



The Mt. Tron Mail

July 2016 * Mt. Tron University of Peace Foundation * No. 1-2 Vol



Mt. Tron as seen from the main road (Rv 3) just south of Tynset centre in typical July weather. Photo: BP.

Official Opening Celebration at Tronsvangen Seter on the first Sunday in August!

In this double issue of The Mt. Tron Mail we shall be looking at how we are gearing up for the imminent official opening celebration at Tronsvangen Seter on the first Sunday in August; at activities already under way at “Setra”; and at the first book of a number of planned titles to be published by The Mt. Tron University of Peace.

Official Opening Invitation



INVITATION

TO THE OFFICIAL OPENING AT TRONSVANGEN SETER
SUNDAY 7TH AUGUST 2016.

You and your family are cordially invited to our official opening at Tronsvangen Seter, Sunday 7th August this year. The programme starts at 13:00 and continues for some hours, and is open to all.

There will be cultural events with both folk music – performed by Tone Hulbækmo and Hans Fredrik Jacobsen - and classical music performed by Atmasukha Ananda and Knut Stiklestad. There will be demonstrations of course activities including Tai-Chi and Yoga. In addition there will be various exhibitions, for example about Baral and the University of Peace. Activities will be both inside and outdoors, weather permitting.

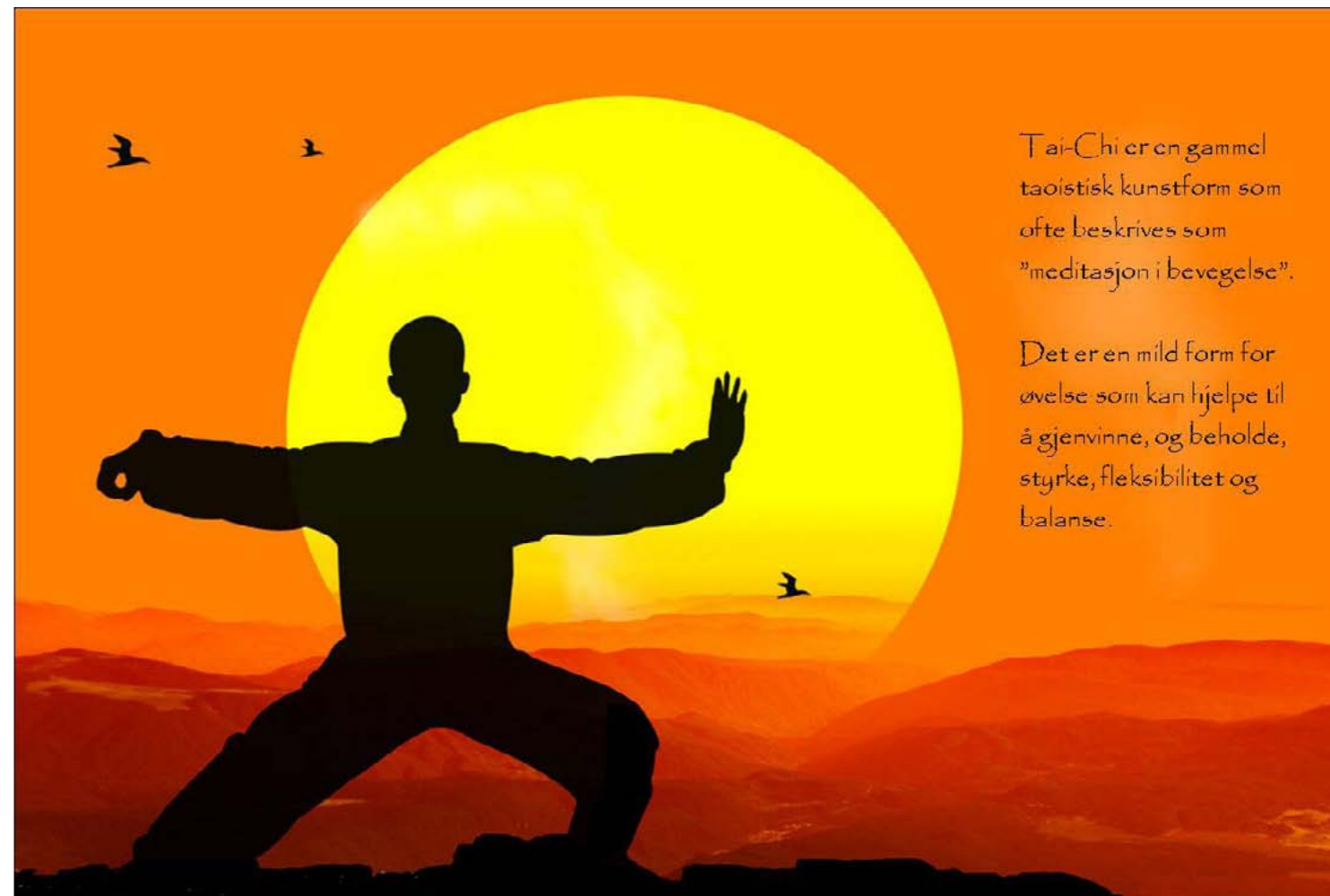
We serve coffee and cakes, but request those who can to contribute with cakes and other goodies for all. It may also be wise to bring folding field chairs for outdoor use if the weather is good. You may also bring your own food if needed, as there will be no food on sale here.

Car parking will be to the right just inside the gate, and there is also the public parking outside the Mellesmosetra at Tronsvangen.

WELCOME!

Reproduction of the invitation to the opening celebration. More than two hundred invitations were sent out, as a pdf attachment to email or in hard copy by ordinary ("snail") mail. Apologies to any Mt. Tron Mail readers and supporters who might have expected to but have not yet received an invitation and are seeing it for the first time here: you are hereby cordially invited!

Tai-Chi and other courses



Tai-Chi er en gammel taoistisk kunstform som ofte beskrives som "meditasjon i bevegelse".

Det er en mild form for øvelse som kan hjelpe til å gjenvinne, og beholde, styrke, fleksibilitet og balanse.

Lær Tai-Chi på Tronsvangen Seter

Tai-Chi with Sergi Benedito

Since the middle of May Tai-Chi is being offered at Tronsvangen Seter under the guidance of instructor Sergi Benedito from Spain. Following a free introductory course, a small group of enthusiastic practitioners now meets regularly twice a week for Tai-Chi sessions.

Sergi Benedito has himself learned from the Taoist monk Moy Lin Shin, who founded the Taoist Taichi Society, which today is a world wide organization having more than 500 clubs in over 25 countries with headquarters in Canada.

A full set of Taoist Tai-Chi consists of 108 specified movements in total. Assuming 2-3 training sessions a week it takes some 3-4 months to learn the complete set of movements. This represents a substantial commitment of time and effort that is not practical for everyone interested in learning Tai-Chi, so Sergi is now considering also offering intensive weekend courses of 12 hours over two days, focussed on learning a set of 17 different movements. There is also an intermediate variation of 54 movements.

Every Friday there is an open class where newcomers can participate. See www.tronsvangenseter.no

Yoga and meditasjon

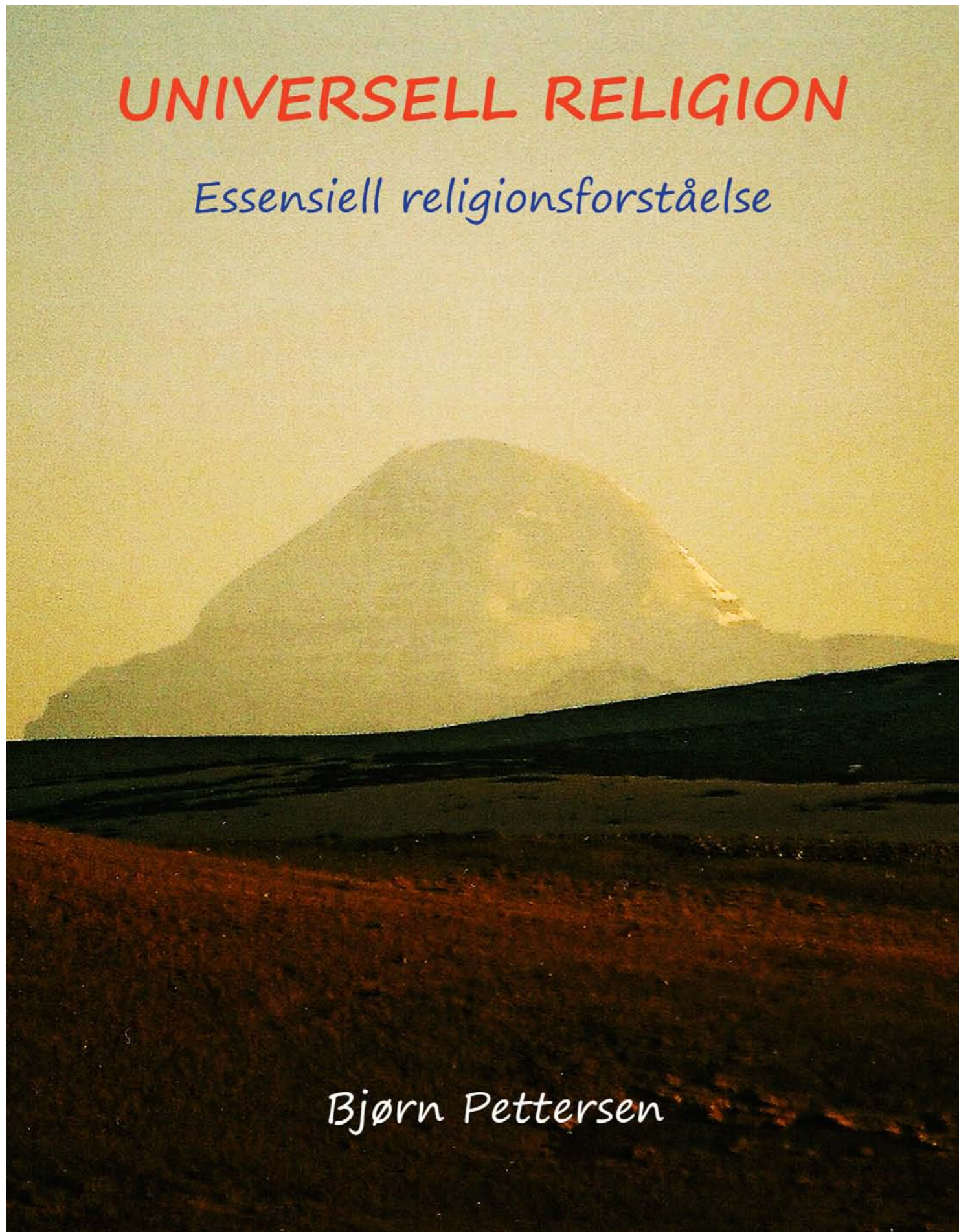
All courses at Tronsvangen Seter are run by The Mt. Tron University of Peace Foundation.

We intend to offer various types of yoga courses in the near future. There will be yoga for beginners and advanced yoga, together with therapeutic yoga for people with specific needs. All these courses will be continuously available. In addition there will be intensive weekend courses where one can learn a complete series of 9 simple exercises suitable for all ages between 8 and 80 years.

The advanced yoga for those with previous experience will teach the classical 8-step yoga which integrates the whole human being, physically, mentally and spiritually.

Meditation can be learned at any time agreed following an appointment and consultation with Bjørn Pettersen who is an authorized meditation teacher from Swami Paramananda since 1990. The Silence Room in the basement at Tronsvangen Seter is open to all and always open.

See www.tronsvangenseter.no



Bjørn's book (front cover) which Mt.Tron University of Peace, through Tronsvangen Seter Operation Inc, have published as their first publication of a series of 4-5 planned publications over the coming years. The front cover shows the famous pilgrimage place Mt. Kailash (6640 m) in West Tibet, just north of Lake Manasarowar (4600 m). The lake and the mountain forms the most holy object of pilgrimage for Hindus, Buddhists, Jains and adherents of the original Bön-religion in Tibet. Photo: Bjørn Pettersen, 21.06.2005.

Mt.Tron University of Peace: first book published by our own publishing house

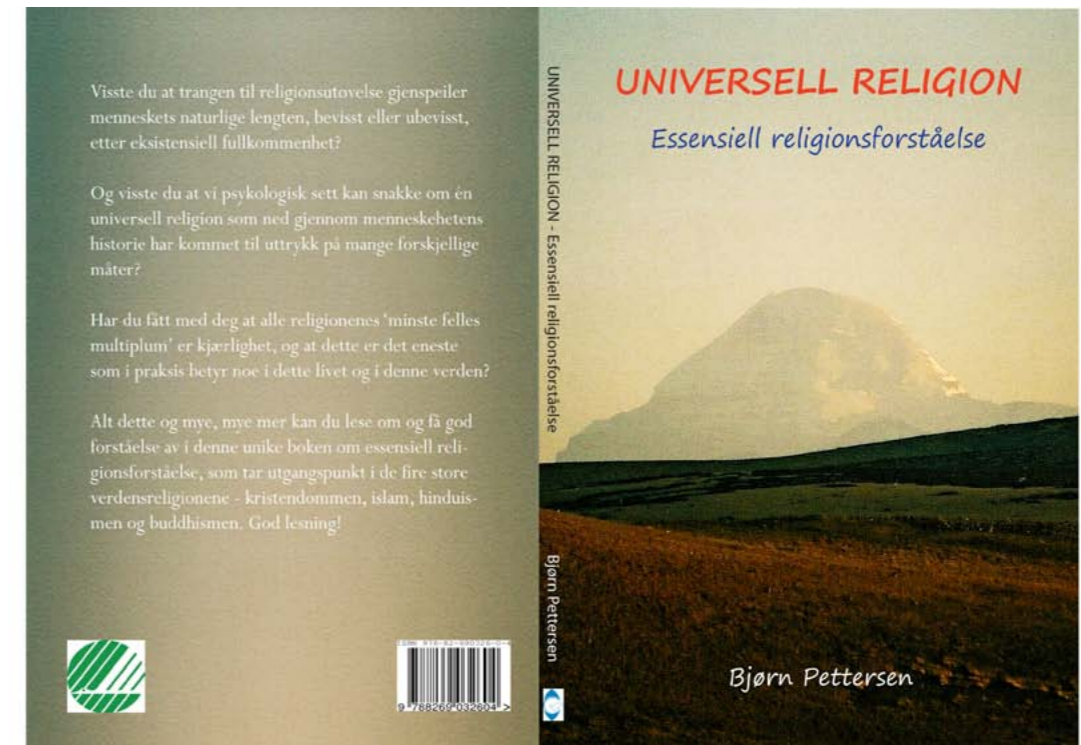


Bjørn Pettersen (f. 1955) har gått 'livets skole' med vekt på inndanning fremfor utdanning. Han har hele sitt voksne liv pendlet mellom Norge og India, og er opptatt av å forene det beste i Østen og Vesten.

Fra 1978 til 2015 har han bodd og arbeidet på 'Shantibu' i Tronsvangla i Alvdal, men har siden sommeren 2015 flyttet litt høyere opp til det tradisjonelle Tronsvangen Seter. Det gjøres nå om til retreat og kunstst, med aktiviteter i regi av Tronfjell Fredsuniversitet.

Tronfjell Fredsuniversitet er et prosjekt som Bjørn og flere andre arbeider med å realisere. I tråd med ideen etter den indiske filosofen og vismannen Swami Sri Ananda Acharya (1881 - 1945), som levde på Tronsvangen fra 1917 til frigjøringsdagen 8. mai 1945.

Les mer om alt dette på disse internettsidene:
www.shantibu.no
www.tronuni.org
www.tronsvangenseter.no



The whole cover to the book.

In May we published the first book from our own publishing company. "Universell religion - Essensiell religionsforståelse" (in Norwegian), was written by Bjørn Pettersen, printed in Denmark and published by the Mt.Tron University of Peace through the company Tronsvangen Seter Operation Inc. The online newspaper "Alvdal midt i væla" featured a report on the book on 6 July. The book is now displayed for sale in both Alvdal and Tynset. Moreover, it can be ordered from our webpages: www.tronsvangenseter.no under "Publications".

Shocking textbooks in school

The original manuscript was written in 1993 when Bjørn was engaged as guest lecturer on so-called "foreign religions" at high school at Tynset. He was then deeply shocked at how poor the textbooks of the students were. For instance it was said that Hinduism could be summed up by the three k's: ku (cow), kaste (cast) and karma! This felt like an enormous insult towards a major part of the world's population, and Bjørn decided to write a book that would present the four great world religions in a simple and essential way in accordance with their own terms. The bulk of the book may therefore be used as a reference book on Christianity, Islam, Hinduism and Buddhism. But equally important as presenting the great religions in a good way, has been to define religion as a phenomenon, and to transcend the bounded frames of religion into the universally human or spiritual. This has been important for a deeper understanding of religion as such in relation to human nature and psychology.

Good response

So far Bjørn has got exactly the kind of response he would have hoped for as a schoolgirl in the 10th class wrote an email to him to thank him for the book, which had led to her scoring the highest marks in her exam. Besides the fact that the book had been of great benefit to her with lots of useful information, she writes, amongst other comments, that it was "pretty easy to understand", and that she got "a deep understanding about religion and answers to questions I have had for a long time."

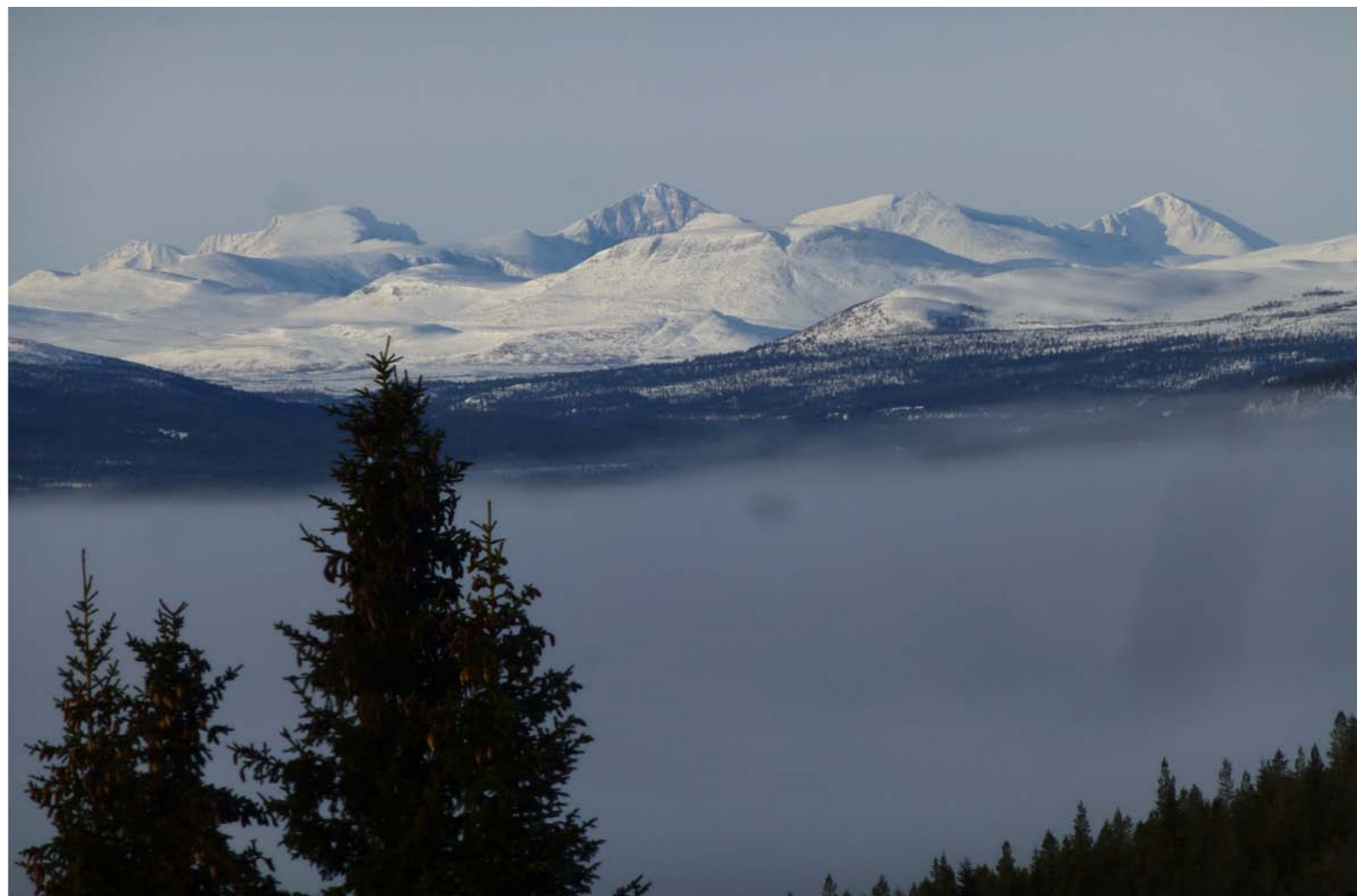
Homemade book

The book is fully "homemade" in the sense that the author, himself, did all the design, typography, layout, set-up, cover, photography, etc., on PC with only the printing carried out externally by professionals. On the back cover of the book is written:

Did you know that the urge to practise religion reflects man's natural longing, consciously or unconsciously, for existential fulfilment?

And did you know that psychologically speaking we can talk about one universal religion that down through the history of humankind has expressed itself in various ways? Have you grasped that 'the lowest common denominatore' of all the religions is love, and that this is practically the only thing that means something in this life and in this world?

Good reading!



Winter pictures from Alvdal 2016

*Above left: Mt. Tron tinged with gold in the evening sun 13th January.
Below left: Mt. Storsølen looks like a white pyramid 27th April.*

*Above right: Mt. Storsølen and Mt. Rondane just after sunset 19th January.
Below right: Mt. Rondane wrapped in white 29th February. All photos: B.P*



Panorama from Tronsvangen 8th March 2016. Photo: BP.



The musical duo Tone Hulbækmo and Hans Fredrik Jacobsen from Tolga, will perform folk music at the opening celebration at Tronsvangen Seter Sunday 7th August this year. They are familiar and dear to the people of Nord-Østerdalen, but are usually busy travelling the world performing folk music. We are delighted they will be here and are looking forward immensely to hearing them at Tronsvangen!

Press picture: T&HF Ivar Øyan 2007.

The Mt.Tron Mail - the newsletter for those interested in the establishing of the Mt.Tron University of Peace

Publisher: Mt.Tron University of Peace Foundation
Editor: Bjørn Pettersen
 (Chairman of the Foundation)
Issues: Quarterly (4 times a year)
Languages: Norwegian and English
Prices: Subscription of support NOK 350,-/year
 US\$ 50,-/year € 44,-/year

Address: "Shantibu", 2560 Alvdal, Norway
Telephone: +47 62 11 36 91
E-mail: shanti@tronuni.org
Internet: www.tronuni.org
Organization No: 990 106 118
IBAN: NO94 1895 2650 935
BIC-address: SHEDNO22
Bank name: Sparebanken Hedmark

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