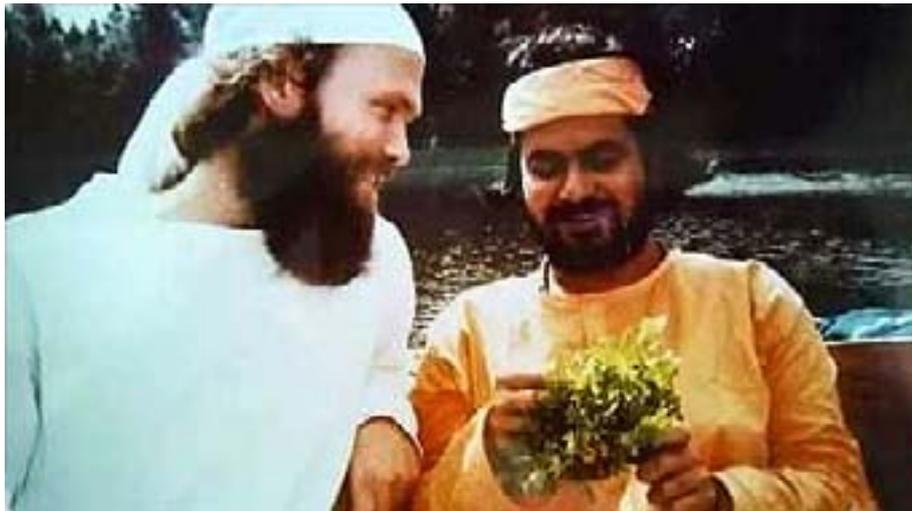




The Mt. Tron Mail

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Bjørn and Paramananda, Vansjø, Moss, Norway, summer 1989. Photo: Torleif Sund.

IN SEARCH OF TRUTH

MY EXPERIENCES WITH SWAMI PARAMANANDA

AUTOBIOGRAPHY OF A YOGI IN THE WEST

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and

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Appendix: MT.TRON UNIVERSITY OF PEACE

www.tronuni.org



The selected location for the University of Peace is situated on a plateau at an altitude of 1300 metres on Mt. Tron in Alvdal, Norway. Here, with the memorial stone over Sri Ananda Acharya, which is also the foundation stone for the Mt. Tron University of Peace. Photo: BP.

The Mt. Tron University of Peace is a project directed by The Mt. Tron University of Peace Foundation, which was established in 1993 and has its seat in Alvdal, Norway.

The Mt. Tron University of Peace is to be a free, course-based «humaniversity» for self development, where the human being itself and not knowledge or learning, is the centre of attention. The basis of the University of Peace is that the human being already has everything it needs from birth – through its own body and mind – and that everything lies latent there for one's fulfilment as a human. Therefore it will not be a university in the common sense.

The *activities* of the University of Peace will happen in two different departments concurrently: *Individual* and *collective*.

In the *individual department* a three-step **Art of Life and Living course** will take place:

This **1st** step we call “*Learn the Language of Body*”. That will be a kind of ecology class about how to survive in the world, with a focus on lifestyle, food habits, breath, movement, etc. We learn to know our own physical body through practical exercises, what kind of food we can digest, etc.

The **2nd** step we call “*Read the Mind*”.

This will be a silence class. Instead of reading so many books, newspapers and literature which only reflect others' minds, we shall, in a safe and harmonic environment, read our own mind and gain insight into our own psychology. There will be only mental relaxation, mental concentration and mental observation.

The **3rd** and last step we call “*Know Thyself*”.

This will be a philosophical class where we will shed light on all the universal human questions, those which we all have to ask ourselves once or more in life: “Who am I really, what lies behind my name and all the artificial identities which society and I have given me?”, etc. We shall illuminate man's most fundamental and existential questions.

The point is that through learning to know one's own body and mind one can know the Self, and really, there is no other way of doing this. We are not saying that people will be Self-Realized in the course of three weeks or of three months of the Art of Life and Living course, but they will have gained an important template or insight for themselves to follow in life after the end of the course.

This Art of Life course will be the very nucleus of activities at the University of Peace and peace work at absolute grass-roots level:

There will be no outer peace without inner peace.

In the *collective department* many kinds of **activities of a cultural, scientific and social nature** will take place, with conferences, seminars, theatre, film, exhibitions, festivals, etc., in the spirit of the University of Peace with the human being at its centre.

The University of Peace will draw attention to current questions about human dignity, human rights, human possibilities, ethics, responsibility, science, sustainability, etc. It may also be the exponent of what we may call “peace and harmony research” in contrast to traditional peace and conflict research, which mostly focuses on war and political diplomacy.

And finally, the University of Peace, with its unique location and atmosphere, may host international summit meetings for peace and reconciliation on a political level. But the University of Peace itself will be completely non-political and non-religious, without any ideology or particular philosophy. It will never be an institution only for special interests, but absolutely for the people in general, regardless of background or affiliation. And it will be suitable for everybody of all ages from 8 to 80 years.

Further, nothing will be taught or happen in the Univer-

sity of Peace which cannot be scientifically checked or which cannot stand the light of science. Everything will be natural and follow nature.

As a building, preferably it will function nearly as a living organism, which belongs to the local environment and landscape and which requires a minimum of maintenance, where architecture and function are practical and harmonic, and with energy from a variety of alternative, renewable sources.

The Mt. Tron University of Peace will not be a business undertaking where the overall running is managed by capitalistic interests and the demand for profit. All who wish for the University of Peace have to offer something from themselves – they have to give without expecting anything in return – and those participating in courses have to pay the actual cost. Those who have more subsidise those who have less, so that all available means are shared, and all those who want to participate will have this opportunity.

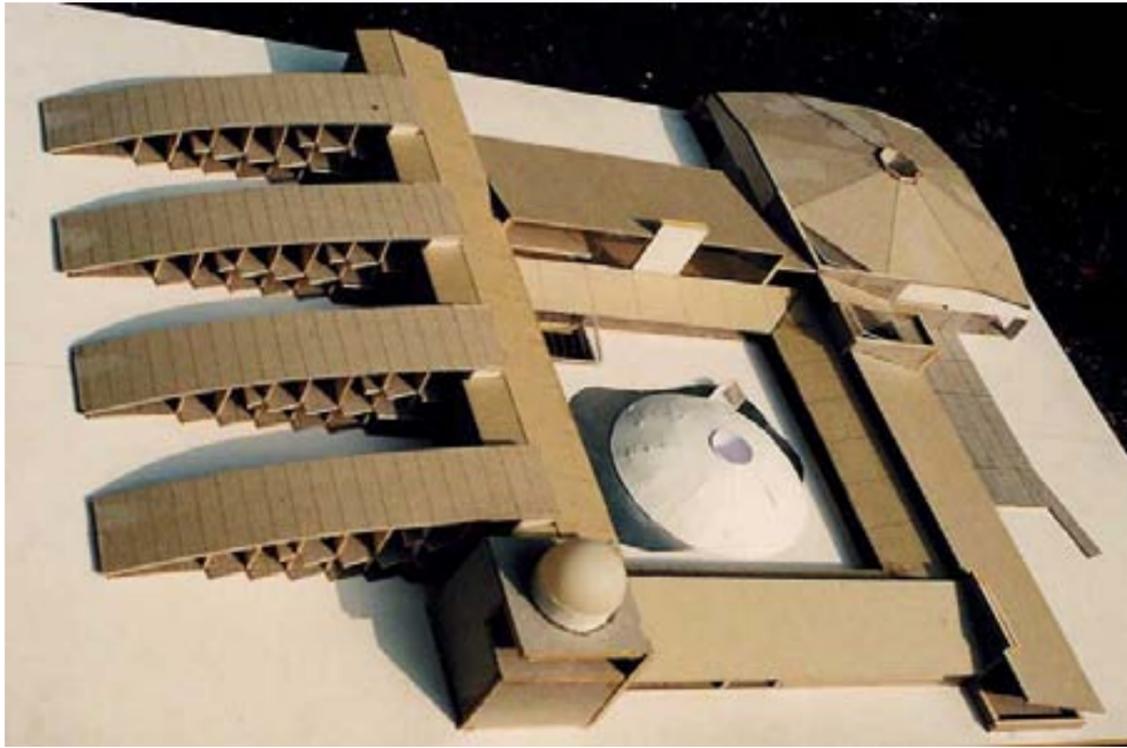
Throughout the year the level of activity will be decided by the cycle of the local seasons, so that the maximum activity level will be during the light summer months, and the minimum level during the dark winter months, while the months of spring and autumn will see a more balanced intermediate level of activity.

By being wide-ranging and inclusive, and by concentrating entirely on the purely universally human factors – which are the same for all and which all may recognise – by content and expression the University of Peace will be something that most people will be able to identify with. And thus the University of Peace will give hope to the world.



The Memorial at Mt. Tron, which is also the foundation stone for the University of Peace. Behind towers the 1666 metre high summit.

Photo: BP.



An early model.



First floor plan.

Three sketches next page: elevation east (top); elevation south (middle); elevation north (bottom).
See all details at the Foundation's home pages: www.tronuni.org

CHARTER – Mt. Tron University of Peace

Mt. Tron University of Peace will be:

- A transnational centre for humanity, which centres on the human being, not on phenomena, religion or politics, and which focuses on human integration, human dignity and human possibilities.
- A “humaniversity” that works for the development of the individual—physically, mentally and spiritually—solely through the individual’s own natural resources, and which raises central and universal human issues on the collective level.
- An independent centre for peace, which works from the basic “grass roots level” that there will be no outer peace without inner peace, i.e., no collective peace without individual peace.

Mt. Tron University of Peace is needed:

- Because when the basic needs (food, clothing, shelter) and necessities (health, education, security) of life are satisfied we still need a purpose of life. That purpose is spiritual satisfaction—independent of any ‘isms’ or religious or ideological dogma or doctrine—which is inner and humanly universal, making for the perfection of life.
- Because we need to know ourselves as humans—physically, mentally and spiritually—to solve individual and collective suffering.
- Because the tendency of all life is to conquer each other, and as humans we need to learn how to conquer—not by religion, politics, science or commerce, but by the art of life—by compassion, self-sacrifice and wisdom (understanding, sympathy and service).

Mt. Tron University of Peace will:

- Offer a concrete and unique, large scale plan for collective peace and individual harmony never tried before in this world.
- Run “Art of Life”- courses on the individual level, and international seminars, conferences, festivals, exhibitions, etc., on the collective level. Also, potentially, host international peace negotiations at diplomatic and political summit level.
- Serve as a human sanctuary where humans meet as humans and relate to each other naturally and spontaneously independent of faith, belief, race, colour, rank, title or position; and as a human beacon, which will inspire not only individuals, schools, organizations and institutions all over the world, but even governments, states and the United Nations.