

SRI CHINMOY: THE PEACE MEDITATION AT THE UNITED NATIONS

The following questions and answers are excerpted from My Meditation-Service at the United Nations for 25 years, by Sri Chinmoy (1995).

Question: How can we avoid tension when doing a project under pressure?

Sri Chinmoy: Before we enter into a project, we must sincerely feel that we have been given the necessary capacity to accomplish it. Then, once we undertake it, we have to bring to the fore our inner determination and inner faith. After that, in silence we must say to ourselves that the project that we have undertaken has already been done on the inner plane.

Let us take the inner plane as a higher plane and feel that we have a free access to this higher plane. Let us envision a tree right in front of us. The topmost branches, where the fruits are, we can call the higher plane. Once we climb up and pluck some fruits, we have accomplished our project on the inner plane. But this particular plane is not the plane of manifestation which is at the foot of the tree. So it is obligatory for us to climb down to reach the outer plane.

If we feel that we have already climbed up the tree and plucked the fruits and that now we only have to climb down, we will have much more confidence. If we are sure that something has already been achieved on the inner plane, it is much easier to manifest it on the outer plane. From beginning to end, the one thing that is of paramount importance is confidence. We have to feel that we can do something, that we shall do it and that we have already done it. If we say we can do it, we are not fooling ourselves; if we say we will do it eventually, we are not fooling ourselves. And if we say we have already done it, we are not deceiving ourselves either. For on the inner plane we have already done it on the strength of our inner faith and determination.

—8 March 1978 (p. 295)

At the invitation of Secretary-General U Thant in the spring of 1970, Sri Chinmoy (1931-2007) began conducting twice-weekly non-denominational meditations for peace for United Nations staff members, delegates, NGO representatives and affiliates. The Peace Meditation at the United Nations also offered programmes, concerts and lectures to promote world harmony, and Sri Chinmoy answered many questions about the spiritual role of the United Nations. For information about ongoing activities of the Peace Meditation at the United Nations: (718) 291-0364.