

# **MEDITATION: THE FOUNTAIN OF LIMITLESS ENERGY**

*By AGRAHA LEVINE, M.D.*

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Whatever we do in life – whether we are playing talking to our friends or participating in sports – we are trying to receive joy at every moment. But joy we can have only when we have a peaceful life. We are all longing for joy, and joy abides only in peace.

Everything that I'm doing is for oneness, oneness. When I pray and meditate I invoke God's compassion so that I can be one with the world all the time. My message to the world-at-large is the message of peace and oneness. It is the same message that I try to offer with my weightlifting.

Sri Chinmoy is a man of peace, respecting earth's heritage of ancient spirituality and living an active, dynamic life in the Western world. Leader of regular meditations for peace at the United Nations Headquarters in New York since 1970 and for over two years at the United States Congress, Sri Chinmoy recently accepted an invitation to inaugurate a regular meditation series at the British Parliament.

The message of world peace through meditation and inner peace is widely recognized by many ambassadors and heads of state throughout the World. For example former UN Secretary General U Thant told Sri Chinmoy, "I personally feel that you have been doing a most significant task for the United Nations. Please feel my sincere respect and sincere for what you are doing for mankind." Popes John Paul II and Paul VI, current Secretary-General Javier Perez de Cuellar, and heads of state of several nations have echoed U Thant's comment in discussions on peace with Sri Chinmoy.

A modern-day meditation teacher, Sri Chinmoy is also a prolific author, musician and artist. Perhaps Leonard Bernstein capture the spirit of Sri Chinmoy's creative output best when he exclaimed, "I can only hope that I may some day participate in the cosmic fountain of stillness and profound energy which you inhabit."

One of the most vivid demonstrations of applying meditation to daily activities come with Sri Chinmoy's athletic activities. Besides being a champion sprinter and decathlete as a youth, he has founded an international Marathon Team, which sponsors hundreds of races a year from sprinting distance to world's longest race of 1300-miles. He also practices what he preaches, having run over 20 marathons and ultramarathons (most 26.2 miles and 47 miles in length)! Sri Chinmoy peace Miles – measured one-mile courses dedicated to fitness and peace and honoring Sri Chinmoy's work in these areas - have been named in more than 20 cities worldwide.

***“Our prayer life reminds us of the infinite capacities that we have deep within us. Before I lift I pray. While lifting I pray. And, at the end, after I have completed the lift, I pray again and offer my gratitude to supreme.”***

In this way, inner peace and outer dynamism go hand in hand for Sri Chinmoy, an affirmation of the ancient Vedic and Greek ideals of the unity of body, mind and spirit. On 26 June 1985, the small-boned, 5’8” meditation leader took up weightlifting – after having been forced stop his intensive marathon training due to a running injury to his knee. Many men would have given up sports entirely, given that their favorite athletic endeavor was taken away. But Sri Chinmoy did not. In fact, the 19 month of his heavy powerlifting form a chronicle of one of the most significant and striking application of spiritual capacity to the physical world yet demonstrated.

Since beginning with lifting 40 pound overhead with one arm, Sri Chinmoy progressed extremely rapidly to lifting his own weight of 155 in November 1985 and twice his body weight in August 1986! Message of congratulations and encouragement were received from heads of state – including Prime Minister Nakasone of Japan, President Ershad of Bangladesh and Prime Minister Mulroney of Canada –as well as such super-athletes as Carl Lewis and Muhammad Ali.

Canada’s Prime Minister Mulroney capture the truly spiritual essence of Sri Chinmoy weightlifting when he wrote, “Your effort to push yours body to meet or exceed our present limitations will lead to the challenging of the mind and the spirit.... May the love that you hold for mankind extend from the soul through the body into a real and lasting peace.”

Sri Chinmoy had only just begun! November 1986 revealed an unparalleled rate of progress. November 1<sup>st</sup>, Sri Chinmoy lifted 705 pounds with one arm. On November 10 he reached 1007 pounds, Just 17 days later the weight was doubled to a stupendous 2039 pounds! As Mr. Jim Smith, international Weightlifting Referee, World Masters Weightlifting Champion and Registrar for UK’S governing weightlifting body – the British Amateur weight Lifter’s Association – states, “Sri Chinmoy has surpassed anything and everything that any weightlifter has ever done throughout the world! It took him from June 1985 to October 1986 to go from 40 to 1000 pounds.”

A few days after returning from one month of travels, Sri Chinmoy had 3000 pounds set up on his weight-rack – just to see what it looked like. On January 20, 1987 after one day of practice on the 3081  $\frac{3}{4}$  pound megalith, Sri Chinmoy successfully raised and supported the weight.

Sri Chinmoy jumped to 7063  $\frac{3}{4}$  pound of his next goal. Late in evening of January 29 Sri Chinmoy and 24 observers first saw the bar, with its 68 dense 100-pound metal plates strung onto a 15’1” steel bar, along with a 200- pound free-moving overhead truss to keep the bar from breaking under the strain.

Sri Chinmoy asked the observers if they could kindly wait a few moments, while he began to warm up. Around 1:00 AM on January 30 he began meditating and then walked along the length of the dumbbell, touching each weight- to offer his oneness and friendship with the insert metal masses. With a loud high-pitched warrior's cry, on his first session even practicing with the over 3 ½ ton weight, Sri Chinmoy proceeded to raise up the mountain of metal. The weight was equivalent to more than 43 times his own body weight or six small elephants!

Mr. Bill Pearl, 5-time Mr. Universe, renowned strength and fitness writer and one of the world's most respected pros of body-building exclaimed, "what Sri Chinmoy is doing is getting out of the realm of that is humanly possible! This man is of Godly strength! The way that he is channeling energy through his meditation is what counts and is showing us all that this possible."

One Sri Chinmoy's students from Australia, Unmilan Howard is the designer and maker for most of Sri Chinmoy's weightlifting apparatus. To a standing calf raise machine he added a platform which allowa Sri Chinmoy to lift all kinds of groups and objects, including a small house (3625 pounds), airplanes (2412 and 3632 pound), a sailboat (4115 pounds) and a Ford F-500 truck (9332 pounds).

Why does Sri Chinmoy lift such weight? To offer inspiration to people and to demonstrate that prayer and meditation can provide the foundation for outer action. He states, "Through my weightlifting I wish to tell the outer world that that the world of inspiration, the world of spirit do exist. You may think that concentration, prayer and meditation are only for the inner life. But I wish to say no! From meditation and concentration we can bring forth the inner physical as well. Otherwise my physical body would never be able to lift this kind of weight. I entirely depend on God's Grace.

I wish to inspire everybody to pray and meditate so they can bring to the fore their own inner strength. if Everybody does this, the world will eventually be inundated with peace. Peace is oneness, oneness is peace. If I am strong and you are strong, then definitely we have established our oneness and this oneness is nothing other than peace."

Sri Chinmoy explain, "When our mind has peace, when peace has inundated our entire begin, we no longer quarrel with others, we no longer speak ill of others, we no longer declare war on others.

"It is only because of insecurity that individuals and nations become jealous of one another, fight with one another and try to show their supremacy. In the depths of their hearts they are weak, so outwardly they want to prove to the world that they are strong. But if inwardly they know they are strong, then inner peace will come to the fore, and they will not feel the necessity of proving anything. So if we can develop out inner strength and inner peace, then this world will have harmony and feeling of oneness. It will be out time oneness home."

Sri Chinmoy's own example of going beyond his physical limitations has been an inspiration to many of his students. Adhiratha keefe, a UN official in New York and Vasanti Nienz, a health food manufacturer's representative in Heidelberg, both swim the English Channel after just a few months of training. Tarak kauff ran 9000 miles solo through all 50 states of the US.

For record-breaking, the Sri Chinmoy Center champion is Ashrita Furman of New York, who honored his teacher by somersaulting the 12 miles and 390 yards of Paul Revere's 1775 ride. During the ten-and- a half hour tumble, Ashrita surpassed his own previous best of ten miles listed in the Guinness Book of World Records. He said he got through the dizzying experience by chanting, "I am not my body. I am my soul" and thinking of his teacher. Ashrita has offered at least six other Guinness World Record to his teacher's.

Students of Sri Chinmoy are inspired by their teacher's example. They feel a keen appreciation for the timeless message of spiritually which Sri Chinmoy express, combined with his dynamic and powerful outer activities. They offer many free classes to the community on meditation and fitness and sponsor top-quality foot-races. Just as Sri Chinmoy does not charge a fee to his students, so to the students of Sri Chinmoy do not charge for their meditation classes and work shops.

Sri Chinmoy states, "If somebody comes with new inspiration and aspiration, he opens a door for making ### look forward and upward. He offers a new vision ### to me means the opening of a door in our conch that allows us to go forward rather than always with the past."

**"I am not a bodybuilder or a weightlifter.  
I am a truth-seeker and God-lover  
Prayer and meditation are my secret."**

Everyone can get inner strength from prayer and meditation. Once we have inner strength, we feel secure and confident. At that time our insecurity disappears and we have solid peace. When our mind has peace, when peace has inundated our entire being, we no longer quarrel with others, we no longer declare war on others.

I have lifted an elephant. I am not a circus performer, but I do identify with the animal kingdom. The animal consciousness is also in the Universal Consciousness of our Beloved Supreme. In the spiritual world, an elephant represents solid strength. On the physical plane also its strength is unparalleled. The 3,000-pound elephant could easily have destroyed all the human beings who were present when I lifted it. The elephant was very mild and had tremendous poise and peace.

Through meditation we can find peace. And once we have peace mind, impossibility cannot exist for us. Our Lord Supreme will then all the time be able to manifest Himself in and through us, so there will be no such thing as impossibility in our life. If we pray and meditate soulfully, then we can transcend all our barriers – mental and otherwise.

*“I want to show that if we pray and meditate we shall have inner strength...if we have inner strength, we are not going to fight.”*

**“The body of this article is by Agraha Levine, M.D. an student of Sri Chinmoy. The highlighted and italicized portions are excerpted from two interviews with Sri Chinmoy regarding his athletic accomplishments.**

**The Sri Chinmoy Oneness-Home Peace Run is a dynamic expression of the spirit of humanity’s continuing self-transcendence. On April 27 ’87, a small torch-flame of peace was lit at the foot of the Statue of Liberty in New York City. The torch is being passed from hand to hand, heart to heart, lighting many others along a continuous 11,000-mile route. Each touch is being used to light others. And this burning spark of humanity’s oneness is spreading from runner to runner, nation to nation, continent to continent. Having symbolically linked the entire world in a glowing circle of universal peace, as many of the individual flames as possible will come together in New York on August & for a star-studded celebration, thus completing their 103-dayes odyssey. The peace Run is not begin held to raise money for any cause, and there is no charge for participation. It is intended as a non-political statement of the possibility of true international peace only it each of us can reach beyond our day to day lives to symbolical join with the rest of our fellow begins on our small planet. If you would like more information, please send a SASE to: International Headquarters, 150-44 87<sup>th</sup> Ave, Briarwood, NY 11432 or Western Region. 951 W Dana St. Mountain View, CA 94041.”**

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