



The Mt. Tron Mail

July 1998

Mt. Tron University of Peace Foundation

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Meet Swami Paramananda at “Shantibu”

Just now many people are gathering at Shantibu on the slopes of Mt. Tron in Alvdal to meet Swami Paramananda from India. Only during the last few days 20 persons from 8 nations have been staying here and a great number of short-term visitors have been dropping in every day. Many know each other from previous gatherings, but quite a few come for the first time - both those who are invited and those who come by chance. Everyone comes to listen to Swami Paramananda and to spend some peaceful time in the inspiring atmosphere. Most visitors have questions regarding spirituality, and some want a private meeting with the swami where they can learn meditation and get personal guidance. Most of the time is spent in company with Swami Paramananda who generously pours out from his unending source of wisdom.

Swami Paramananda comes from Bengal in India where he in 1978 founded the Paramananda Mission at the early age of 24. After 20 years of untiring efforts the Paramananda Mission is a well established spiritual and welfare organisation performing a series of activities and services. Only in Bengal there are now 12 centres. Most of these are situated on the outskirts of small villages far out in the countryside. The main centre is located near the village of Banagram in the district of Burdwan and has gradually developed into a widespread complex. Today 350 orphans live here together with 30 voluntary workers. The centre also has its own school with highly qualified teachers. In addition

to taking care of orphans the centre offers free medical treatment like homeopathy, acupuncture, allopathy, ayurvedic therapy, yoga therapy and different kinds of natural cures for both physical and mental diseases. The centre prints and publishes books and magazines in three languages. And finally the centre of course is a traditional ashrama where seekers for truth come to get spiritual help and guidance. Swami Paramananda has personally initiated several hundred thousand people into meditation. All his centres are based on voluntary work and the collecting of donations.

Shantibu in Alvdal now functions as an ashrama and is open to all who want to meet Swami Paramananda. All visitors contribute financially on an voluntary basis to help payment of food, expenses etc. In addition those who get personal guidance donate a certain amount of money (in accordance with one's wishes) which will be spent to cover expenses connected with Paramananda's travel and stay in Norway. It is also possible to give a donation to the Paramananda Mission in India. You can meet Swami Paramananda at

Shantibu all of July and during the last weeks of August. In September he will be available weekends up to and including the 20th. Weekends in August and September are reserved for the participants in the courses. (See next pages).



Swami Paramananda at Shantibu in Alvdal, July 98. Photo: BP.

Art of Life / Art of Living courses in Alvdal

As last time Swami Paramananda visited Norway the Mt.Tron University of Peace Foundation also this summer/autumn will hold Art of Life/Art of Living courses. During the months of August and September there will be held 6 weekend courses at "Shantibu" in Alvdal. Last time we offered an Art of Life course, it was drawn up as a short, oral introduction to the three-part course we plan to organise at the University of Peace and consisted of these components: 1) Learn Language of Body, 2) Read the Mind, 3) Know Thyself. This time the emphasis will be on yoga exercises and meditation. It is the same course that will be offered each of the 6 weekends. In this way we hope it will be easier for those who want to participate to find a convenient time to come. Dates and further details about the courses are given on the following page. Below we have selected a few quotations by Swami Param-ananda from the course of 1995.



*Shantibu, Tronsvanglia, Alvdal, with a bust of Swami Sri Ananda Acharya.
Photo: BP, July 96.*

Life is a journey to reach Perfection:

Education is the manifestation of Perfection already in man. Our education system today with diploma and degrees is only giving us a licence to earn money.

Religion is the realisation of Truth already in man. Religions of today makes people separate from each other. The world does not need more religions, we need humanity.

Humanity is conscience and sincerity. Still we are only Homo sapiens - we are not yet human. We are not yet civilized. Be human! Lack of conscience and sincerity bring misuse and demoralisation. We need diversity, not separation and duality.

Ego makes 'isms'. The concept of Hell is the kingdom of the Ego. The concept of Heaven is the kingdom of Love. Resurrection is the death of the Ego and the awakening of Consciousness to enter Heaven.

Realization comes through practise, not belief. Science is hypothesis, observation and implementation - like philospohy, yoga and art of living. If you want to realize Truth it is very easy, but if you want to learn it, it is very difficult - because Truth is very simple and natural, and if you try to explain it, it makes complications. Truth cannot be explained, it can only be realized.

Simple living and high thinking - not luxury living and poor thinking!

Details of the courses and travelogue

Course: Art of Life / Art of Living (English, with Yoga and meditation)
Organizer: Mt.Tron University of Peace Foundation
Course leader: Swami Paramananda (Indian)
Course fee: NOK. 2.000,- / person / weekend (all inclusive; food, lodging, serving, poss. transportation, etc.)

Timetable: AUGUST:

	Week 33	Week 34	Week 35
Friday	14	Friday 21	Friday 28
Saturday	15	Saturday 22	Saturday 29
Sunday	16	Sunday 23	Sunday 30

SEPTEMBER:

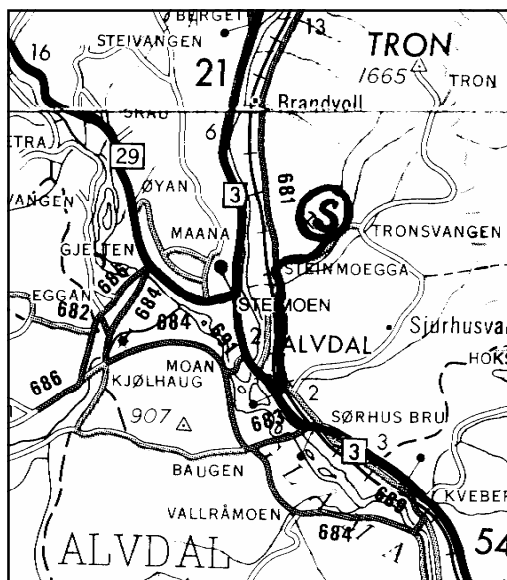
	Week 36	Week 37	Week 38
Friday	04	Friday 11	Friday 18
Saturday	05	Saturday 12	Saturday 19
Sunday	06	Sunday 13	Sunday 20

Enrolment: Soonest possible; on telephone **+47 62 48 78 56** - talk with Bjørn
Bring: Sleeping bag, together with a blanket for sitting and laying exercises

Day programme:

FRIDAY (afternoon)	SATURDAY	SUNDAY
Arrival/Lodge in	Breakfast	Breakfast/Lunch
Warm meal	Course	Gathering
Gathering	Dinner	Departure (afternoon)
	Course	

(Tea, kofe, biscuits, cakes, etc. will be served during the courses)



Way of travel: Car

Depart from Rv. 3 at Alvdal centre, towards Tronsvängen, Tronfjell-veien, Tron-toppen, Tronsvängen Sæter (adequate signposts) on Fv. 681, ca. 3 km. Then depart from 681 and enter a local road with similar signposts, ca. 1 km. "Shantibu" lays on 700 metres ca. 4 km from Alvdal centre, on the left hand in the forest by the road. *S* in a circle on the map above is

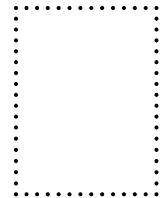
Way of travel: Train

FRIDAY			
Dep. Trondheim S	1255		
Arr. Røros	1520		
Dep. Røros	1530		
Arr. Alvdal	1629		
Dep. Oslo S	1305	1700	
Arr. Hamar	1446	1845	
Dep. Hamar	1513	1905	
Arr. Alvdal	1755	2133	
SUNDAY			
Dep. Alvdal	1755		
Arr. Røros	1855		
Dep. Røros	1900		
Arr. Trondheim S	2128		
Dep. Alvdal	1424	1629	
Arr. Hamar	1655	1905	
Dep. Hamar	1709	1918	
Arr. Oslo S	1855	2102	

Tel. Alvdal Taxi Central: 62 48 77 88
 Possible transportation by private car to/from Alvdal Station can be arranged by contacting "Shantibu".

The Mt.Tron Mail

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To:

The Mt.Tron Mail

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News about Mt.Tron



Mt.Tron with the river Glåma in front, May-98. Photo: BP.

Alvdal council has now accepted the plans of the **Aviation authorities** to raise a building of ca. 200 square metres with a 20 metre high tower for radar on the top of Mt.Tron. The building will be made of concrete with insulation and a wooden covering on the outside. The

building operations are supposed to start in August-98 and be finished by August-99.

In addition to the radar station of the Aviation authorities **Norkring** is considering to enlarge its present installation with a 80 metre high tower which will be able to receive and send NRK 2 to inhabitants of Nord-Østerdalen. When this project will get started is still not known.

Furthermore **Tron Hanggliderklubb** of Tynset wants to establish a centre for hanggliding on Mt.Tron, which is said to be one of the best spots for this kind of sport in Norway. Previously the mountain has been arena for Norcup meetings in hanggliding. The HG-club wants a parking ground for 20-30 cars, a toilet, a dustbin and a small cabin with office and kiosk. All this is to

be situated close to an already existing gravel pit on the road up to Flat-Tron. They also want some more starting points and footpaths leading to these points several places on the mountain. The optimal difference of hight will be about 1100 metres.