



# The Mt. Tron Mail

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## The Mt. Tron University of Peace

**A humaniversity for universal harmony**

**Detailed project description**



**Mt. Tron University of Peace Foundation**  
Alvdal  
Norway

*Front cover to the booklet about the University of Peace project, which has now been translated from English into Norwegian. The booklet, which is helical bound and has 30 pages in the 28x28 cm size, is these days being published in a limited edition. In addition to the text the booklet is richly illustrated with drawings and photographs in colour. Every fourth page has a full page photograph of Mt. Tron or the "Peace Plateau" on a thick special paper.*

The booklet above was made for the first time in the autumn of 2003 to be brought along to the international peace symposium in Brisbane, Australia. Later it has been modified and revised every year until this year when it is also published for the first time in Norwegian together with a fully new foreword and a summing up of the whole project.

The booklet has been made to create interest and it is directed especially towards selected persons that we hope and believe will help the project financially and/or morally. On the next pages in The Mt. Tron Mail we reproduce the text of the two first chapters of this booklet, but owing to the lack of space only two of altogether five pictures have been included.

# Conceptual basis

In the world today there is great unrest and instability. Deep changes occur in various fields of human life and existence - socially, culturally, religiously, politically, economically, technologically, biologically and ecologically. The gulf between rich and poor people and nations is huge, and the gulf between human society and virgin nature is even bigger. The Western way of life, which has now been spread and adopted almost all over the Globe, is a constant threat to natural resources and the ecological balance everywhere. In spite of the constant acquisition of knowledge and the growth of higher education, half of our so-called "best brains" are directly engaged in the war industry. And a large majority of all education, scientific research, commerce and resources are used to feed the machinery of war and to conquer each other. Ideological selfishness, religious intolerance and political greed are constant factors of conflict and strife both locally and globally. In spite of the cry of the masses after the 2nd World War, "Never again!" and in spite of the end of the "Cold War", the danger of a 3rd World War is very much alive and the exercise of global terrorism is in fact already being experienced.

At the same time humanity all over the world is connected by various means of communication as never before in history, and in a way so that all are more or less dependent on each other. "The Global Village" is practically a reality. The United Nations have produced the only common pact of humanity - The Universal Declaration Of Human Rights - which is a solid basis and a great tool for future political and humanitarian work in the world. It is independent of race, religion or ideology and is an inspiration for human rights and peace organizations all over the world.

Yet the individual human being still has no priority in society. Every day human values and truly humane development are sacrificed on the almighty altar of economy. As regards world peace the many scientific peace research institutes have failed in developing an exact science of peace and the several institutions named "peace university" in the world are mainly occupied only with the teaching of conflict resolution. There is as yet no major institution independent of race, caste, religion, ideology, dogma or creed, which focuses on the naked and natural human being on a purely spiritual basis. There is as yet no human forum, which stresses the necessity of a complete knowledge of man - physically, mentally and spiritually - and the necessity of an overall view of human life and a meaningful perspective on humanity. There is as yet no human stronghold, which says that the problems of human life will be solved by spiritual consciousness-raising and that peace will be a positive side effect of such effort.

Man is suffering in the world because he doesn't know himself, and the world is suffering because there is no knowledge of man available. We have extensive knowledge of the physical world and universe - all the natural sciences are highly developed - but we have very little knowledge about the human being - about ourselves. We know so much about events light years away in the far distant universe, but nothing really of what is happening to us during the night when we sleep, or about from where we have come and unto where we are going. Do we know the real identity behind our name and form? About what is nearest to us - ourselves - we know practically nothing. In the Western world we have acquired everything but have lost ourselves in the process. Moreover, it is a well-known fact that we use only about 5% to 10% of our brain capacity while the rest lies dormant. Is it not reasonable to assume that man will become an entirely different being and have a completely different outlook on life when the rest of the 90%-95% brain capacity becomes activated?

In the Western world or lifestyle most people have everything they need for existence; like food, clothing and shelter, and for education, health and security, but they lack the seventh and ultimate purpose of life, namely spirituality, which secures the perfection of life. What is spiritual is universal - the common basis on which we all rest. It is the inner source or unity in which we all are alike, beyond the barriers of geographical and national borders, language, culture, tradition, sex, social differences, titles and mental impressions, imagination, ignorance, delusions and ego. A spiritual person always feels equality, unity and solidarity - a deep intuitive feeling and understanding that "the same heart is beating in all of us". In spirituality there is always simplicity, insight, broadmindedness and compassion coupled with an unreserved and unselfish will to help others. In other words - spirituality always means naturalness, wisdom, love and sacrifice.

How can we create peace and stability if we do not know and experience what peace and stability are? Is peace only a pact or an agreement between two or more parties - a mere pause to secure rearmament for new conflicts and strife? Is peace merely, as declared in a main scientific definition, the absence of violence - is it not also the presence of something contrary to violence? Will there ever be outer peace without established inner peace? War starts in the mind, pollution of nature and ecological disasters start in the mind, just as illnesses start in the mind. So we have to watch our mind to eradicate these and other causes. In other words, we have to know ourselves physically, mentally and spiritually to gain peace and harmony both individually and collectively.

The world now really needs a great unifying institution, which focuses on the human being, human life and humanity for a more humane society and for peace and harmony in the world. An inspiring centre for human rights, human dignity and, most of all, human possibilities - a spiritual sanctuary where all can meet as humans and communicate as human to human. A human spiritual lighthouse which can inspire not only individuals but also the United Nations and other organizations, institutions and schools all over the world.



*Shantibu, Alvdal, Norway, situated on the forest-clad slopes of Mt. Tron at an altitude of about 700 metres, is the headquarter of The Mt. Tron University of Peace Foundation.*



*The "Peace Plateau" on Mt. Tron situated between the peak to the left and Sørkletten to the right of the picture, as seen from the village of Alvdal in late summer. View towards East.*

## Idea, goal and activity

The Mt. Tron University of Peace has been planned to meet the most pressing demands of humanity in modern society (as stated above). Not as an academic institution where learning and the acquisition of information form the basis of human activity, but as a centre where it is the human being who is the focus of attention, and how the natural growth and development of the individual influences the peace and harmony of society. The activity of Mt. Tron University of Peace will operate on both the individual and the collective level.

### Idea and goal

The basic idea is that there will be no outer peace without inner peace - no collective peace without individual peace - and that humankind is both cause and effect of war and peace in the world. Therefore human beings themselves are the key to the fate and destiny of humankind, and therefore the exploration of the human being is necessary. In this quest our starting point is that we do not need to acquire anything from outside because by birth we already have everything from nature. We only need to learn from nature - which is always in harmony with herself - and to unfold what is already there, because real education is the manifestation of the perfection already within ourselves.

The Mt. Tron University of Peace will be the first in a series of Universities of Peace in the mountains in countries throughout the world. It will therefore also be working to initiate the establishment of similar Universities of Peace in other countries and continents, so that in time there can develop societies of students who will ambulate between the various universities. Ideally there will then be students from all over the world living together in each of the universities where they will come to learn to know each other.

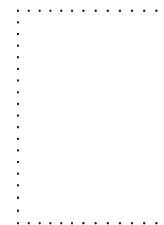
After a certain period, these students will move to another university of peace in another country or on another continent, where they will learn the culture and customs of that people or nation. In this way they will progress around the Globe until eventually they have become friends with all tribes, countries and cultures. These young men and women will, after concluding their studies at the University of Peace, become teachers in the art of life and art of living, and in the wisdom of peace, both in the ordinary school system and elsewhere. Thus, in the course of time, it will grow ever more impossible for the coming generations to wage war against each other.

It is necessary to situate the University of Peace in the mountains because of the incomparable mental peace and quiet one experiences in such surroundings, especially over some period of time. The mind naturally reflects the wide horizon and becomes as open as the infinite heavens above. Highly elevated above the stress and troubles of everyday life on the busy plains and in the narrow valleys, our worries and problems disappear unnoticeably, and at last we find ourselves in harmony with nature.

This is, thus, a grand, concrete plan to create peace and harmony individually as well as collectively throughout the whole world. It is a fact that the tendency of all life up to and including human societies is to conquer each other. Still, as humans, we don't know how to conquer. The University of Peace will teach us how to conquer life and each other through compassion, self-sacrifice and wisdom (understanding, sympathy and service).

### Plan of activity

The activity of the Mt. Tron University of Peace will operate on two levels simultaneously: individual and collective. On the individual level the central pillar of activity will be a three-step "Art of Life" course, which will run continuously throughout the active parts of the year: *(Continuation next page)*



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**To:**

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

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(Continuation from the previous page)

### 1. Learn language of body.

This will be a 'survival class' - a kind of ecology of the body - to learn how to survive in the world. The focus will be on food habit, lifestyle, physical relaxation, breathing, exercises, etc.

### 2. Read the mind.

This will be a 'silence class' to gain insight into our own psychology in peaceful and harmonious surroundings. The focus will be on mental relaxation, concentration and observation.

### 3. Know Thyself.

This will be a 'philosophical class' to examine the great and fundamental questions in life in the light of our self-identity and our self-integrity. Questions like "Who am I?", "From where have I come and where am I going?", and "What is the meaning of life?" will be central here.

On the collective level the Mt. Tron University of Peace will act as an international centre for Humanity - free from dogmas, "isms" and prejudices, and independent of organisations, religions, ideologies, and political or spiritual trends - open for all irrespective of age, sex, race, mental makeups or attachments. It will function as a transnational forum for peace and human dignity where all important queries and compelling alerts regarding humanity are on the daily agenda - raising central and universal human issues - and where conferences with these themes will be held. It may also host meetings for peace negotiations at political and diplomatic summit level.

Conferences and forums on peace and humanity will be held for the general public or for targeted groups whenever required throughout the active parts of the year.

These events may be initiated and arranged by the university, or the university will function as host for other institutions or organisations. At weekends regular seminars will be held on a variety of subjects, and various cultural events like exhibitions, concerts, theatrical performances and films will occur regularly during the entire active season. International music festivals for groups of indigenous peoples and for sacred music with an emphasis on its spiritual/religious context, as well as ordinary folk music will be held annually, and there may be other annual festivals too.

The year will follow the course of nature with activities peaking during summer and at a minimum during winter, interspersed with two moderately active periods. Thus the annual cycle of activities will follow this scheme:

#### March-April-May:

One three-month "in depth" Art of Life course.

#### June-July-August:

Three or four three-week intensive Art of Life courses, and festivals.

#### September-October-November:

One three-month "in depth" Art of Life course.

#### December-January-February:

"Hibernation" with 'rent a room for the winter' for those who want to have a prolonged retreat. Owing to the winter climate and snow there will be no courses or activities for the general public.