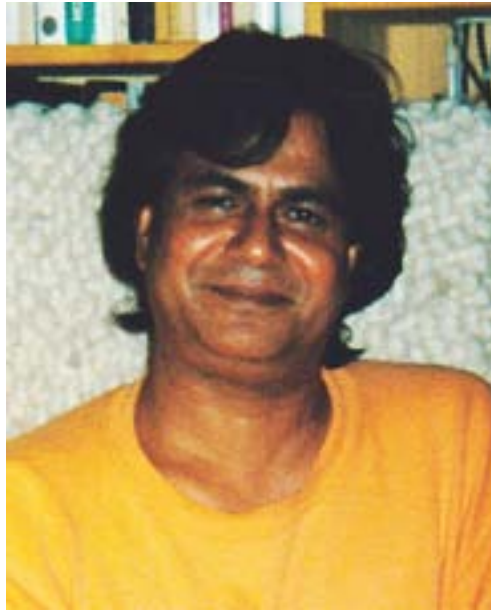




The Mt. Tron Mail

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Swami Paramananda at Ljan, Oslo, 1998. Photo: Knud Larsen.

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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FOREVER PARAMANANDA

Last Appearance in Norway

It was a great relief when we got the message in the late summer of 1977 that Paramananda was to visit us again at Shantibu next summer. Things had a special way of falling into place whenever Paramananda was around and most things came into order again. We felt an indescribable safety with him and had limitless confidence that his physical presence was capable of doing almost anything. Everything was possible with Paramananda!

Throughout autumn and winter we planned the building of a small log hut for Paramananda so that he could be living in more privacy when staying at Shantibu. We raised a private interest-free loan and started building as soon as the thaw of snow and ground frost had finished, with voluntary workers from among the friends of the district. We had calculated that the hut would not be ready for living in before the middle of July, so that was the date we had asked Paramananda to come. He left India from Bombay on April 2nd 1998 by plane heading for the Victoria Falls in Zambia, to visit Torleif and his family who were then living and working there. He stayed in Africa for one and a half months, also visiting Botswana and Zimbabwe together with Torleif and his family.

April 1998 was also the month that the very first edition of our newsletter "The Mt. Tron Mail" was published. It was meant as "a newsletter for those interested in the establishment of the Mt. Tron University of Peace", and published by The University of Peace Foundation in both Norwegian and English editions. On the front page under the title "Welcome to Shantibu at Mt. Tron" was the following:

During the coming summer, friends and associates are invited to visit "Shantibu" on Mt. Tron, Alvdal, Norway, to meet Swami Paramananda from India. He arrives at the end of July and will be here for three months. This will be Swami Paramananda's third visit to "Shantibu" since 1990. As in 1995, there will be "Art of Life/ Art of Living" courses (in English) held during his stay. The actual dates and times will be announced later. Otherwise, an open forum will be held as usual, with the opportunity to ask the Swami questions. Many visitors from Norway and other countries are expected to participate. Over the space of a few sunny weeks in August 1995, people of ten different nationalities gathered here. On some occasions, we had up to twenty dinner guests.



Copy of the front page of the very first issue of The Mt. Tron Mail. The picture used is from VG (the main national newspaper), August 1995.



Left: Huge pine logs from old trees with a high resin content were used to make the cogging joints of Paramananda's and moss was laid in between the logs. The whole hut was made entirely with organic materials. Knut Helge Bakos and Johnny Plåt did most of the planning, drawing and construction work, and Knud Larsen designed the interior. Below: A veranda was also built outside the living room of the old building, facing south. Bjørn's father, Ole (right), and younger brother, Trond (left), were carpenters with assistance from Bjørn. All photos: BP.



To meet the practical needs of such gatherings, during May and June various excavation and construction work will be carried out. Among other things, a new sewerage system will be installed, and a new log cabin for Swami Paramananda is already under construction. Some internal changes in the main house will also be made, together with the addition of a veranda. We hope to be completely finished by the middle of July. Swami Paramananda is a great source of inspiration to the work of realizing the University of Peace, passing on the spiritual heritage which Swami Sri Ananda Acharya laid the foundations for here on Mt. Tron.

Paramananda left Africa on May 17th for England where he stayed with Bryan and Shanti in London for more than a month. He arrived in Oslo, Norway, on June 24th.

Knud met him at the airport and drove him to Kari Ada in Os the next day because his new hut at Shantibu was not yet ready and things were not in order for him moving in just then. The last week before Paramananda came to Shantibu, seven friends from Italy suddenly showed up and helped with making the hut ready. They were Claudio and Brunella, Ruggero and Claudia, and some new acquaintances, the couple Fabio and Laura, and the singleton Donatella. On July 12th the hut was ready and Paramananda came from Os with Kari Ada and could finally move in to his new residence at Shantibu. I told Paramananda that with proper maintenance, given that the hut was built using huge pine logs with an unusually high tar content and considering the usually dry inland climate of Alvdal, and that the log hut was the only building on Shantibu constructed on solid ground (mountain), the hut would be standing for a thousand years

to come. To that he nodded approvingly and seemed to have liked to hear this. As in 1995, Shantibu again became packed with friends and visitors who wanted to meet Paramananda and spend some time with him. In the next edition of The Mt.Tron Mail in July, which by then had gathered about 65 subscribers, the following could be read under the title "Meet Swami Paramananda at Shantibu":

Just now many people are gathering at Shantibu on the slopes of Mt.Tron in Alvdal to meet Swami Paramananda from India. Only during the last few days 20 persons from 8 nations have been staying here and a great number of short-term visitors have been dropping in every day. Many know each other from previous gatherings, but quite a few come for the first time - both those who are invited and those who come by chance. Everyone comes to listen to Swami Paramananda and to spend some peaceful time in the inspiring atmosphere. Most visitors have questions regarding spirituality, and some want a private meeting with the swami where they can learn meditation and get personal guidance. Most of the time is spent in company with Swami Paramananda who generously pours out from his unending source of wisdom.

Swami Paramananda comes from Bengal in India where he in 1978 founded the Paramananda Mission at the early age of 24. After 20 years of untiring efforts the Paramananda Mission is a well-established spiritual and welfare organization performing a series of activities and services. Only in Bengal there are now 12 centres. Most of these are situated on the outskirts of small villages far out in the countryside. The main centre is located near the village of Banagram in the district of Burdwan and has gradually developed into a widespread complex. Today 350 orphans live here together with 30 voluntary workers. The centre also has its own school with highly qualified teachers. In addition to taking care of orphans the centre offers free medical treatment like homeopathy, acupuncture, allopathy, ayurvedic therapy, yoga therapy and different kinds of natural cures for both physical and mental diseases. The centre prints and publishes books and magazines in three languages. And finally the centre of course is a traditional ashrama where seekers for truth come to get spiritual help and guidance. Swami Paramananda has personally initiated several hundred thousand people into meditation. All his centres are based on voluntary work and the collecting of donations.



*Shantibu during the visit of Paramananda, summer 1998. Both photos: BP.
Guru Purnima was celebrated this time, and after first greeting Paramananda respectfully in the Indian manner all then receive a warm embrace from him. Stein Farstad with his wife Eva and daughter Live also visited this day and Paramananda often visited their home at Tynset. Stein's contribution as a language consultant is essential for the publication of this book. All four small photos: BP.
Big photo bottom: Paramananda in the yard of Shantibu. Photographer unknown.*



Above: The finished hut of Paramananda at Shantibu, with own gateway. Photo: BP.

Above and top left: Paramananda on the new veranda at Shantibu, summer 1998. Both photos: BP.





Ruggero from Italy at Shantibu, summer 1998.
Photo: BP.

Shantibu in Alvdal now functions as an ashrama and is open to all who want to meet Swami Paramananda. All visitors contribute financially on a voluntary basis to help payment of food, expenses etc. In addition those who get personal guidance donate a certain amount of money (in accordance with one's wishes) which will be spent to cover expenses connected with Paramananda's travel and stay in Norway. It is also possible to give a donation to the Paramananda Mission in India. You can meet Swami Paramananda at Shantibu all of July and during the last weeks of August. In September he will be available weekends up to and including the 20th. Weekends in August and September are reserved for the participants in the courses "Art of Life / Art of Living".

This time, when Paramananda spoke to us in his incomparable way, it often happened that I would become fully static and therefore had great difficulty performing my duties as a host. At the same time I did not want that anybody should understand my situation and what was happening to me. So it was unavoidable that difficult situations sometimes occurred, but it was a fact that, in those situations, all of my energy, quite by itself, would be drawn up to my head, and therefore I was unable to move my body or to utter a single word. If it happened late in the evening or at night, there was no problem and nobody would notice anything during *satsanga*. But if it happened during the day it was worse. Especially I remember one incident while we were sitting at the lunch table in the middle of the day, and after finishing our meal Paramananda spoke most wonderfully to us about the Vedanta philosophy. I had pulled up my legs on the chair and sat in *siddhasan*, and was completely absorbed in his speech to us. My eyes were open and fixed on Paramananda, but the feeling of my body was fully absent. Then suddenly Knut Helge, a friend from Os who often came to Shantibu that summer, entered the room from outside, went straight to me and pounded his big hand forcefully on my shoulder, like comrades sometimes used to do. He only meant to be



A nice chat on the doorstep, Shantibu, summer 1998, clearly shows the informal and relaxed atmosphere that prevailed. From left: Tripti Ma, Stein, Brunella, Bjørn and Paramananda. Photographer unknown.

friendly, but the impact on me was like that of a huge electric shock and I almost lost my breath. However, in a most quick and brutal way I was fully back in my senses again. Still, my absorption continued shortly after that, after we had left the table and were spread out on the veranda, in the living room and in the courtyard, and all the rest of the day continued more or less in the same way.

Paramananda again left by plane with Kari Ada for Lyngseidet in North Norway to stay with her family there for the first thirteen days of August but he was back at Shantibu for the last half of the month and held Art of Life weekend courses. After one of these weekend courses the local newspaper "Østlendingen" printed a small article with a photo including Paramananda, which was published on Monday August 24th 1998 titled "Instructive Meditation Course":

In our stressed daily life it is important to be able to completely relax. Therefore we participate in the meditation course 'Art of living', says Anne Svinnung Eggset and Olov Grøtting from Alvdal.

– It is nothing mysterious about meditation and yoga. Meditation is an effective way of getting to know one's own mind. All can learn to meditate, thinks Bjørn Pettersen. This weekend The Mt.Tron University of Peace Foundation and the initiator Bjørn Pettersen invited to a meditation seminar at 'Shantibu' (the home of peace) on the foothills of Mt.Tron. As in previous years the highly respected Indian Swami Paramananda is teacher. This year's course, 'Art of living', puts its emphasis on practical exercises in yoga and meditation.

– The weekend courses are on the practical level. Meditation is a highly individual process which cannot be gained through literature, Pettersen informs. Anne Svinnung Eggset and Olov Grøtting from Alvdal reports that the course has been very instructive.

– To be able to learn to completely relax and feel relaxation all over the body should be of interest for most people. We feel that we have got a certain in-

sight into fundamental meditation methods after the weekend course, says Eggset and Grøtting. The course 'Art of living' will be arranged every weekend until the middle of September.

This was the second time a Norwegian newspaper wrote about Paramananda, after the previously mentioned report in VG (a national newspaper) in 1995. But it was only the local newspaper Arbeidets Rett at Røros who interviewed him, and this is almost certainly the only newspaper interview ever given by Paramananda. In India he consciously avoided all kinds of media, and he had even avoided answering a letter from Steven Spielberg in Hollywood asking him permission to make a movie about his life. Paramananda once told me this himself, but exactly when this letter from Spielberg arrived or how at all he knew about Paramananda, is not known to me. I also do not think that there are any newspaper interviews with him in England or Germany or Italy, or any other European country he had visited. Those newspapers who wrote about him in Norway came by chance on their own initiative. Arbeidets Rett, on Wednesday September 2nd 1998, wrote the following under the title "A small man with huge thoughts of peace":

Tronsvangen: He doesn't tower in the terrain, but he has high thoughts. And he is a great inspirer in the work of realizing the University of Peace at the Peace Plateau on Mt.Tron. This summer people from 10 different nations have swarmed into 'Shantibu' in Tronsvanglia to meet an Indian monk named Swami Paramananda. Most of them have come to get answers to their spiritual questions, learn meditation and have personal guidance. But the Indian philosopher is also a central piece in the work of realizing the Mt.Tron University of Peace. He met Bjørn Pettersen, the leader of the Mt.Tron University of Peace Foundation, for the first time in 1983 when Pettersen visited Swami Paramananda's welfare centre in Bengal.



Kari Ada Dille Giæver at Shantibu, summer 1998. A wonderfully dedicated person who was completely indispensable at Shantibu when Paramananda was there, and therefore also lots of people to feed. Always smiling and ready to lend a hand with a comfortable and unselfish nature, she never wanted to make a show of herself but was thriving behind the scene. Here she is sitting alone, last to eat her food after serving all the others and ensuring they are content. Glory to Kari Ada! Photographer unknown.

In 1989 he came to Alvdal for the first time and came to know about the plans for the peace university. Later he has functioned as an inspirer for everybody that wishes to realize Swami Sri Ananda Acharya's (Baral's) plans for a university of peace on the Peace Plateau on Mt.Tron.

– Actually, I am not that much involved with the plans. I told Bjørn that it was the right thing to do to go for this. And Mt.Tron is a natural place for building such a university.

– How is that?

– The mountain represents something stable, strong and unending. Here people can seek total relaxation and peace of mind without being disturbed by noise and the everyday mechanical stress. Together with sea and forest the mountain yields a special harmony, Swami Paramananda underlines.

– But there has been some opposition against the plans? – I understand that people are afraid, but it is not quite clear what exactly they are afraid of. We are not going to build a shopping centre. In no way we wish to harm the nature on Mt.Tron.

Swami Paramananda thinks that the time absolutely is ripe for a university of peace, which is not going to be a university in the traditional meaning of the word.

– We are living in a hectic world where an ever increasing number of people are stricken by mental disease. The need for learning the language of body, reading the mind and knowing thyself is ever increasing. It is the thirst for such knowledge that will draw people of all ages to a university of peace.

– And then we will experience a more peaceful world?

– Peace is an individual experience which can neither be bought or sold. Peace means harmony. First we need to be in peace with ourselves before we can get peace in the world. (The rest of the newspaper article is a direct quote of The Mt.Tron Mail, as rendered above).

Messages and Predictions

For the first two weeks of September Paramananda was helping Kari Ada at her clinic in Os but each weekend he came to Shantibu to conduct courses, and from the 15th of September he was back in Shantibu permanently.

As ever, like the last three times Paramananda had come to Shantibu, there were always lots of people around him and a busy programme, and I realized how incredibly fortunate I had been who, for longer periods during his first stay in Norway in 1989-90, had been able to have him completely to myself. This time, as in 1993 and 1995, it was only exceptionally that I got the opportunity of being alone with him. On one such occasion he narrated an incident from the previous winter when he had visited South India. He visited a famous place where it is said that they store the horoscopes of all the people of the world. I had both heard and read about this place many years earlier:

I left for South India to see my horoscope which was written on an old palm leaf. Everything was fully in accordance with my life – very accurately just like everything has happened to me in this life. You were also there in my horoscope. You will be going to North America and speak about spirituality – pure Vedanta. North America is your field. There will be people there who will be helping with the Peace University.

I was reminded about an incident a few years earlier when someone asked him if he would ever go to America, whereupon he reflected a little and thoughtfully replied that he had not yet decided anything in regard to America. But he never went there himself in this lifetime.

On another occasion when we were alone and he spoke to me, he made a nice little remark which confirmed what I already intuitively knew:

As in this life you have come here to Shantibu to make research about Anandacharya, so in your next life you will again come here and make research about Bjørn!

He also once asked me if I knew how old I would become in this life. I knew that in my previous life I had reached sixty-four and a half years of age, and signs on my body indicated that I would reach approximately the same age in this life, so I answered that I would have the same lifespan in this life as in my previous life. He then immediately replied:

Not quite the same age. You will become a little older in this life – somewhere between 65 and 70 years – and you will die by accident. Not exactly ‘accident’, but not a natural death. Your life will only be more and more busy, and only by the end of your life you will have recognition.

In retrospect it was quite clear that Paramananda knew that he would soon leave his physical body and that he therefore imparted his last messages and instructions to us. For example there was no more talking about him doing *kayakalpa*. Before his coming to Norway this time it was clear that it would not be possible for him to get a one year residence permit from the Norwegian Government, which would have been necessary if he was to do *kayakalpa* here.

Another thing was that he was talking about the next time that we would all meet again. That would be when a comet, which science will have found to be on collision course with planet Earth, will be dangerously near some time in more than two hundred years’ time. As far as I remember he said something about the year two thousand two hundred and twenty something, but I cannot say for sure as I have always been very bad at remembering numbers. “Then our mission will be to prevent that collision from happening,” he said.

Otherwise, he also told us directly about his own death. He said that during his whole lifetime he had only experienced that which we call ‘dream’ three times, and he told us about the content of all the three dreams. But I remember only the last one which was about his death. He said that he had seen his own death and how enormous masses of people were pouring into the Banagram ashram at the time of his cremation. He had seen how they were screaming and crying and were completely out of their minds, while he himself was standing aside at a distance, observing the whole thing and only laughing.

About the work for the Mt.Tron University of Peace he said that by the year 2002 we should have come to the point at which to put the spade in the ground, i.e. that all planning work should be finished and we should be ready for practical action. As always he wanted a speedy development. The problem was only that it did not depend on us, but on the municipality and others. Without the municipality we could do nothing. When we started the project in 1993 we were promised by the municipal administration that a new municipal plan would be ready by 1995, as the existing plan then would be ten years old and therefore out-dated. But all we were left with by the end of 1995, was a municipal decision (of October 12th) that our plans would be included in the municipal plan once it was made. Fully ten years passed

after that before the planning work could start, and another four years before it could finish – however, then with our plans on Mt.Tron finally baked into it – and we are already talking about the year 2009. That shows that it was impossible for us to make any progress on our own during all those years, unless perhaps, suddenly we could have come up with a few hundred million Kroner. But we didn’t have such sums of money, so it was almost a riddle why Paramananda had said what he had about this in that way. As soon as he had uttered those words during summer 1998 I knew that it would not be possible, but I didn’t say anything.

However, when the heavy “municipal machine” had started and gained momentum in the beginning of 2005, the cooperation with them went on quite smoothly for many years. It was crowned with success when a unanimous resolution was passed on April 26th 2012 in favour of our private regulation plan for the Mt.Tron University of Peace on the Peace Plateau on Mt.Tron, well over seven years after our collaboration with the municipality started and exactly ten years later than the time Paramananda had spoken about. And then, after that, the next huge challenge is buying the plot of land from the private ground owners. Otherwise, we know from the personal notebooks of Einar Beer that Anandacharya had told him in 1922 that the University of Peace would come “in a hundred years’ time”, so that this statement

has served as our guide-line for the later years. Anyway, the University of Peace is like a huge elephant compared to a small mouse: In contrast to the mouse and other minor animals who have rapid development and propagation, but whose life is very quick and short-lived it represents a big body in which gestation, childhood and active adult life, together with heartbeats and breath in general take a long time and have vast rhythms, so that the total life-span is much bigger and lasts longer!

When courses ended Tripti Ma usually served the unique Norwegian speciality, ‘layer cream cake’, to the course participants. This kind of cake was one of Paramananda’s favourite sweet dishes (he never declared anything in that direction, but it was clear to all that he thoroughly enjoyed it). So when Tripti Ma served it, with a big, innocent smile and an apologetic expression in his eyes, he asked her to serve him a suitably sized piece, as he would not be able to control himself, he said! But there was also another aspect to this – two years earlier Paramananda had developed type 2 diabetes (inherited from his mother’s side). He regulated that quite well himself through his diet and never used any medicines, but Tripti Ma was very strict with him as regards sweet dishes. However, she could not avoid yielding to his wish to eat the famous ‘layer cream cake’ and gave him a small piece. The meaning of her name was far too strong in her for her to refuse his request: ‘Tripti’ comes from Sanskrit *tripta*,



Paramananda on the veranda of his hut, which he could use that summer only. Bottom right, also together with Tripti Ma and Kari Ada. Since Paramananda left his body late in 1999, Tripti Ma has been living in the hut. All photos: BP.

which means 'giving satisfaction'! Once Paramananda expressed a little resentment to me as regards something she had done which he did not like, but shortly after that he laid his arm lovingly around her neck and said to Kari Ada and me who stood right beside her: "Tripti Ma is an angel!" On another rare occasion when just the four of us were present this last summer at Shantibu, Paramananda was talking to Kari Ada and Tripti Ma in the kitchen while I sat in the living room reading the newspaper. I didn't follow what they were talking about but suddenly I heard Paramananda say: "I can do anything for Bjørn". Such infinite love he had for us!

Paramananda's very last message to me before he left Shantibu was this:

Bjørn, there is nothing to do. You only take care to die consciously.

By this I at once understood that there was no more *sadhana* for me in this life. I also understood it more philosophically – that there is really nothing to do as long as you identify with Atman. That I have to be fully conscious at the moment of death is a matter of course to me and anything else is unthinkable. We stood alone together outdoors in the open yard when suddenly he said it, and that was the only thing he said.

It was about this time Paramananda told me about a great conflict and war which I understood was about to come in the near future. He said that things would become worse before they could get better. A great worldwide conflict will arise in which the whole world will be divided into two big blocks fighting against each other, and in which atomic bombs will be used. Not as a huge all-devastating nuclear clash, but as separate incidents in a few places. He spoke in detail about the nature of the two blocks and more about how everything will happen, but here is not the place to go into this further. It will be World War Three and it will change everything, so much so that afterwards the people of the world will come together and make a World Government in which there will be altruistic people who can think and feel for all. And then there will commence a thousand years of spiritual culture in the world.

On September 21st we left Shantibu by car, only he and I together, and drove the same route as we had followed the very first time nine years earlier in 1989 – over Folldal, Mt. Rondane and Venabygd. Immediately before we entered the car he looked very lovingly at me and said that never in his lifetime had he experienced such a wonderful year as when he stayed at Shantibu in 1989-90! I had never expected to hear anything like that from him, expressed almost emotionally, and it was deeply touching. It really felt deeply gratifying to me that he had had such a fine experience at Shantibu, and that I had been given this unique opportunity at all of serving him directly.

As my car was only registered for two persons, Tripti Ma and Kari Ada had to take the train to Oslo and arrive at Knud's place afterwards. We stayed with him for four days and every day visitors came to meet Paramananda. A new friend of Johnny, Britt, who owned a fish-cake making factory, arrived with 15 kg of first class, fresh fish-cakes, which Paramananda wanted to take with him for the orphan boys in Banagram! It was a full, big rucksack which he wanted to carry himself – with a big smile. The last day Knud's house was crowded with people, and Knud took the very last photo of Paramananda in Norway, which many of us feel is the most wonderful photo of him – so wonderfully full of blessing. Early next morning, on September 26th, we all took leave of Paramananda who went by plane to Calcutta via Amsterdam. He knew it was the very last time we embraced in this life, so he held everyone extra long and dearly, but none of us thought of that then, in spite of him having hinted and given many clues in that direction during the three months of his stay in Norway this time. It was only afterwards that we realized it.

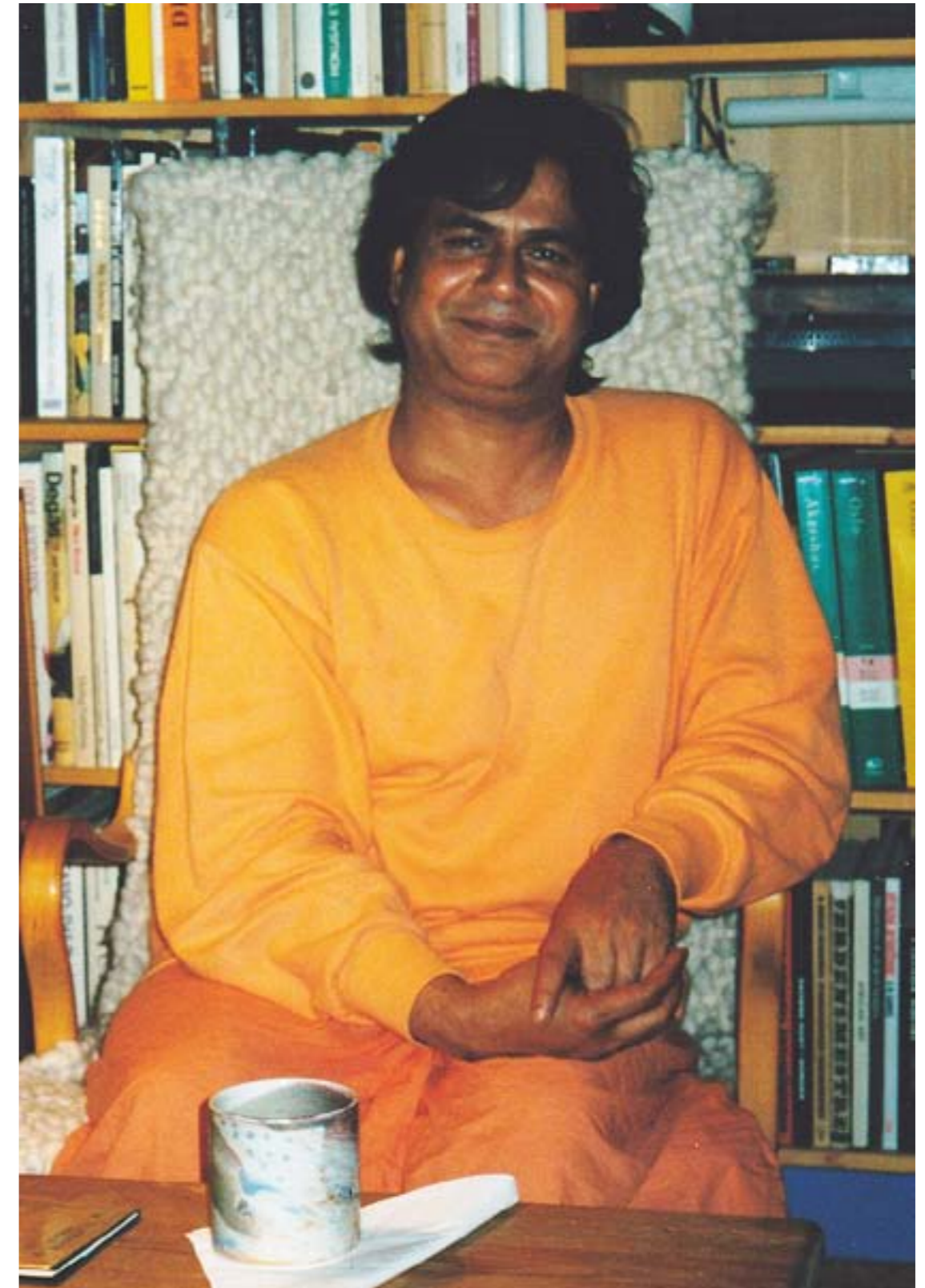
After Paramananda went back to India, there was one thing that troubled my mind greatly and that was that I had caught him lying to me. The lie appeared first at Shantibu in 1989 and was admitted by Paramananda only this time in 1998, also at Shantibu. The lie emerged when he tried to cover up something that he didn't want me to know about his life, but during the years there were so many incidents about this thing that eventually he understood that I knew everything, and then only came his confession. That those things happened as they did and that he was like that, was completely fine to me. And if he had told me the truth in the first place, I would not at all have had any problems accepting it. If there were only one person among all his close friends who had readily understood and accepted it, it was me. So therefore it seemed so meaningless that he should have to lie about this to me. I was, myself, known as a truthful person who never spoke a lie. So any lie was not acceptable to me – especially not from him – even if it was an innocent "white lie" which possibly had been made to spare me. Truthfulness and being truthful had always been most important to me throughout my life, and I could not bear it if any of my close friends lied to me. Therefore I was actually quite depressed because of this during the winter after he left, but I did not express anything about it either to him or to anybody else.

But, as always, he knew my mind. So, when spring arrived, at the beginning of April the next year he posted me a most beautiful, small calendar with painted illustrations of Asian birds. Attached was a short letter in which mainly he was eager to hear how I liked the calendar. This came as a big surprise, and even if it was a "right-at-the-target" gift to give to me, it was the thought behind that touched me the most – right in the middle of my heart. The gift itself was rather small and insignificant, materi-

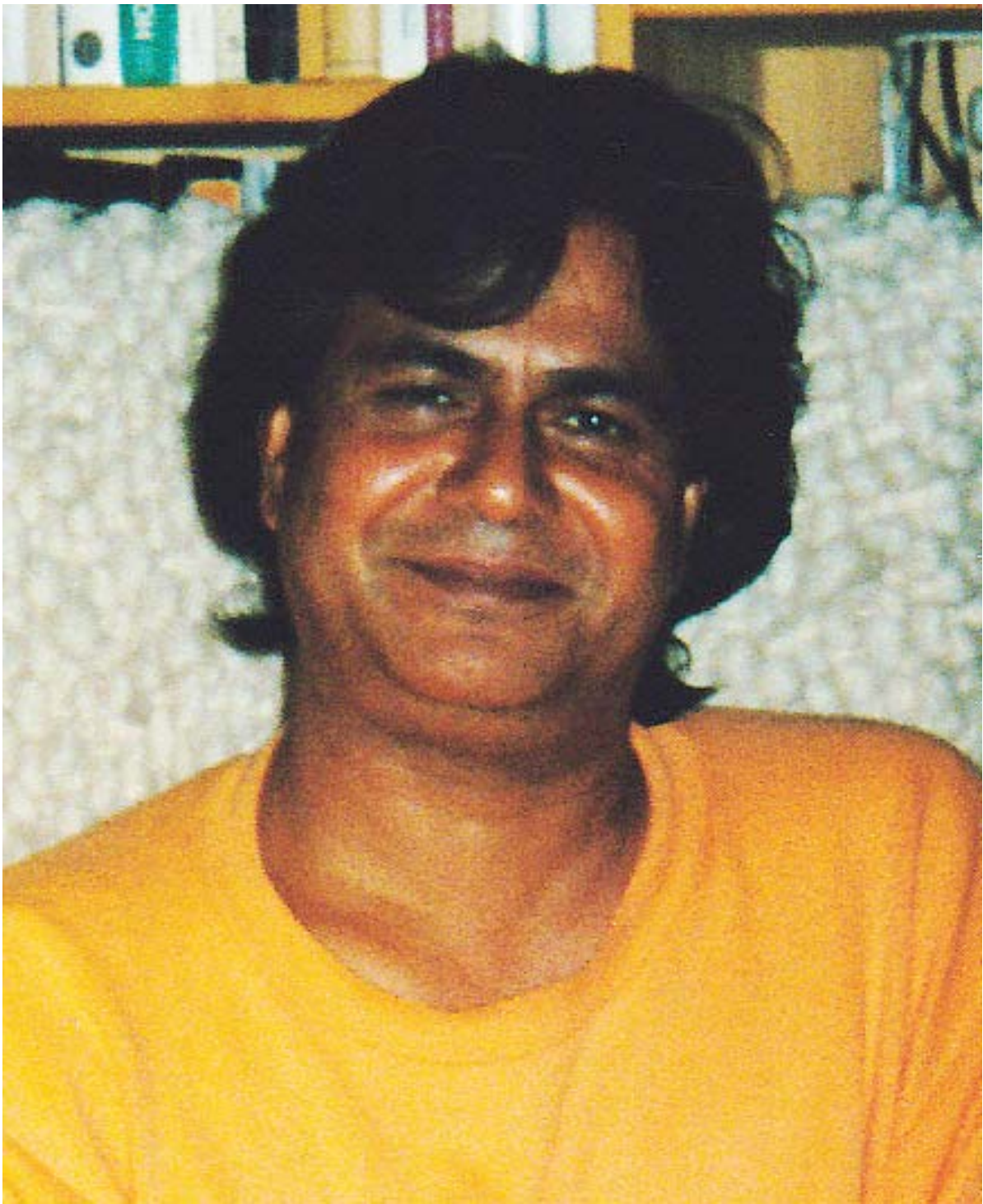
ally speaking, but spontaneously I was so deeply touched by his thoughtfulness and his will to do good again and make it up to me, that in a state of instant euphoria I there and then forgave him everything! I immediately sat down to write a letter of thanks to him and told him that he had really hit the soft spot of my heart. It was a great relief!

Later, I thought that there was always a reason behind Paramananda's every act in relation to us, so that it was

sure also there was a reason behind his apparent lie to me and that everything had happened for my own good. And perhaps it was just this, that I should learn to handle a friend's lie to me and forgive, regardless of anything? Later still I came to understand that the incident in 1989 most probably had been misunderstood by me and that Paramananda could actually fairly well have said what he did without it being a lie.



*The very last picture of Paramananda in Norway!
One of the very best pictures ever taken of him. At Knud's home at Ljan outside Oslo, September 1998.
Photo: Knud Larsen.*



*Section from the previous photo, and the same as the front cover photo of this issue.
Photo: Knud Larsen.*

GLOSSARY (simplified)

kayakalpa – yogic science which renews and prolongs the cycle of the physical body.

sadhana – ‘which leads straight to the goal’; a person’s spiritual search or quest for truth (which involves personal commitment and practice); the collected effort – physically, emotionally and spiritually – for the realization of life’s end.

satsanga – ‘gathering for truth’; a popular type of company with questions and answers, between guru and disciples or spiritual head and audience.

siddhasan – ‘adept’s pose’; one of the four most used sitting postures in Classical Yoga.

tripta – satisfaction.

Continuation follows in the next number next week.