



The Mt. Tron Mail

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Bjørn Pettersen

In Search of Truth



My experiences with Swami Paramananda

Autobiography of a Yogi in the West

Mt. Tron University of Peace 2024

Finally published in book form: The front cover to Bjørn's new book about Swami Paramananda.

In Search of Truth

This is the account of the author's own experiences with one of the most remarkable and unique human beings who has ever lived, but who is yet to become known to the world. Many are waiting for this book worldwide. The author (born 1955) spent 16 years in close relation with Swami Paramananda (1954-1999) – from 1983 to 1999 – in India and in Norway.

This book portrays from beginning to end an inner process of seeking related to outer circumstances, with emphasis on insight and understanding as the author receives guidance from his teacher-friend Swami Paramananda. This is Carlos Castañeda and Paramahansa Yogananda in a unique Norwegian context, without peyote and mysticism or miracles and celebrities. Here there is no fiction, but an unusually open, and revealing, personal testament where the naked truth is the most important of all.

This is the author's own, inner autobiography and at the same time a biography of Swami Paramananda, who in this way is being introduced to the reader in the Western world. It is the author's hope not only that readers will get to know about a very extraordinary incarnation in Swami Paramananda, but that at the same time truth-seekers may also reap the benefit from the experiences of his own process of development. Many will have to reconsider their apprehension and understanding of spirituality and spiritual values after reading this book.

Besides an unusually honest search for truth, the book contains many amazing, short stories, excerpts from letters and other correspondence, poems, travelogues, humour and wit, making for an exciting and compelling read. Very interesting perspectives on the relationship between East and West add to the reader's enjoyment and benefit. The book is generously illustrated including many photographs being shown for the very first time.

We also get more closely acquainted with the Indian philosopher, professor and poet Swami Sri Ananda Acharya (1881-1945), who lived in Norway for 30 years and is buried on Mt.Tron, and his vision of a university of peace on Mt.Tron, of which many people have heard something about down the years. The plan for the Mt.Tron University of Peace is included as an appendix to the book.

In "Deduction", the closing section of the book, the search for truth and the experiences with Paramananda are summed up and concluded, while the spiritual concepts are clarified. When it comes to everything about guidance and inspiration, this book has all that an honest and sincere truth-seeker can wish for!

Enjoy!

The text to the book's back cover.

In Search of Truth



Picture on the book's front cover.

The last week of June (week 26) in 2021 the issue of the Special Edition of The Mt.Tron Mail started. It appeared weekly on Thursdays in 35 issues up to the last week of February (week 9) in 2022, and had the same title and content as the present book.

In response to reader feedback a few changes were made – mainly of text, pictures, footnotes and word explanations. At the same time strict priorities were set on the huge amount of photographic material, and also the size of the font was reduced, all for the reduction of the voluminous material.

The result is the present book published by The Mt.Tron University of Peace, like most of Bjørn's other books, but distributed by Tronfjell Publications, which is Knud Larsen's new publishing house, both in Norwegian and in English.

The book has soft cover and measures 155 x 230 mm. It has 377 pages with a body text in blue, while the titles and content pages are in orange and all the footnotes and the captions have ordinary black colour. It contains 125 colour pictures and 26 in black-and-white. The weight is 710 g. See: <http://www.tronfjellpublications.com/books>

The book is registered at Bokbasen in Norway and is distributed through Forlagssentralen in Norway.

It is available through ordinary book stores in Norway and from Adlibris (international).

The retail price is NOK 430,-

Nature as value

By Bjørn Pettersen

(The article was earlier published in the local digital paper «Alvdal midt i væla»)

Sunday evening was once again set for a new performance of Tron Talks and this time in Huset Aukrust: ONLY A LITTLE MORE. A conversation about the value of nature. And, as always at Tron Talks, the hosts were Glenn Erik Haugland and his team Studio O. It is impressive what Haugland et al. accomplish in creativity and activity, which they generously share with their fellow villagers. They are excellent intermediaries of cultural life to the ordinary people. Alvdal is privileged to enjoy these impressive arrangements one after the other, readily presented directly to your lap, from these very competent and energetic artists at Sivildalen.

It is also commendable that the topic of the evening was brought about and aired in this way. The theme is enormous and few, if any topics, are of more current interest than our relation to nature. Mainly, the evening centered on shedding light on the possibility of extending our local democracy for the prospect of slowing down further reduction of nature. In passing, money and economics were also mentioned as great driving forces in this down-scaling of nature. But in the end, when the audience got the opportunity to speak, one lady called for completely different ways of thinking, i.e. the necessity of thinking completely new about these problems.

I do not know who she was, but with this little contribution I wish to take that lady at her word, and try to bring in those thoughts I myself have been pondering for long about this subject, and which I have given expression to in various local media. Here is a summary:

- Man as a species has placed himself outside the order of nature. This has happened gradually through the ages by means of agriculture and urban development, which is connected, and as the finishing touch the introduction of a monetary system for trade and economy. All of this has alienated us from nature, and we do not feel any longer that we ourselves are nature but that it is different from us. Therefore we are all the time objectifying it, and there is no genuine feeling for nature or any real respect for it. We do not any longer understand that we are coming from nature; that our body consists of exactly the same five elements as everything else in nature around us; and that we are fully dependant on nature to survive in the world.

- Therefore we need to understand that nature has

intrinsic value. NOT as money, but in such a way that nature immediately must have its Universal Nature Rights, in the same way as our Universal Human Rights, and at the same time an office of Nature Ombudsman must be established. A Nature Police would also not be a bad idea. An important criterion to be in the Nature Police is that you must not be a hunter. It is a gigantic paradox that 95 % of all those working with governmental nature management in Norway are hunters! Nature doesn't stand a chance! Already at the starting point all of nature conservation has lost, and exactly therefore Norway is the only country in the whole world that allows hunting in its national parks. Norway is a nature hostile country! All abiding in, and use of, nature, has to happen on nature's terms.

- It must be beyond all doubt that the superior consideration for money and economy is the very driving force in our ruthless and reckless attitude towards nature. Capitalism, with its in-built demand for continuous growth and profit, and thereby constantly increasing consumption, has played out its role. If we are to take care of the very basis of our existence – nature – just to survive ourselves, it will be imperative to implement a fully new economic system. What that will be I do not know, but I know there are capable people working on this from various angles all over the world. Crypto currency is certainly not the way forward, and everything that demands a lot of energy and resources should not pass the test. The so-called “green shift” is only made to satisfy the capitalist system in which one thinks that one will have one's cake and eat it too. Our standard of living (meaning: our excess consumption) must at any rate not decrease, so we are easily destroying a lot of nature to gain more energy to be able to live in a more nature friendly way. Understand it who may! We do not need more energy, we need understanding and common sense!

- I have no faith in the local democracy or yet more local democracy. This may work in bigger towns and densely populated areas, but not in small villages where all know each other and where more or less chronic legal incapacity rules or should have ruled the local council. I have never witnessed a local democracy granting precedence to nature before industrial interests. What will always, to some extent, take care of nature, is a strict regulation from the county or from the government,

who again have to obey international agreements, for instance the Bern Convention or the Ramsar Convention. If the local politicians would have their way completely, there would hardly be any nature left in all of Norway. What is now going on in terms of attention to, and consideration of, nature, in Norway and Europe, and in the world at large, happens in the EU and UN. In Norway the government is far out – they are on a sure collision course with the rest of the world. I only need to mention the aim of further oil prospecting, in particularly vulnerable waters, together with deep sea mining prospecting, in addition to all other heedless business aims on the Norwegian mainland.

Nature is always in harmony with herself. Planet Earth has had a perfectly balanced system which has lasted for millions of years. There have been many great changes, both sudden or more short-term, and those that have taken place over a very long time, but nature has at any time been in harmony with herself. Now this harmony is being disturbed only because of man's recklessness, and that has never happened before on a global scale in the history of this globe. The knowledge to take the right decisions is there, but where is the will? Where is the understanding and the deep feeling of nature as our common mother who is now severely injured by her own children?

Birds as environmental indicators



Contrary to most mammals and other vertebrates, birds are relatively easy to observe. Most of them are diurnal and make themselves known by their flight on wings in the open air and by their loud vocal utterances. Moreover they have a huge variety of species with representatives in all types of natural environments and on all levels of the food chain, with many specialists. Bird life in a certain area is therefore at any time a good indicator of the environmental quality and condition of that area, not least in relation to human intervention and influence.

Here is a small, incidental cluster of well known, diurnal European species of birds:
Mallard, Black-headed Gull, Robin and Great Tit.

All photos: BP.

Tronsvangen Seter is voluntary registered



Tronsvangen Seter at Tronsvangen at Alvdal. Photo: BP.

On January 10th this year Tronsvangen Seter Operation Inc was registered at **Frivillighetsregisteret** (the registry of voluntariness) at **Brønnøysundregistrene** (the national registries). This is not very common for a limited company, but by a change of the statutes it became possible. The company's statutes § 3, second and third paragraph, shows why:

§ 3 Purpose/activity, application of annual profit and use of assets at liquidation

The company's superior purpose is to represent parts of the practical implementation of the idea of "Mt. Tron University of Peace". This is to be realized through the operation of Tronsvangen Seter, including rental, courses and retreat, together with publishing, museum activity, and the testing of ecological principles for among others housing and farming.

The company has no economical purposes and share profit is not to be paid out. The annual profit shall only be distributed to voluntary activity.

At a possible liquidation of the company, possible remaining means shall, after the settlement of the company's obligations, in its entirety be distributed to voluntary activity.

However, Tronsvangen Seter has, practically speaking, been voluntary from day one after the takeover in summer 2015, when Knud Larsen bought it from Runar Einarsrud and his company Telekjeden AS. All who live and work at Tronsvangen Seter, work voluntarily without salary or economical compensation of any kind, and have always done so since 2015.

Those who stay permanently and have the means, may even pay a small monthly rent for their room. Without these conditions it would be impossible to run Tronsvangen Seter today with its out-dated standard of interior and building. As regards overnighters we quite early degraded ourselves from 'hotel' to 'hostel', which made a relatively good standard for a hostel.

By formalizing voluntariness at Tronsvangen Seter we wish to give out a clear signal that we are not a commercial company where continuous growth is the purpose and the personal motivation is to make as much money as possible. We wish to show that selfless service is the glue that binds us together – not money.

In connection with the registration the Brønnøysundregistrene demanded detailed information about Tronsvangen Seter Drift AS, especially about two conditions.

Here is the answer we sent them on January 9th this year (and the approval came the very next day!):

SUPPLEMENTARY INFORMATION TO THE REGISTRY OF BRØNNØYSUND

1. detailed information about the company's activities

In principle "The Mt. Tron University of Peace" is built up around a three-step course called "Art of Life": I. "Learn the Language of Body" ("survival class" including food habit, lifestyle, breathing, movement, yoga, etc.), II. "Read the Mind" ("silence class" with mental relaxation, mental concentration and mental observation), and III. "Know your Self" with focus on the great, universal, human questions in life, which are common for all regardless of faith or belief: "Who am I?", "From where do I come?" and "Onto where do I pass when all this is over?" ("philosophy class"). In other words, a practical course with the human in the centre comprising all of its being – physically, mentally and spiritually. The idea of, and otherwise all about, The Mt. Tron University of Peace, is published on www.tronuni.org, including a "Charter" which is hereby attached.

Art of Life courses are held, and experimented with, at Tronsvangen Seter, where various elements which will constitute The Mt. Tron University of Peace in the future, are tested. The Mt. Tron University of Peace is a long-term project which demands much of those who will be operating and administering it, and Tronsvangen Seter is the place of training for them.

Formally, Tronsvangen Seter is being operated by Tronsvangen Seter Operation Inc., in which Mt. Tron University of Peace Estate Inc. owns 65% of the shares and Knud Larsen owns the remaining 35% of the shares. It is therefore a subsidiary in a parent company. But Mt. Tron University of Peace Estate Inc. is a non-profit company which was only established because the municipality and the government didn't want to relate to a foundation (The Mt. Tron University of Peace Foundation) at the time of set off of the regulation plan together with Alvdal municipality. In the shareholder agreement of this company it is clearly stated that "It is not the company's purpose to provide the shareholders with economical profit by its activity" (point 1 about the company's purpose). Besides, have a look at the attached framework about "The organizing of the Mt. Tron University of Peace".

2. information about how big part is voluntary (unpaid)

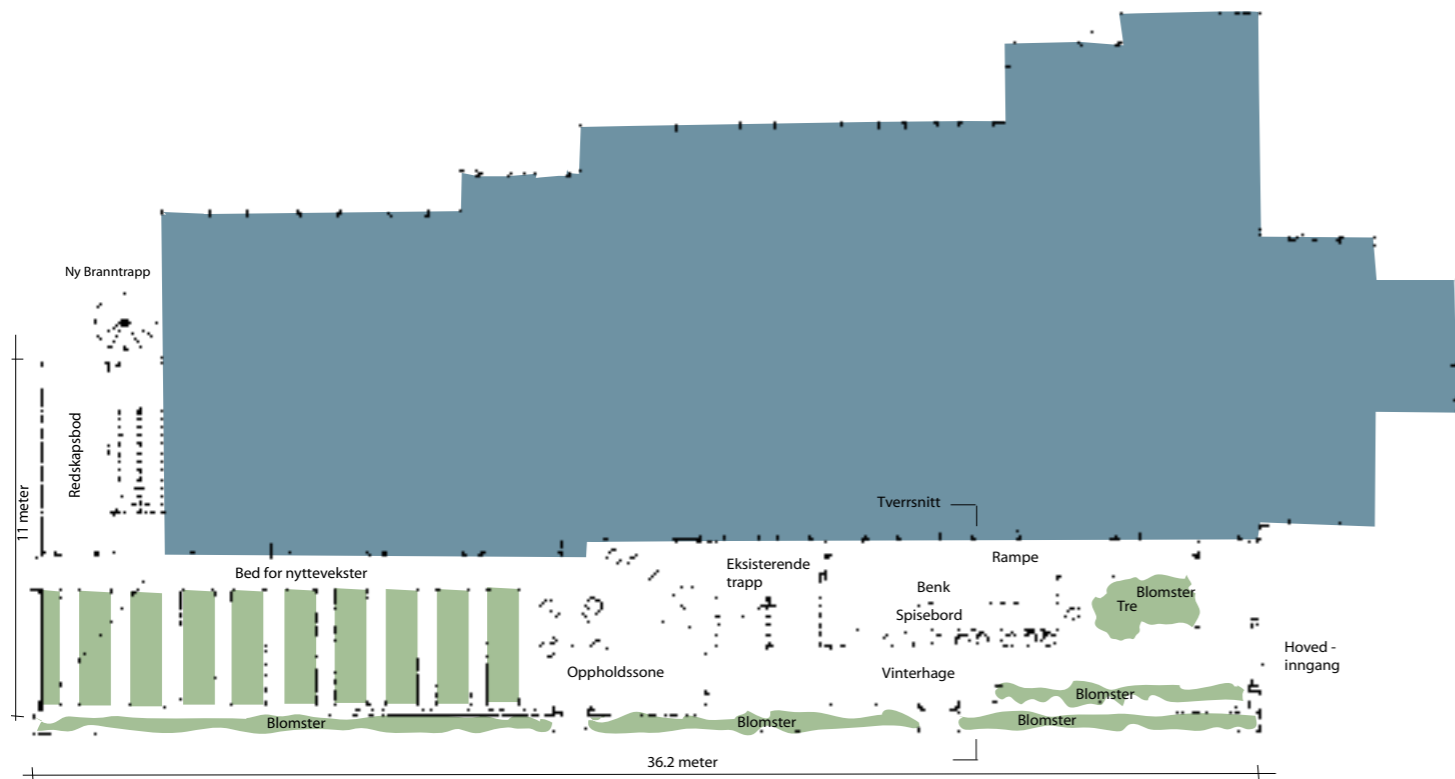
Here the short answer is 100%. There is absolutely no-one of the two owners, the board members or the permanent residents who draws profit or receive any form of salary or compensation, loan or the like from the company. And like this it has been all the time since the takeover of this place in the summer of 2015, something that the annual accounts from all years bears a clear witness of. It is an important part of the training and the general attitude here that all are doing selfless service according to purpose and common ideals. All involved in Tronsvangen Seter works voluntarily and long-term for the realization of the Mt. Tron University of Peace on Mt. Tron, and we are gladly giving all our time and energy for this.

New plans for greenhouse at 'Setra'

(Continued from the previous issue)



TRONSVANGEN SETER
Forslag til påbygg av veksthus/vinterhage
m. gjenbruk av vinduer
Fasade mot sørvest
Arkitekt MNAL Knud Larsen, Oslo, 03.05.2024



TRONSVANGEN SETER
Forslag til påbygg av veksthus/vinterhage
m. gjenbruk av vinduer
Mål i meter
Plan
Arkitekt MNAL Knud Larsen, Oslo, 03.05.2024

ADDITION OF COMBINED GREENHOUSE AND WINTER GARDEN AT TRONSVANGEN SETER

We wish to construct an addition alongside all of the front at Tronsvangen Seter, 36.2 metres long and 5 metres wide, which will be a combined greenhouse and winter garden, by the use of recycled windows consisting mainly of PCB-free double-glazed windows of various forms and sizes.

This is first and foremost thought to cover three important functions:

1. It will make a buffer against the winter cold, and strong winds from west and south-west during all of the year, and thereby create a more pleasant indoor climate in much of the building. This will be instead of costly and time-consuming replacement of existing windows, insulation of walls, and so forth. Besides, the front of the old building will be saved in this way.

2. Growing our own food will perhaps constitute the most important function, by providing a considerably longer growth-season than on open land. This will make for the north half of the addition.

3. An attractive winter garden with tables and sitting arrangements comes in the southern half. Here there will also be a new main entrance to the whole building at the end, so that it opens towards south-east. This has connection to shifting car parking from the front of the building to an open place to the east of the building. An AC parking will also be made just beside the new main entrance, and right beside the door on the inside of the glasshouse a ramp for wheelchair users will be built alongside the wall of the existing building.

The ground work of the glasshouse will be a simple brick wall outside, and inside along the existing wall there will be wooden pillars founded in the ground. A certain insulating translucent plastic will be used in the roof which will be a bit lustreless so as not to make too much reflection from the sun. The construction work will be performed by local carpenters. The addition will constitute an important contribution to the general economizing of older industrial buildings in the green shift.

In the previous issue of The Mt.Tron Mail we presented our plans for a combined greenhouse and winter garden at Tronsvangen Seter. During spring and early summer we established contact with local carpenters who were willing to undertake the assignment, together with a local engineer and consultant who took on the task of sending the construction application to the municipality, as the carpenters didn't do this themselves. After an advanced conference with the municipality, in which everything seemed fine for our project, the construction application was sent to the municipality on June 10th. Three months later, on September 5th, our consultant received a letter from the municipality who stated that the application was insufficient: Short of a **fire concept**.

We therefore had to find experts who were able to clear this up, and on September 15th we received a concrete offer from a professional firm. On October 7th they an-

swered in the negative that our project was "not solvable within a pre-accepted solution" without making considerably expensive steps, including fireproof glass in large parts of the roof.

After this our architect Knud Larsen suggested that about two metres of the roof from the wall onwards could be of metal instead of plastic. This suggestion was sent to the experts with an enquiry if it would make any change for them in relation to the fire concept? And that it would! They informed us that they could work out a fire concept if 1.2 metres of the roof from the wall had metal plates. So on this basis they got a green light from us to work out a new fire concept. Their sketch for this arrived on November 5th.

This sketch will now very soon be sent to the municipality who will decide the further outcome of this project.

Visit from India I – Chaitali Ma



Sannyasini **Nirmukta Prana**, better known as **Chaitali Ma**, visited Norway between August 2nd and 30th this year. It was the first time she was outside the Indian Sub-continent. Chaitali Ma is the Secretary and “all-in-all” at **Satavisha Social Welfare Society**, at Azim Ganj, Murshidabad, in West-Bengal. This centre trains destitute women to make an independent living, and started its activity in 1993 at the inspiration of Swami Paramananda. Chaitali Ma has been there from the very beginning. It was the Norwegian organization **BUDEIA** who formally invited her. In Norway she stayed mostly at Tronsvangen Seter in Alvdal.

We hired a big camper and travelled to North Norway for ten days, Chaitali Ma, Kent, Kavitha and Bjørn. Up towards Lofoten we drove the spectacular “Coastal Classified Road”, regarded as one of the most beautiful drives in the World, and back down on the inland main road. Luckily there were several days of nice weather when she was here.

Pictures: Left shows Chaitali Ma at the Monument on Mt.Tron; topmost on the summit of Mt.Tron; upper middle at The Black Ice together with Kavitha and Kent; lower middle at Lofoten; and bottom she is by the waterfall of Tronsåa in Tronsvanglia, Alvdal. All photos on this page and the next: BP.

Visit from India II – Dr. Chinmoy



Dr. Chinmoy Bandyopadhyay from Kolkata in West-Bengal came to Norway for the first time on October 11th this year. His visit was only a short visit of acquaintance, and already on October 20th he sat on the plane back to Italy, from where he had come in the first place. He has visited Italy several times during the last years, invited by friends who are organized as an association named “Pranam Girls”, who aid destitute women in India. Dr. Chinmoy has friends all over the world and as a homeopathic doctor he has his circle of patients wherever he goes. In Norway there have already been several during many years, and Tronsvangen Seter in Alvdal has functioned as a kind of medicinal depot.



From here we dispatch homeopathic medicines to those of our friends who have obtained a prescription from Dr. Chinmoy by e-mail. It functions fairly well. However, now he met with several of his patients of many years for the first time! He makes reliable diagnoses at a distance via e-mail or by phone. But at the in person meeting it is an experience to witness the doctor at work – he has a most wonderful human understanding and intuition, and a unique attitude towards his own profession and field.

Pictures: Large above is by “The Great Moose” (World’s biggest) by the main road to Alvdal, also topmost small pictures. Lower middle is together with Nirmal Brahmachari (also from Bengal) and his wife.

Next issue!

In the next issue of The Mt.Tron Mail we will follow up the drama with the additional construction (glass house) at Tronsvangen Seter. What will be the municipality's verdict on our project – will it be building licence, or will it be Plan B or Plan C? And what is really Plan B and Plan C? What will be the calculations of cost?

We will also have a look at the overall organizing of Tronsvangen Seter in relation to The University of Peace, with a new board and share issue / capital increase at Tronsvangen Seter Operation Inc. – something that has been a process of formalization over several years.



Above: Sunset behind Rondane on February 17th this year, as seen from Tronsvangen Seter. Photo: BP.

Below: Sunset below the cloud cap makes all of Alvdal disappear into magical gold dust! Photo: BP. November 3rd 2024.



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

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Address: Tronsvangen, 2560 Alvdal, Norway
Telephone: +47 909 67 904 (editor)
E-mail: shanti@tronuni.org
Internet: www.tronuni.org
Organization No: 990 106 118
IBAN: NO94 1895 2650 935
BIC-address: SHEDNO22
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