



The Mt. Tron Mail

December 2005 • Mt. Tron University of Peace Foundation • No. 4 Vol. 8



107-year-young Teresa Hsu! Here from the international peace symposium "Pathways to Peace" in Brisbane, Australia 2003. Video: Ole Asbjørn Pettersen. Video cut: BP.

**"The world is my home,
all living beings are my brothers and sisters,
selfless service is my religion."**

This is one of the mottoes of life for the 107-year-young Teresa Hsu, another is: "The whole world is one big family". Is it possible to say it more simply and clearly than in these mottoes of Teresa Hsu?! With these words she says everything, and with her life and work - which these words fully reflect - she shows the understanding, attitude and approach which we all need if we want to realize our lives and make the world a better place to live!

"Heart to Heart Service"

Teresa Hsu (from China) together with less than half her age co-worker, Sharana Rao (from Malaysia, see pictures on the next page), runs the ideal foundation "Heart to Heart Service" in Singapore, which was founded by Teresa Hsu in 1963 under the name "Friends of the Needy", which again was a continuation of her work from Hong Kong, which started in 1933. This foundation, which is non-profit and non-government aided, helps the poor, old, sick and needy with food, medicines, money and support of various kinds by the help of private donations, and people and institutions that wish to give a helping hand.

hearttoheartservice.org

On these home pages you can read more about Teresa and Sharana and their ideal welfare work. Teresa Hsu was born in a poor family in Shantou, Guangdong Province, China, on the 3rd July 1898. Already as a child she refused to accept the traditional gender roles where women were not to be educated. She therefore took care to get an education, among others in nursing in London 1945, where she also worked in a hospital. In 1953 she was sent to Paraguay to help establishing hospitals and homes for sick and aged. She frequently travels to several countries in Asia in connection with welfare work and speeches, and she has received a number of international prizes and awards, among others the Degree of Doctor from University of Southern Queensland, Australia, in 2003.

Sharana Rao has earlier at one occasion visited Norway. Both he and Teresa daily practice Yoga and hold Yoga classes. They are ideal role models for all of us and should be more qualified than most of us to receive the Nobel Peace Prize!

Letter of support to the University of Peace

From left: TriptiMa, Teresa Hsu, Sharana Rao, principal Richard Waters and Bjørn, at The School of Total Education, Warwick, Queensland, Australia, October 2003. Photo: Ole Asbjørn Pettersen.

Below: Teresa and Sharana at the international peace symposium "Pathways to Peace", Griffith University, Brisbane, Australia, 27th and 28th September 2003. Video: Ole Asbjørn Pettersen. Video cut: BP.



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3 0 AUG 2005

Mt. Tron University of Peace Foundation
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Dear Bjorn Pettersen,

Thank you for your letter informing us that you are organizing the Mt. Tron University of Peace Foundation. This news gives me great joy. Since 1930 I have been working for peace and harmony in the home, among friends, among co-workers at all levels, based on the belief that all human beings are a family and all are brothers and sisters.

Heart to Heart Service started in 1930 working for "reaching out lovingly in every way" – material, mental and spiritual. This, broadly, has been my life work and will go on to the end of my life.

PEACE is the only way in which everyone in the whole world can live safely, joyfully and lovingly.

PEACE IS THE ONLY WAY

Your Mt. Tron University of Peace Foundation has our whole-hearted support. Thank you for inviting us to join you.

We wish you all success.

With warm regards

Teresa Hsu Sharana Rao
Teresa Hsu & Sharana Rao
Heart to Heart Service
130 Hougang Avenue 1
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What you need to know about The Mt.Tron University of Peace

What is the Mt.Tron University of Peace?

- * 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.

Why do we need the Mt.Tron University of Peace?

- * 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 'ism' 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).

What will the Mt.Tron University of Peace do?

- * 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 as natural humans independent of faith, belief, race, colour, rank, title or position; and as a human beacon, which will inspire not only individuals, schools, organisations and institutions all over the world, but even governments, states and the United Nations.





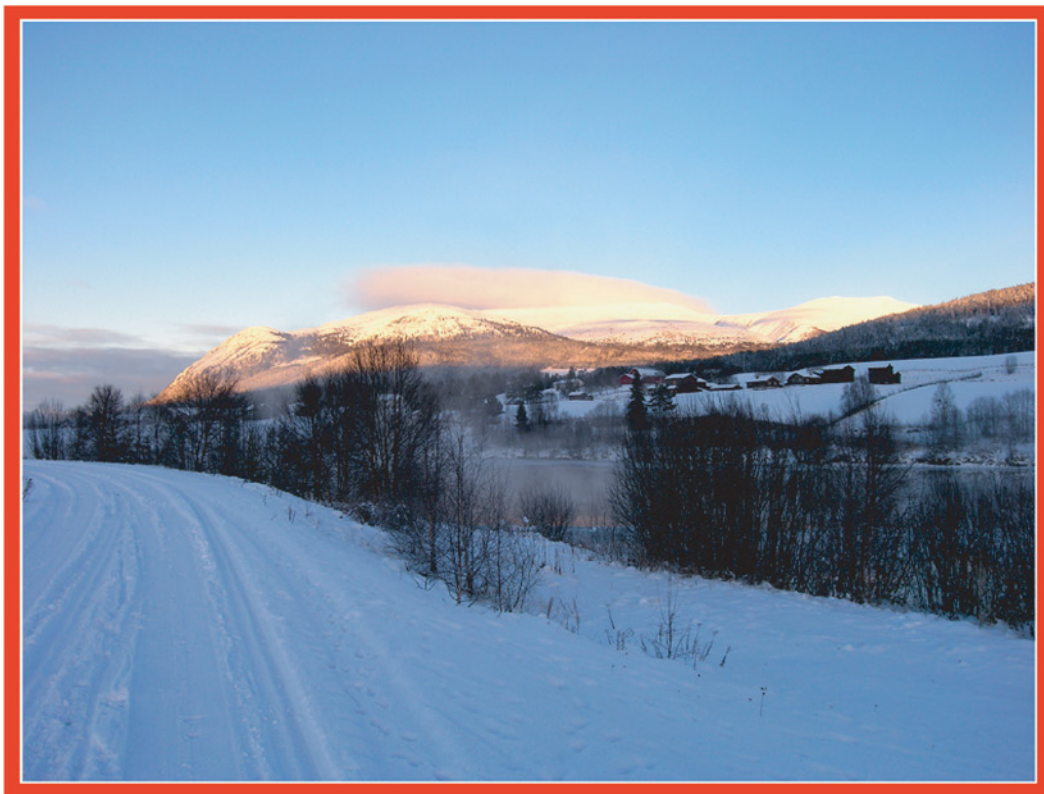
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To:

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

<i>Publisher:</i>	Mt.Tron University of Peace Foundation	<i>Address:</i>	"Shantibu", 2560 Alvdal, Norway
<i>Editor:</i>	Bjørn Pettersen (Chairman of the Foundation)	<i>Phone & Fax:</i>	+47 62 48 78 56
<i>Issues:</i>	Quarterly 4 times a year	<i>E-mail:</i>	shanti@tronuni.org
<i>Languages:</i>	Norwegian and English	<i>WEB:</i>	www.tronuni.org
<i>Prices:</i>	Subscription of support NOK 300,-/year (US\$ 43,- UK£ 30,- EU 43,-) Single copies NOK 30,-/piece	<i>Postal giro account:</i>	0809 2227007
		<i>IBAN:</i>	NO94 1895 2650 935
		<i>BIC-address:</i>	SHEDNO22
		<i>Bank name:</i>	Sparebanken Hedmark



Winter in Alvdal. Mt.Tron with a "cap" on, in afternoon sunshine, with Glomma and Husantunet in front, primo December 2005. Photo: BP.

The Mt. Tron University of Peace Foundation wishes all loyal readers of The Mt. Tron Mail a Peaceful Christmas and a Happy New Year!