24	Ontario	McMaster University	<i>Beauty</i>
Mar. 25	Ontario	Guelph University	<i>Bliss</i>
Mar. 26	Ontario	Sir Wilfrid Laurier University	<i>Service</i>
Mar. 27	Ontario	University of Windsor	<i>Spiritual Seekers</i>
Mar. 28	Ontario	University of West Ontario	<i>Desire-Man, Aspiration-Man, Dream-Man, Reality-Man</i>
Mar. 29	Ontario	York University	<i>Yoga and Faith</i>

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3.
MY ROSE PETALS

During his annual visit to Europe, Sri Chinmoy delivered between 21 June and 13 July 1974 the 21 lectures which have been published in My Rose Petals, Parts 3 and 4.

Following is an outline of Sri Chinmoy's European lecture tour

MY ROSE PETALS

DATE	LECTURE GIVEN AT:	LECTURE TITLE
June 24	Cambridge University, England	<i>Failure</i>
June 24	London University, England	<i>Love Divine</i>
June 25	Oxford University, England	<i>Confidence</i>
June 25	University of Birmingham, England	<i>Spirituality as an Art</i>
June 26	Sherwood Hall Boys School, England	<i>Conscience</i>
June 27	University of Newcastle, England	<i>Death</i>
June 28	University of Edinburgh, Scotland	<i>Divine Hope</i>
June 29	Glasgow University, Scotland	<i>The Way, the Truth, the Life</i>
July 1	Trinity College, Ireland	<i>The Inner Hunger</i>
July 3	Biblioteca Comunale, Milan, Italy	<i>Fear in the Spiritual Life</i>
July 5	University of Zurich, Switzerland	<i>Miracles</i>
July 7	University of Geneva, Switzerland	<i>The Aspiring Life</i>

July 9	ABF Huset, Stockholm, Sweden	<i>Spirituality</i>
July 10	University of Uppsala, Sweden	<i>The Secret of Joy</i>
July 11	St. Thomas's Church Hall, Vasteras, Sweden	<i>Capacity</i>
July 12	Fédération Internationale d'Accueil de Paris, France	<i>Satisfaction</i>
July 15	Friends House, Brighton, England	<i>Inner Experiences</i>
July 16	University of Bristol, England	<i>Inner Obedience</i>
July 17	University of Swansea, Wales	<i>Force</i>
July 19	Caxton Hall, London, England	<i>Yesterday, Today, Tomorrow</i>
July 21	University of Reykjavik, Iceland	<i>Aspiration and Dedication</i>

4.

THE TEARS OF NATION-HEARTS

In 1974 Sri Chinmoy gave a total of 8 lectures in the continuing Dag Hammarskjold Series sponsored by the United Nations Meditation Group. In addition, the Master also gave 4 lectures at the Friday meetings of the U.N. Meditation Group which were held in various Conference Rooms of the Secretariat. The lectures through August 1, together with several given the preceding year, have been published in a second volume of Sri Chinmoy's lectures at the United Nations, entitled The Tears of Nation-Hearts.

THE TEARS OF NATION-HEARTS

Date	Lecture Title
Feb. 1	<i>The Voice of Silence</i>
Mar. 15	<i>Why Do I Have to Become Spiritual?</i>
May 9	<i>The United Nations as an Instrument of Human Unification</i>
May 31	<i>What Is the United Nations Really Doing for Humanity?*</i>
June 6	<i>The United Nations Can Teach Us How to Share</i>

- June 7 *Does Meditation Encourage Us to Escape from Reality? **
- July 26 *Are Spiritual People Somewhat Abnormal? **
- Aug. 1 *God and Goal*
- Sep. 12 *Can Meditation Enhance Leadership?*
- Sep. 20 *The Past, the Present and the Future **
- Oct. 18 *The United Nations and World Union*
- Dec. 12 *The Chosen Instrument of God*
-

* *Friday meeting lectures.*

PUBLISHED SHORT STORIES

Following is a list of the published stories written by Sri Chinmoy in 1974 :

Title of Book	No. of Stories
<i>Ambition-Deer, The</i>	10
<i>Astral Journey, The</i>	13
<i>Galaxy of Saints, A</i>	9
<i>God's New Philosophy</i>	10
<i>Gopal's Eternal Brother</i>	13
<i>Gratitude-Sky and Ingratitude-Sea</i>	7
<i>Is God Really Partial?</i>	10
<i>Lightless Soldiers Fail</i>	10
<i>Master Surrenders, The</i>	10
<i>Master's Self-Appointed Emissary, The</i>	10
<i>One Lives, One Dies</i>	10
<i>Why the Masters Don't Mix</i>	10
<i>Yogi's Justice, an Avatar's Justice and God's Justice, A</i>	10
Total:	132

PUBLISHED QUESTIONS AND ANSWERS

During the year Sri Chinmoy answered hundreds of questions on the spiritual life: on radio and television interviews, at public meditations, at the universities following his lectures, at the United Nations, at his Centres and at informal gatherings. In some instances he also invited certain Centres to submit questions on specific subjects for him to answer.

Many of these questions and answers have already been transcribed and published (as listed below), but many are yet to be published.

Title of Book

Art's Life and the Soul's Light
Aspiration-Flames
At the Doors of Time and Delight
Opportunity Knocks
Body, Humanity's Fortress, The
Canada Aspires, Canada Receives,
Canada Achieves, Parts 1 & 2
Consciousness: God-journey to Man
and Man-journey to God
Earth's Cry Meets Heaven's Smile,
Books 1 & 2

Earth's Dream-Boat Sails
Eternity's Soul-Bird, Parts 1 & 2
Galaxy of Beauty's Stars, A
God-Life: Is It a Far Cry?
God-Lover's Earth-Heaven-Life, A
Height of Silence and
the Might of Sound, The
Hunger of Darkness and
the Feast of Light, The, Parts 1 & 2
I Am Telling You a Great Secret:
You Are a Fantastic Dream of God:
Children's Questions on God
Illumination of Life-Clouds, The,
Parts 1 & 2
Journey of Silver Dreams, The
Life-Enquiry and Self-Discovery
Meditation. God Speaks and I Listen,
Parts 1 & 2
Meditation: God's Blessing-Assurance
Meditation: God's Duty and Man's Beauty
Meditation. Humanity's Race and
Divinity's Grace, Parts 1 & 2
Meditation: Man's Choice and God's Voice,
Parts 1 & 2
Mind-Confusion and Heart-Illumination
Parts 1 & 2

My Self-Giving Is My God-Becoming
Perfection-World
Problems! Problems! Are They Really Problems?
Parts 1 & 2
Purity-River Wins
Realisation-Soul and Manifestation-Goal
Service-Boat and Love-Boatman,
Parts 1 & 2
Sleep: Death's Little Sister
Sri Chinmoy Primer, A
Summits of God-Life, The:
Samadhi and Siddhi

PLAYS

Matsyendranath and Gorakshanath:
Two Spiritual Lions

APHORISMS

Colour Kingdom
Flame-Goal
Fortune-Philosophy

ESSAYS

Aspiration-Plants

Cry Within, Yours Is the Goal

Dance of the Cosmic Gods, The

Hundred Years from Now, A

Illumination-Fruits

Life-Tree Leaves

Prayer-World, Mantra-World

and Japa-World

Purity: Divinity's Little Sister

Surrender's Unlimited Power

Three Strangling Sisters: Fear,

Jealousy and Insecurity

Two Devouring Brothers:

Doubt and Ego

Vision of God's Dawn, The

POETRY, ESSAYS, QUESTIONS AND ANSWERS

God the Supreme Humourist

God the Supreme Musician

ANTHOLOGIES

Dance of Life, The:
Selected Poems for Children
Eternity's Silence-Heart
Garden of Love-Light, The
Golden Boat, The
Inner Promise, The

SELECTIONS FROM
SRI CHINMOY'S
CREATIVE AND LITERARY ACHIEVEMENTS
OF 1974

POETRY SELECTIONS

from
Eternity's Silence-Heart (Collection)

HE HAS RETURNED

From doubt to denial

He went.

From denial to doubt

He has returned.

From God-aspiration to man-realisation

He went.

From man-realisation to God-aspiration

He has returned.

BY SERVING AND PERFECTING

By serving the divine,
I govern the human in me.
By perfecting the human in me,
I conquer the animal in me.

IT NEVER HAPPENED!

It never happened!
I never betrayed God.
It never happened.

It never happens!
I never ignore man.
It never happens.

It shall never happen!
I shall never eat
my realisation-fruit
all alone.
It shall never happen.

SONG SELECTIONS

from

Supreme, I Sing Only for You
Supreme, Teach Me How to Cry

Original Bengali (transliteration)

Eso sundara chira manohara
Eso mor pranath
Tomar lagiya kande nirabadhi
Amar dibasa rath
Ogo ananta eso eso eso
Amarar ajanar
Amar amire sanpate tomare
Dao aji adhikar

English translation

O beautiful one, O eternally charming one,
O Lord of my life, do come.
My heart weeps for You
Day in and day out.
Come, O eternal one
Of the Heaven unknown.
Give me the right today to place my little 'i'
At Your Feet divine.

Original Bengali (transliteration)

Ai ai ai

Chandra taraka

Nil nabha robi ai

Parane bajiche amarak banshi

Jiban ajike asimer hashi

Nai hetha nai

Dainya timir

Jyoti nirjhar

Bishal enir

Ai ai ai antara pakhi

Ajike sabare chai

Ai ore ai

Chandra taraka nil nabha robi ai

English translation

Come, come, come, O moon, O stars,

O sun of the blue-vast sky,

Come to hear the flute of Immortality in my heart,

To watch the smile of Infinity in my life.

Here there is no human poverty, no darkness-life.

Here in this heart-nest of mine

there is only an endless fountain-light.

Come, come, come. Today the bird of my heart
desires everyone.

Come, come, come, O moon, O stars,

O sun of the blue-vast sky.

LECTURE SELECTION

Lecture from European Lecture Tour
from

My Rose Petals, Part 4

CONFIDENCE
(Oxford University, England)

Dear brothers and sisters, dear seekers of the infinite Truth and Light, I wish to speak about confidence from the spiritual point of view. We are now in Oxford University. The seeker in me feels that Oxford first embodies and then represents the art, culture and glory not only of Great Britain, but of the entire European consciousness. Oxford represents world-culture and world-history in the highest form of mental light, knowledge and wisdom in the outer world. Oxford is confidence. It is in the confidence of Oxford that all these supernal qualities are playing their respective roles.

We all know that there are two types of confidence: human and divine. Human confidence is very often founded upon our little 'I', our ego. Ego means ignorance-pleasure and sense-enjoyment.

This little ego binds us, imprisons us. But divine confidence is founded upon our transcendental Self: the Self that liberates us, the Self that brings us the message of universal Consciousness, the Self that helps us transcend our earth-bound consciousness and enter into the Infinite. I wish to speak about divine confidence.

Confidence is the unification of God the Compassion and man the reliance. Confidence is the expression and revelation of God's Will through the human heart, mind, vital and body. Confidence is the God-Beauty in us. Confidence is truth-unity and truth-multiplicity in us. Confidence is truth-recognition in us, Heaven-vision by us and God-decision for us. Confidence is our life-acceptance and life-transcendence, our earth-transformation and God-manifestation.

Confidence is not pride; it is the conscious awareness of our own height and depth. Confidence is not the aggrandisement of our ego; it is the awareness of our developing strength in the battlefield of life. Confidence is not the precursor of destruction; it is the precursor of achievement, of abundant divine achievement for the Absolute Supreme.

Confidence is our divine contentment, which knows what to enjoy, how to enjoy, where to enjoy and why to enjoy. What to enjoy? God's Smile.

How to enjoy? Through selfless service, through self-offering. Where to enjoy? In pure consciousness; in the inmost recesses of our aspiring heart, mind, vital and physical. Why to enjoy? Because we need the expression of the inner Self.

In the inner world we feel that divine confidence is housed in our aspiration. Aspiration is the harbinger of Peace, Light and Bliss in infinite measure. He who embodies aspiration in the purest sense of the term can reveal and manifest light, truth and delight. According to the world's receptivity the world receives these qualities from the supreme seeker who embodies confidence in the form of aspiration.

Confidence is like a divine muscle. It can be developed slowly, steadily and unerringly if we know the secret of disciplining our body, vital, mind and heart. In order to discipline ourselves what we need is an inner cry, the cry that carries our entire being into the highest realm of Silence. In this way we develop confidence and with this confidence-muscle we can be strong, stronger, strongest.

Each human being represents the physical world, the vital world, the mental world and the psychic world. In the physical world he is hunting after pleasure. He achieves a little pleasure and feels that his achievement is his confidence. In the vital world

he brings the message of Julius Caesar. He declares, *Veni, vidi, vici*: "I came, I saw, I conquered." In the mental world, if his mind is illumined to a certain extent, he feels that through his mind's light earth can be illumined, perfected and liberated. He feels that earth can be a conscious receptacle of divinity, that divinity can be housed in the earth-consciousness. And when he is in the psychic or heart's world he soulfully offers this unique message to the world at large: "I came into the world to love God in mankind and to be of unconditional service to God in mankind."

In our spiritual life belief is of importance, but we have to know whether this belief is mental or psychic. If belief comes to the fore from an inner realm of consciousness, then it is a superior type of belief, psychic belief. This type of belief abides in the silent home of our soul's light, and it is synonymous with divine confidence. It is powerful and unassailable. This type of belief, this divine confidence, inspires and energises us to fight for truth, for light, for world harmony, for world peace and for world salvation. But mental belief can be battered and shattered in a moment by doubt, suspicion and other hostile forces in the world.

In the spiritual life we have two giant friends: faith and confidence. Faith can hear the message of the highest Silence. Faith can guide us and lead

us to our soul's Goal of goals. Confidence can hear the message of the cosmic Sound. Confidence can act like a warrior in the battlefield of life. It can change today's world of darkness, imperfection and bondage into a world of light, perfection and freedom.

STORY SELECTION

Story from
A Galaxy of Saints

YOU BELONG TO GOD

One hundred and fifty years ago there was a certain spiritual Master in India who made a resolution at the beginning of each year as to how he would deal with his disciples. In this way each year the Master would try a different approach to expedite the progress of his disciples. He would follow his declaration faithfully for the entire year. One New Year's Day the Master announced that this would be the year of self-transcendence. He gave a very inspiring talk about transcending limitations:

"The New Year means new hope, new determination, new realisation and new manifestation. Every day we can have new hope, new determination, new realisation and new manifestation, but

unfortunately it does not usually happen in that way. So at least once a year we should find inner encouragement and bring forth new achievements, new reality. Such being the case, I wish to say that today we are getting a golden opportunity not only to transcend our limitations, but also to transform them. While aspiring, we eventually transcend our achievements. When we transcend our achievements, we transcend our limitations as well. Every second we can achieve and transcend; and while we are transcending ourselves, our limitations can easily be transformed as well. In this way we gradually come to know more and more of our divine reality."

After his talk the Master asked his disciples to come up one by one for his spiritual blessing. After he had blessed them, a close disciple of the Master asked, "Master, can you tell each one of us individually what limitations we should transcend?"

The Master said, "My spiritual children, we have only one limitation and that limitation is the feeling that God belongs to somebody else and not to us. We have learned: 'God belongs to *him*; He is partial to him, not to me.' That is our only limitation. When we have that kind of attitude, we feel that we ourselves are the most useless limitation. But now let us try to feel that God belongs to others

and that He belongs to us as well. Each individual has to have the faith that he will eventually feel the constant Presence of God. When we have this feeling, all our limitations can be surmounted. So from now on, all of you please feel that God belongs to you. If you claim God as your very own, then there can be no limitations."

Suddenly one young man stood up. "Master, what can I do? I have been your disciple for ten years, but I still feel that I am all limitation."

"First of all," said the Master, "it is wrong to feel that you are an unworthy disciple or that you are my worst disciple. These feelings are not good. There are two ways to ruin ourselves. One way is to feel that we are great, very great, by far the best; everybody is inferior to us. This is one kind of ego: self-aggrandisement. The other way to ruin ourselves is to feel that we are hopeless, we are useless; everybody is far superior to us. By feeling that we are good for nothing, we get a kind of subtle pleasure. By feeling that everybody is at our feet, that we have surpassed everyone, in this way also we get a kind of pleasure. These are the two ways in which the ego operates. One way we feed our self-aggrandisement and the other way we starve our dream and reality. Both ways are bad."

"Then how *should* I feel, Master?" asked the boy.

"The positive approach is 'I am God's son. Now it is up to me to please Him in His own way and it is up to Him to manifest His Reality in and through me.' If you have this kind of attitude, then you will never have a feeling of inferiority and you will never think that you are my worst disciple. Who is best? Who is worst? God alone knows. But by feeling that you are by far the best or the worst, you do not gain anything. If you aggrandise your ego, then you are doing something wrong. And if you deliberately strike your own reality, then you are also doing something wrong."

"Oh, Master," said the boy, "you have hundreds of disciples, so it is not easy to feel that I am a chosen disciple of yours."

"From now on," the Master said, "please feel that you are God's son, and that out of millions and billions of people on earth *you* have been awakened. You are following our path. Whenever one follows a spiritual path, that person is supremely chosen. Here the feeling of unworthiness has no value. All of you are following our path. You are chosen disciples for our path. And for you, our path is the one that is destined to take you to God."

QUESTION SELECTIONS

Questions on Dreams from

The Journey of Silver Dreams

Question: If one has a dream, will the events in it actually take place?

Sri Chinmoy: There is no hard and fast rule. You have to know what kind of dream you are having. Sometimes they are all imaginary dreams which come from the subconscious plane. Let us say that you want to eat chicken, but you don't get any. At night that desire may be transmitted into a dream and in the dream you will be eating a chicken. That kind of dream is not a real dream. It is only an unfulfilled desire which comes from the subconscious plane. We see these very often in the dream state.

Some dreams are strange. In the vital world, the

consciousness is not pure, so dreams will be full of chaotic, mixed up, silly things. Those dreams are incidents that take place in the vital world.

But there are many good dreams, real dreams. These are harbingers of reality. Dreams are reality in another world above the physical world. If you have a good dream, take it as a reality. But if you have a bad dream, take it as a mental hallucination and just throw it away.

Sometimes the dreams are destroyed before they touch the physical world. On the way to the physical world they are destroyed in the vital plane; therefore they do not take place.

There are some dreams which do take place. These dreams we generally get in the small hours of the morning, between 4:00 and 5:00 or 5:30, or between 3:00 and 4:00, at the *Brahma Muhurta*, or Hour of God. If you have dreams at that time, they are likely to materialise. But these dreams have to be properly guarded against impure thoughts. Also, if you have dreams at a lunar eclipse or a solar eclipse, these dreams are usually fulfilled.

Question from Canadian Lecture Tour
from

Canada Aspires, Canada Receives, Canada Achieves

Question: If we are part of God, why do we leave our Source in the first place and come to earth?

Sri Chinmoy: We are part and parcel of God the absolute Supreme. We are totally and inseparably one with Him. But we have come from the Source in order to take a conscious part in God's cosmic Game. God is the eternal Player and we are participating in His cosmic Game. We have come into the world as representatives of God for the sake of manifestation. In order to manifest the divinity within us, we come back to earth again and again. Inside us is strength, but if this strength is not utilised, we do not feel satisfied. Inside us is love, but if this love is not offered, we remain unfulfilled. Inside us is service, but if this service is not rendered, it does no good at all. If we do not manifest on earth what we have inside us, then our divinity is all in Heaven; it is all in dreamland, let us say.

But why do we come down the cosmic Tree when we could have stayed on the top of that Tree? It is because it is God's Plan. God did not want to remain as One; He wanted to become many. He was One, but He thought He would like to enjoy Himself in infinite forms and shapes. That is why He created us. The song of multiplicity He is singing. It was for His own supreme Satisfaction that

He made Himself into many forms. Seekers are consciously trying and non-seekers are unconsciously trying to arrive at the same satisfaction. Unless and until our divinity is manifested, we are not satisfied and we do not or cannot regain our Source.

Question from a Child
from

*I Am Telling You a Great Secret:
You Are a Fantastic Dream of God
(Children's Questions on God)*

Question: Why isn't God a human being like us?

Sri Chinmoy: God is definitely a human being like us. Unfortunately, we do not recognise Him. Why do we not recognise Him as a human being? Because inside us there is a special eye and a special heart. When once that special eye and special heart are opened, then you will easily be able to see that, like us, He is a human being. This eye is between our two ordinary eyes and a little above. The spiritual heart is inside our ordinary heart. So if you can see that heart and feel your presence there, if you can see your third eye and also feel your presence there, then you will easily be able to know that God is also a human being like you and me.

