

Sri Chinmoy's Supremely Unprecedented World Record-Setting Weightlifting Evening The Body's Fitness-Gong and the Soul's Fulness-Song

Certain changes to the order of lifts on this original list were made on the evening.

Order of Events

Introduction of Master of Ceremonies 5-Time Mr. Universe and Best-Built Man of the Century Bill Pearl

Welcome by Master of Ceremonies

Presentation of National Awards to Sri Chinmoy

Hungary's Highest National Award, The Order of Merit of the Hungarian Republic, presented by HE Amb. Dr. Gábor Horváth, Consul General of Hungary to New York

Cambodia's Highest National Award, Sahat Mitrai – Friend of the Nation, presented by HE Dr. Chem Widhya, Permanent Representative of Cambodia to the United Nations

Viet Nam's Highest National Award of the Fatherland, Medal for Peace and Friendship Among Nations, presented by HE Amb. Le Luong Minh, Permanent Representative of Viet Nam to the United Nations

Niue's Highest National Award, South Pacific Star Award. Announcement.

Introduction of Sri Chinmoy's Weightlifting Programme by MC Bill Pearl

Lifting of United Nations Dignitaries and Ambassadors and MPs

1. Mr. Anwarul Chowdhury, United Nations Under-Secretary-General for the Least Developed Countries, his wife and 6 other family members.—On overhead platform
2. Amb. Dr. Gábor Horváth, Consul General of Hungary to New York (+ Dr. Zsolt Morován, Consul of Hungary to New York?)
3. Mr. Gyula Szabo is a Member of the Hungarian Parliament. Through his great enthusiasm, Hungary's highest national award has been presented tonight to Sri Chinmoy.
4. Ambassador Dr. Chem Widhya, Permanent Representative of Cambodia to the United Nations, Mr. Sar Sambath, Deputy Permanent Representative (+ First Secretary?)
5. Ambassador Mr. Le Luong Minh, Permanent Representative of Viet Nam to the United Nations (+ Second Secretary and Third Secretary?)
6. Ambassador Mr. Nirupam Sen, Permanent Representative of India to the United Nations (We must request him again to be lifted.)
7. Ambassador Mr. Crispin Gregoire of Dominica to the United Nations.
8. Dickson Antwi, Senior Researcher for the Parliament of Ghana. Currently a Hubert Humphrey Fellow. He is a brother of ours working for Sri Chinmoy to be honoured in his country.
9. Jimmy Gennaro is our local Councilman serving on the New York City Council and a very dear friend and brother.

Lifting Olympians

1. **Milt Campbell, USA, Olympic silver medallist in the decathlon in 1952 and gold medallist in 1956. A member of the Olympic Hall of Fame, Milt also played football in the NFL and Canadian leagues .**
2. **Ted Corbitt represented America in the marathon in the 1952 Olympics and was the First President of New York Road Runners Club. He is is the Father of 'Ultra-distance Running in America' and holds many world records in different age categories.**
3. **José Torres won the silver medal in boxing in the 1956 Olympics and went on to win the World Light Heavyweight Boxing championship. He is also a member of the International Boxing Hall of Fame.**
4. **Miros Cerar, Slovenia, winner of 2 gold medals in the pommel horse in the 1964 and 1968 Olympics and 1 bronze medal in the horizontal bar in 1964, Vice President of the National Olympic Committee of Slovenia**
5. **Alexei Kasatonov, Russia, winner of 2 gold and 1 silver medal in the 1980's Olympics in hockey, plus 5 World Championships. He is now head of the International Hockey Academy.**
6. **Carl Lewis is the greatest track and field athlete of all time. He won 9 gold medals in four Olympics and 8 gold medals in the World Championships. He is also a very dear friend, coach of Sri Chinmoy and meditation student of Sri Chinmoy for many years.**
7. **Rita Koban, Hungary, 2-time Olympic gold medallist in kayaking, 1992 and 1996**
8. **Scott Doni, USA, Olympic silver medallist in diving in 1992, diving coach at New York University**
- *** He will come late if he comes.
9. **Diane Dixon, USA, Olympic gold medallist in the 4x100m in 1994 and silver medallist in the 1988 Olympics**
10. **Brigitte McMahon, Switzerland, Olympic gold medallist in the 2000 triathlon, the first woman to ever win a gold Olympic medal in the triathlon. She is also here with her husband.**
11. **Tatyana Lebedeva, Russia, Olympic gold medalist in the 2004 Athens long jump and bronze medalist in the triple jump. Winner of many world championships in the long jump and triple jump. Also here with her husband and 2-year-old.**
12. **Richard Dalton of Canada competed in the finals of two events in canoeing at this year's Olympic Games. We are also proud that he is a member of our Halifax Sri Chinmoy Centre.**

Interfaith Leaders

1. **Dean James Morton is Founder and President of the Interfaith Council of New York and Dean Emeritus of The Cathedral of St. John the Divine. He is a leader of interfaith harmony and a dear personal friend of Sri Chinmoy. (? And his wife)**
2. **Amritananda, Dr. Russell Barber, was religion and ethics editor for NBC television for 17 years, and is a long-time friend of Sri Chinmoy. He is a religion and communications professor who inspires all who hear him.**

Musicians and TV Personalities

1. **Addwitiya Roberta Flack is a world famous singer who has won 6 Grammy Awards and won the hearts of millions. She is a much-loved student of Sri Chinmoy who gave her the name Addwitiya.**
2. **Shambhu Neil Vineberg is a wonderful musician and owner of an extremely successful public relations business. He is also a very close friend of ours.**
3. **Gunagriha is a wonderful dentist living in Vienna. He, his wife Marami and children are all part of our Sri Chinmoy Centre family. His sons are very talented musicians.**

Other Athletes

1. **George Brunstad of the USA is the oldest person to swim the English Channel, which he did this past August at the age of 70! George has raised large amounts of money for the very poor children of Haiti through his long swims. He is also here with his wife Judy.**
2. **Greg Welch from Australia is the only athlete to win a World Championship in all 3 triathlon distances: Olympic, long-course and the Ironman. He has won our Canberra Sri Chinmoy Triathlon many times and was recently inducted into the Ironman Hall of Fame.**
3. **Ludmila Petrova, Russia, one of the world's best marathon runners. First Russian to ever win the New York City Marathon, in 2000.**
4. **Martin Strel of Slovenia is the world's greatest marathon swimmer. He was the first man on earth to ever swim the entire length of the Danube Rivers and Mississippi Rivers. He just recently broke his own distance record by swimming 2860 miles down the Yangtze river in 40 days.**
5. **Normann Stadler from Germany is the winner of the Ironman Triathlon World Championship in Hawaii this year. He has also won many other triathlons all over the world. (He is here with his girlfriend.)**

Lifting of Bodybuilders

1. **Mahasamrat Bill Pearl.** We are extremely happy that Bhavatarini Judy Pearl, Bill's wife, is here with us tonight. She is also a supreme authority on physical fitness. She frequently joins with her husband for their famous 4am workouts and together they run their fitness equipment business.
2. **Frank Zane** is one of the world's greatest bodybuilders. He is the leanest bodybuilder to win all the top titles, including Mr. Olympia 3 times. He is highly educated and has written many articles and books.
3. **Wayne DeMilia** is the top promoter of bodybuilding contests in the world, including the Mr. Olympia. He is Chairman of the Professional Division and Head Judge at every major contest. Plus, he has officiated at many of Guru's major lifts. Wayne is here with his lovely wife Pao.
4. **Joe Abbenda** has been a friend of mine for over 40 years. He is the first man to win Amateur and Professional Mr. Universe titles one year after the other and is one of the strongest bodybuilders around.

Media Personalities

1. **2. Stacy Morrisson** is Editor-in-Chief of the Redbook Magazine. She is also with her husband, Chris Shannon, who works for CNN.
3. **Merle English** is a writer for Newsday and a long-time friend of Sri Chinmoy. Her insightful columns inspired countless people.
4. **Kenton Kirby** is Editor-in-Chief of the Caribbean Life newspaper of New York.
5. **Corey Kilgannon** is a New York Times reporter who has written stories about Sri Chinmoy and also about Ashrita.
6. **Keith Beauchamp** is a courageous documentary filmmaker. Because of his documentary about the murder of a young black boy, the Justice Department reopened the case this past May. This was the beginning of the Civil Rights movement in the US....(check)

Academicians and University Friends

1. **Professor Jozsef Toth** is Rector of the University of Sciences in Pecs, Hungary and is also Head of the Department of Geography. He is joined by his wife.
2. **Professor Michael Szenberg** is Chairman of the Department of Finance and Economics at Pace University in New York and a highly respected author.
3. **Sureet Barua** is a poet in the New York area and a good friend.
4. **Coach Ron St. John** is Head Basketball Coach and Assistant Director of Athletics here at York College. He has been a wonderful friend of Sri Chinmoy and our Centre for many years.
5. **Coach Jim Hurt** is Head Track Coach at St. John's University. He has coached many athletes to the Olympics and is an extremely good friend of the Sri Chinmoy Centre.

*** Coach Hurt must leave by 7:30pm

Other Friends

1. Tiny Elladro is a great inspiration to all around him. He once weighed 850 pounds and is now 471 pounds! He spends his time helping others who are very obese.
2. Keith Very once weighed over 300 pounds and is now a lean and fit trainer who helps others.
3. Chris Francis and his fellow nurses took care of Agraha while he was in the hospital and did a magnificent job. Chris is here with his wife. (Others may come, but we are not certain.)
4. Ernest Engerer, world's youngest lion trainer in his prime, who is now 84. (Not 100% confirmed, but likely.)
7. Mridul and Barbarina are very dear personal friends of Sri Chinmoy. Mridul is a veterinarian with a heart of gold.

Other Friends coming but not expected to be lifted

1. Sayeed Ur Rabb is an editor and a journalist for many Bengali papers. He is an Olympian who represented Bangladesh in the 1984 Olympics in the shotput and discus and was 12 times national champion.
2. Ratan Barua and the Barua family
3. Shankar Shetty and his wife
4. Ashish Kumar, Head of Food and Beverages at the UN Plaza Hotel
5. Mr. And Mrs. Patel from the Gujarat Temple
6. Abu and his wife and child, owners of Guru's garage
7. Elizabeth Autumn is a freelance producer for Fox News. She helped with the CBS News documentary on 9-11 which won an Emmy Award.
8. Albert and Frank Mandel are good friends of mine, and I am happy they will now be lifted by Guru.
9. Yolaine Milfort works for the Consulate of Haiti as Culture and Community Liaison.
10. Herman Mendoza and Eddie Mendoza run the Stepping Stone Ministries where they organize basketball tournaments for poor children and collect goods to send to the Dominican Republic.
11. Rev. Leroy Ricksy is director of the Booker T. Washington Learning Centre where he helps very poor and often abused children to gain a new life of hope.

Introduction to Mahasamrat

Bill Pearl is unparalleled in his achievements as a strength athlete and as a supremely good and great human being. He is a five-time Mr. Universe winner and was named the World's Best Built Man of the Century. He competed in only eleven contests over his 20-year competitive bodybuilding career and won every contest, including every top title in the sport. He won his fifth Mr. Universe title at the unprecedented age of 41, after he had previously retired from active competition.

In the weightlifting world Sri Chinmoy has received unimaginable inspiration, encouragement and enthusiasm from his dearest Brother-Friend Bill Pearl. Even before he knew about weightlifting and bodybuilding, once Sri Chinmoy heard his name, Bill Pearl, while he was in Japan. Inwardly he was so moved by his very name. Something most special happened in the inmost recesses of Sri Chinmoy's heart. His name was ringing and ringing inside his heart.

Whenever Sri Chinmoy does something new, he informs Bill Pearl immediately. Also, for anything he undertakes in weightlifting he asks him for his guidance and Bill immediately gives it with utmost affection and love.

Bill Pearl is known by many names, including "The Legend" and "The Ageless wonder." Sri Chinmoy considers him a giant within and a giant without and he has lovingly offered him the name "Mahasamrat", which means "Sovereign Emperor". We are so fortunate in having him as our Master of Ceremonies once again this year.

This is not in order just lifts for the evening of November 13
With these numbers You can lift about 45 to 50 people

1- Awards

2- Lifting of Ambassador Chowdhury and family (nine members)

3- Seated lifting people overhead- Diplomats (could be as many as 6)

Then Olympians in order of competition (Could as many as 10) = 16 lifts

4- Bench press- 400 lbs - 100 x reps

5- Seated double dumbbell lifts- 400 lbs 100 x reps

6- Standing calf raise with weights

7- Seated Calf Raise with weights

8- Seated Calf Raise with books- 802 lbs

9- Standing Calf Raise with Suspended lions- 2452 lbs

10- Four grand pianos with Arohan, Kalatit, Surashri and Muralidhar

11- Seated Calf Raises with people- Four times (heaviest previous 706lbs)

12- Seated Chest Press with Platform- 4 lifts

1-150 lbs 2- 200 lbs 3- 250 lbs 4- 300 lbs (not to exceed 300 lbs)

13- Leg Press with Platform- 5 lifts

1- 200 lbs 2- 300 lbs 3- 400 lbs 4- 500 lbs 5- 550 lbs (not to exceed 550 lbs)

14-Chest and leg Press together- 1 lift

1-630 lbs (not to exceed)

15- Seated Row with Platform- 3 lifts

1- 150 lbs 2- 200 lbs 3- 300 lbs (not to exceed 300 lbs)

16- Calf raise platform lift- 4 lifts, 57 people (UN community, Human Pyramid, 24 different counties, 17 weightlifters-heaviest 4,400lbs)

Intermission

17- Second Set of seated overhead lifts

18- Seated Shoulder Shrug- 4 lifts

1- 200 lbs 2- 300 lbs 3- 350 lbs 4-Uthal 431 or 451 with 20 lb

19- Seated Calf Raise three man tower- (previous 617 lbs)

20-Two Handed Gripper with Platform- 4 lifts

1- 100 lbs 2-150 lbs 3- 200 lbs 4- 250 lbs

21- Ice Sculpture on Seated Calf Raise

22- Calf Raise with people overhead on shoulders, - 3 lifts-
(previous Heaviest 1,154 lbs)

23- Seated Calf Raise drinks- (previous 668 lbs)

24- Standing Calf Raise with suspended Car- 2229 lbs