

The United Nations Meditation Room



Become a UN Delegate through Thought

This is a room of quiet where we can be delegates through thought. This is a room devoted to peace and to those who are giving their lives for peace. It is a room of quiet where only thoughts speak.

In these days, when we are kept constantly informed of world events by the global news network, social media enables us to be present in moments of developing and unfolding worldwide current affairs.

According to our thinking and attitudes we are automatically making either a positive and constructive or negative and destructive contribution. But we can do more than that. We can take part deliberately and creatively in all that is coming about.

There is a simple form of service of the utmost value at the present time which those of all nations and beliefs can carry out. It is to give our subjective support to that assembly of the countries of the world—The United Nations— which is seeking not only to preserve

the peaceful partnership of all races, but to establish a co-operation in all fields that will truly lead to a new civilisation.

Dag Hammarskjöld, Secretary General of the United Nations from 1953 to 1961, built a Meditation Room—a room of stillness—in which all who work at the United Nations and who visit it can find a place of silence in which to attune their thinking to the Reality behind the outer form, no matter what name may be given to that Reality or Purpose.

Regarding the Meditation Room he said “ We all have within us a centre of stillness surrounded by silence. This house, dedicated to work and debate in the service of peace, should have one room dedicated to silence in the outward sense and stillness in the inner sense. It has been the aim to create in this small room a place where the doors may be open to the infinite lands of thought and prayer.

People of many faiths will meet here, and for that reason none of the symbols to which we are accustomed in our meditation could be used. However, there are simple things which speak to us all with the same language. We have sought for such things and we believe that we have found them in the shaft of light striking the shimmering surface of solid rock. So, in the middle of the room we see a symbol of how, daily, the light of the skies gives life to the earth on which we stand, a symbol to many of us of how the light of the spirit gives life to matter.

But the stone in the middle of the room has more to tell us. We may see it as an altar, empty not because there is no God, not because it is an altar to an unknown god, but because it is dedicated to the God whom men and women worship under many names and in many forms.

The stone in the middle of the room reminds us also of the firm and permanent in a world of movement and change. The block of iron ore has the weight and solidity of the everlasting. It is a reminder of that cornerstone of endurance and faith on which all human endeavour must be based.

The material of the stone leads our thought to the necessity for choice between destruction and construction, between war and peace. Of iron man has forged his swords, of iron he has also made his ploughshares. Of iron he has constructed tanks, but of iron he has likewise built homes for man. The block of iron ore is part of the wealth we have inherited on this Earth of ours. How are we to use it?

The shaft of light strikes the stone in a room of utter simplicity. There are no other symbols, there is nothing to distract our attention or to break in on the stillness within ourselves. When our eyes travel from these symbols to the front wall, they meet a simple pattern opening up the room to the harmony, freedom and balance of space.

There is an ancient saying that the sense of a vessel is not in its shell but in the void. So it is with this room. It is for those who come here to fill the void with what they find in their centre of stillness.”

Become a daily UN Delegate

The way that we can make our contribution is to visit the Meditation Room on the wings of our thinking and imagination, and there to make a daily act of invocation.

The shaft of light, from an unseen source, which strikes the central block of iron ore can symbolise the light that we can invoke upon world affairs, a creative act that we can all take part in.

The following prayer can be used as we stand in our ‘mind’s eye’ in this room of stillness, or we can use the Great Invocation or words of our own choosing. It is the heart and mind contribution that carries weight, and no matter what words are used, we shall be joining a great company of men and women working for the next step upon the path of world progress.

**May the Forces of Light bring
Illumination to humankind.
May the Spirit of Peace be spread abroad.
May the Law of Harmony prevail.
May men & women of goodwill everywhere
meet in a spirit of co-operation.**



