



The Mt. Tron Mail

November 2025 * Mt. Tron University of Peace Foundation * No. 1 Vol. 27



Mt. Tron seen from the neighbouring village of Tynset, with the river Glomma in front, 18.10.2025, at 16:35 hrs. Photo: BP.

The final edition of The Mt. Tron Mail (in this format!)

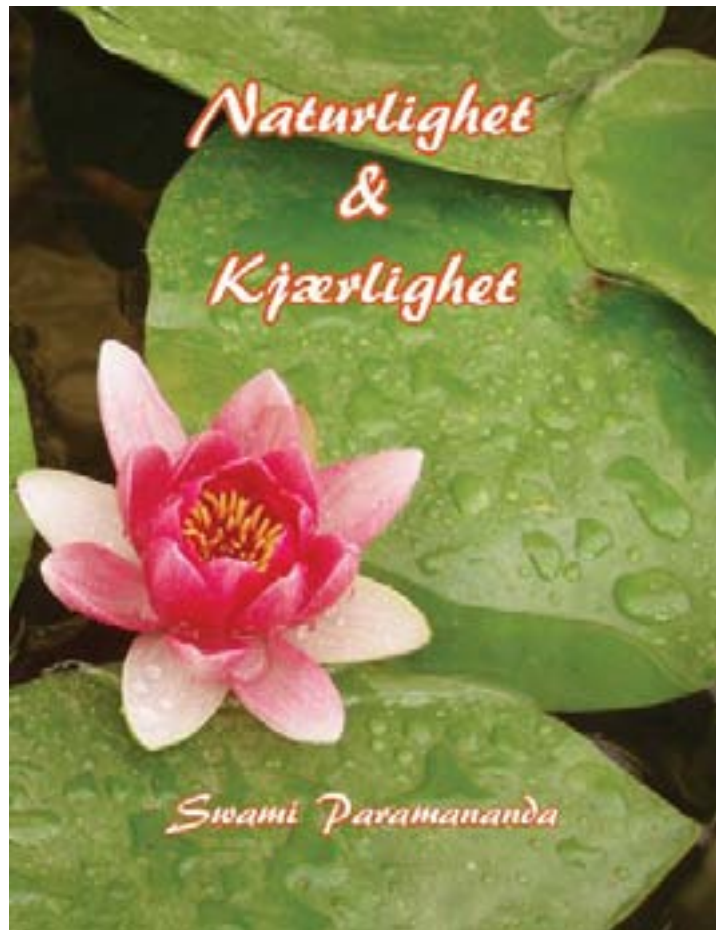
After 27 years The Mt. Tron Mail – the newsletter of the Mt. Tron University of Peace Foundation – will in future appear in a brand new format.

The seat of the Foundation, since it moved from Shantibu in 2015, is Tronsvangen Seter, and now it has got a new digital platform through Odoo, where we will soon bring together all the areas and functions of both our two foundations and two companies.

At present nothing is decided as to whether this newsletter will appear as a blog, continue with the same «The Mt. Tron Mail» name, or what form and appearance it will have in the future, or whether it will still be e-mailed, or access through our website home pages.

What is for sure is that in future it will be briefer and topics will be published much more frequently.

New book publications (in the book store)



Naturlighet & Kjærlighet



Swami Paramananda ble født den 25. desember 1954 i landsbyen Krishnadebpur i Kalna distrikt i Vest-Bengal i India, som Rabindranath Das.

Hans fødsel og barndom var høyst bemerkelsesverdig og spesiell, og som ung gutt vandret han over hele det indiske subkontinentet og over hele Himalaya med Tibet.

Da han som ung voksen vendte tilbake til barndomshjemmet, tok han et par år vanlig, betalt arbeid for å kunne brødfø sin mor og mange søsken, siden faren hadde dødd i mellomtiden.

NOTE: All in NORWEGIAN! This is a Norwegian book!

Etter at hans mor tillot ham å følge sin misjon i livet, tok han *sannyas*, som er en fullstendig forsakelse av personlige ambisjoner for å kunne ofre seg helt for trengende medmennesker.

I kjølvannet av det etablerte han i 1980-årene mange *ashram*er flere steder i India, men hovedsakelig i Bengal. Alle hans *ashram*er ligger i utkanten av mindre landsbyer, hvor de tilbyr skoler, barnehjem og medisinsk behandling til landsbybeboerne.

Noen av Paramanandas mest kjente utsagn er at 'mennesket er det levende symbolet på gud', og at 'mine skoler, barnehjem og sykehus er mine templer'. 'Selvopprende tjeneste til våre medmennesker, er den høyeste tilbedelsen av Gud'.

Paramananda ('fullkommen ekstase') har egenhendig innviet noen hundre tusen mennesker i åndelig liv. Han forlot sin kropp på et sykehus i Kolkata den 27. november 1999, bare nesten 45 år gammel.

Naturlighet & Kjærlighet er hans første av to bøker, og hans eget liv var det beste eksempelet på nettopp naturlighet og kjærlighet!

How the Norwegian 'Naturality & Love' was made

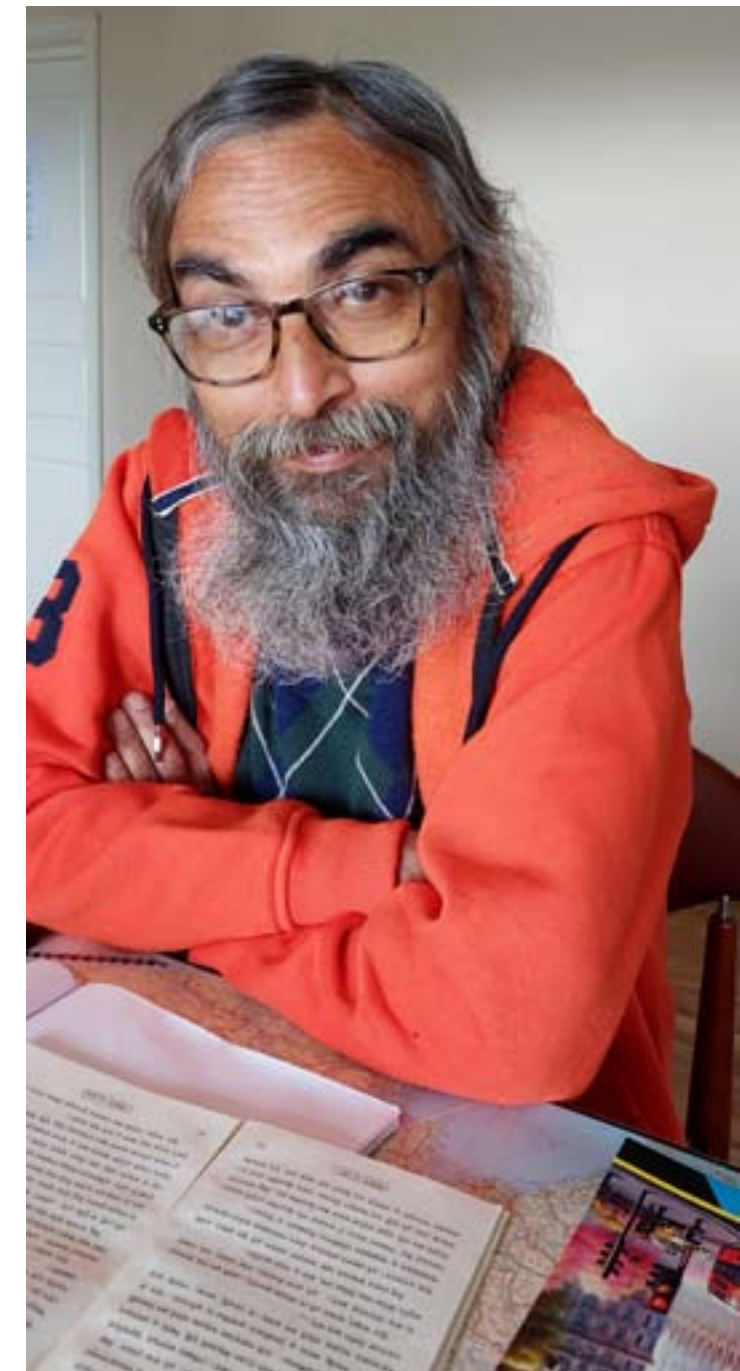
At last, Paramananda's book «**Sahajata Prem**» has been translated into Norwegian and published in Norway. Earlier, it was twice translated into English – first as "Normality and Love" and later "Naturality and Love" – neither completely satisfactoryily.

Many years ago Paramananda asked Bjørn to translate this book directly from the original Bengali to Norwegian. However, for this Bjørn would have needed to have learned to speak and write Bengali very well, and, unfortunately, that never happened.

So, though the translation into Norwegian in this book, is consequently a «second best» solution, there is good reason to believe that Swami Paramananda's words are communicated pretty well for the Norwegian reader.

The present Norwegian translation came about in that our Bengali friend, **Chinmoy Bandyopadhyay**, sacrificed two months (May and June) of his precious time as a doctor at his private clinic in Kolkata, and came to our rescue working on this translation here at Tronsvangen in Norway. Chinmoy first read aloud sentence by sentence from Paramananda's Sahajata Prem in Bengali, then discussed the content of each one with Bjørn in English, aided by Bjørn's limited, verbal understanding of Bengali, and in particular his vocabulary of spiritual terms in Sanskrit, which are the same in Bengali. After that our good friend, **Stein Farstad**, has helped with linguistic improvements of the Norwegian language.

Bjørn spent more than 16 years in total between 1983 and 1999 with Swami Paramananda in India and Norway, as well as travelling together through several European countries.



Above and right: Chinmoy during the work translating Sahajata Prem into Norwegian, at Bjørn's office at the second floor at Tronsvangen Seter in Alvdal. It was intense work for many weeks.
Photos: BP.



Top: The front and the back of the book, in the format 13 x 18 cm, 100 pages. Above: Picture and text in the book's two flaps.

New book publications (in the book store)



Utsyn fra Tronfjell



Bjørn Pettersen (født 1955) har bodd hele sitt voksne liv på Tronfjell i Alvdal. Først på Shantibu i Tronsvanglia (fra 1978), og deretter de siste ti årene på Tronsvangen Seter på Tronsvangen, noen steinkast og hundre meter høyere opp fra Shantibu.

På disse stedene har han i alle år tatt imot mennesker fra

alle kanter av landet og fra hele verden, for samtaler om åndelige emner. Mange har også ønsket personlig veiledning og innvielse i en åndelig livsførsel.

I 1993 tok han initiativ til å opprette Stiftelsen Tronfjell Fredsuniversitet, som har et konkret prosjekt på Flattron i 1300 meters høyde på Tronfjell (detaljregulering godkjent og vedtatt i Alvdal kommune i 2012). Grunnet verdenssituasjonen, er dette et langsiktig prosjekt.

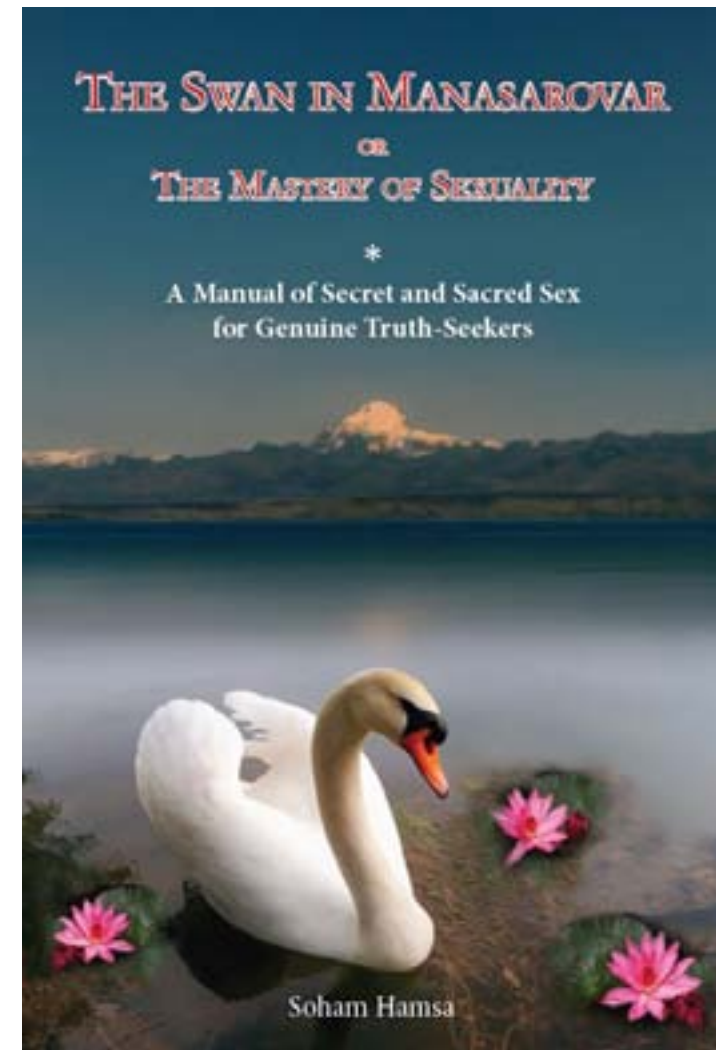
I 2024 utkom hans selvbiografi: «I søken etter Sannhet» (se kolofonen på side 4).

UTSYN FRA TRONFJELL er et utvalg små essays, artikler, avisinnlegg og andre tekster fra Bjørn Pettersen gjennom de siste 30 årene. Det filosofiske innholdet ønsker ikke å forfekte noe bestemt syn, men tar opp universelt menneskelige problemstillinger og samfunnsaktuelle tema i et åndelig lys, basert på forfatterens selvopplevde erfaringer og intuisjon.

NOTE: All in NORWEGIAN! This is a Norwegian book!

Top: The front and the back of the book, in the format 15 x 21 cm, 163 pages. Above: Picture and text in the book's front flap, together with excerpt from the back.

New book publications (in the book store)



The Swan in Manasarovar or The Mastery of Sexuality A Manual of Secret and Sacred Sex for Genuine Truth-Seekers

This book was first published in 2012 through an indie publishing or Internet based publisher in London that paid not a single penny in royalties to the author for the books sold, so it was decided to publish the book anew, in both English and Norwegian, at The Mt.Tron University of Peace.

A few changes and several improvements were made to the text, the front cover was refreshed, and, as mentioned, a Norwegian translation was produced from the English original.

As stated at the end of the colophon on page 4 the earlier edition of the book is **invalid**, and the new edition replaces any earlier version or edition of the book. The pen name **Soham Hamsa** has been used, considering all those, particularly in India, who are strongly impressed by various inhibitions and taboos about sex and sexuality.

“Sex is the rhythm of life”

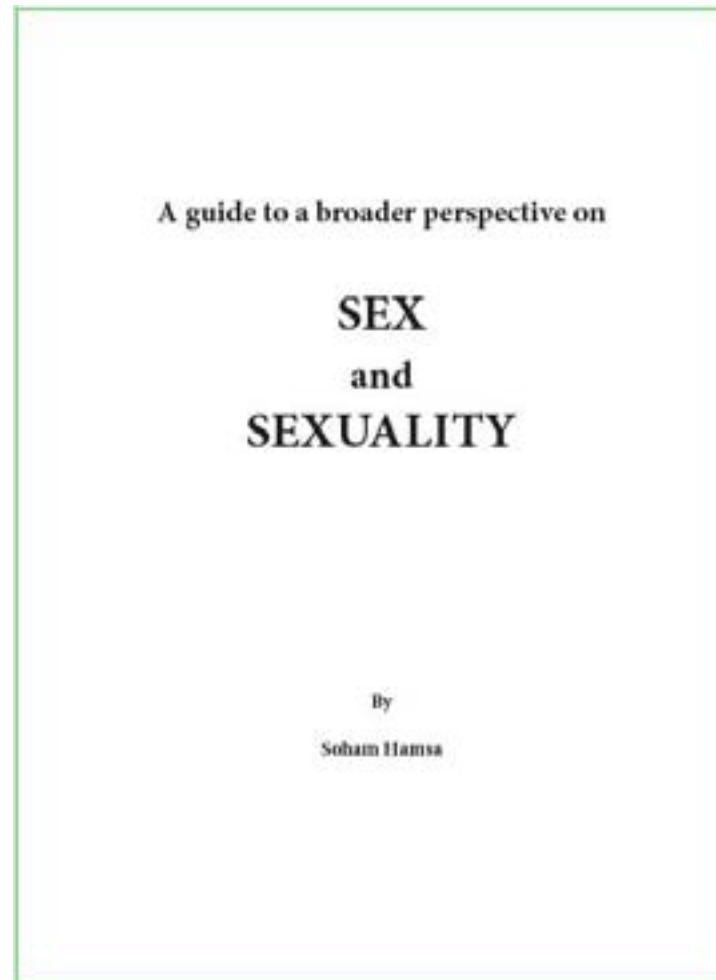
In this essential book written by Soham Hamsa (pseudonym) we hear a friendly voice from the Himalayas directed to all those who are genuine Truth-Seekers and Lovers of Life anywhere on this planet, containing a deep concern for their naturality and attitude towards sex and sexuality.

It is obvious that the author has access to a unique knowledge and oral tradition from India and the Himalayas, which for a major part never before have been made known to the public.

The book, which throughout is logical in its composition, is straight to the point with a variety of practical exercises, and with its size, compactness, easily understood illustrations and richly furnished glossary, it really acts as a handy manual on the subject. And as such, it is probably the only really authoritative work in its field.

Top: The front and the back of the book, in the format 15,5 x 23 cm, 90 pages. Above right: The text on the back.

New book publications



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Three universal principles of sexuality

The male sexual organ

Male and female natures, and sexual physiology

The art of sexual union with man and woman

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Exercises that transforms and preserves sexual energies

The four types of women and men

Love

Preface

The common understanding of sex and sexuality is tragically inadequate – something that is clearly mirrored by deep-rooted cultural taboos and, not least, education on the subject at school. Usually junior high schoolers receive only a very limited sexual education, while in both high school and further and higher education have nothing to offer young, curious and inquisitive people standing on the threshold of life with a partner.

Sex and relationships education itself is usually restricted to areas of anatomy/physiology, various social challenges and sexual identity, together with contraception. The overall perspective is still “the birds and the bees” – how to beget children – which is really somewhat animalistic. Wild animals have their rhythmic cycles which are entirely determined by nature, but for us humans the situation is very different – with us sexuality has become a daily all year round phenomenon, and this very largely decides the state of our mental health.

Since almost no one has really understood or dared to take this fact seriously, the common understanding of sexuality has not been updated to match the life of most people in today's world. As it is today most people, in all age groups, get their sexual education and fleeting, sexual satisfaction, through commercial and often illegal pornography online. Almost all people feel problems with sex and sexuality in various ways. That is kind of “normal”, but it doesn't need to be that way, as basically it is only a matter of adequate education and guidance. And that is exactly what we want to remedy, at least to some extent, through this little guide, drawn from a selection of lightly edited chapters from the book “The Swan in Manasarovar or The Mastery of Sexuality. A Manual of Secret and Sacred Sex for Genuine Truth Seekers” by Soham Hamsa (pseudonym). Those who wish for more knowledge and a still wider perspective are recommended to read that little book.

We need consciousness-raising of sex and sexuality with a strong focus and openness. We need to understand that it is the most natural thing of all and the very foundation of all life. It is the very rhythm of life and no-one has life without sex and sexuality. An awakening of sex and sexuality has the potential to perfect humans; to solve the population explosion in a humane way; to remove a lot of serious criminal activity which has its root in casual and instinctive sex; and to make a foundation for individual physical and mental well-being. It has also the potential to transform humans completely.

Good sex is the key to happiness, health and freedom.

A guide to a broader perspective on SEX and SEXUALITY

This is a small, back stapled A-5 format pamphlet with 28 pages, which is a lightly edited excerpt of some of the chapters in **The Swan in Manasarovar**, with its own preface.

As “The Swan” is meant for “genuine Truth-Seekers” who want to dedicate their lives to the described principles, this pamphlet is more of a popular edition directed at everyman (and woman). The purpose is to present a wider perspective on our sexuality with elements which are not commonly known, but which build on well tested practise from the traditions of the East over millennia.

There are few things, if any, which are more important in life than our relation to sex and sexuality, and here in the West in general we have a very primitive and unconscious

relation to this fundamental part of our life. Through examples on the wisdom of the East in this field, we therefore wish to provide values and attitudes which can contribute to positive uplift and a longed for change.

The pamphlet will be offered to sexologists and other key persons all over the country who may evaluate the contents and see if it will be valuable in their counselling to others.

The pamphlet (which internally has been named “The Dwarf Swan”) is not meant for sale and therefore has no ISBN number or bar code, but it may serve as an introduction to the bigger “Swan” (The Swan in Manasarovar) for those especially interested.



Tronfjell Publications is **Knud Larsen's** publishing house. This publisher acts as a distributor for all the books published by Mt.Tron University of Peace, as it is connected to Forlagssentralen (the publishing centre) and Bokbasen (the national registry of books). Mt.Tron University of Peace therefore enjoys these services through Tronfjell Publications, which makes all of Bjørn's books available at ordinary book-stores.

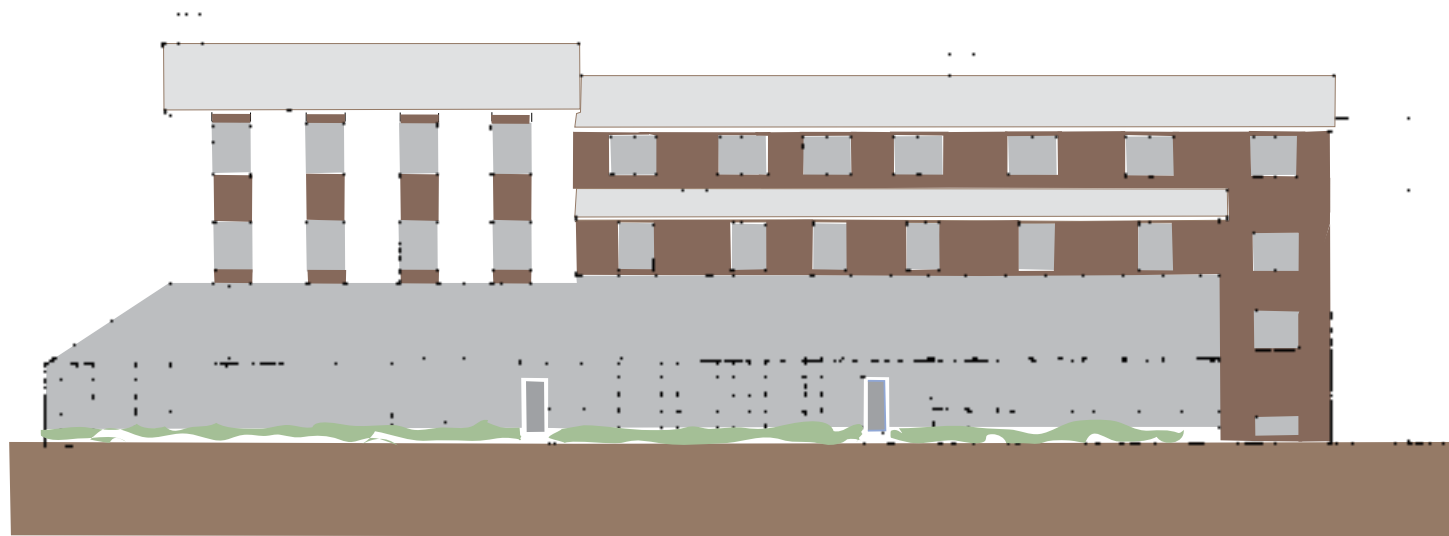
<https://www.tronfjellpublications.com/books>

This link opens a list of information (click on the book) on all the books available at Tronfjell Publications. Besides Knud's two great books on Tibet, there are also four books by Anandacharya, two of them first editions in mint condition.



*Knud Larsen's latest book: **Wall Painting in Tibet.**
History * Technique * Survivals * Environment.
Tronfjell Publications 2023.*

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

In the two previous issues of The Mt.Tron Mail – in February 2024 ((1/26) and November 2024 (2/26) – we presented, in text and sketches, “New plans for greenhouse at ‘Setra’”. For the CEO (Bjørn, at that time) this planning took most of his time and energy for practically all of 2024 into spring 2025. A new *extension* to an old building soon proved problematic – building an addition to an existing building isn’t as easy as it may sound.

Used windows with double glazing, were collected for free from various places near Hamar and in the Gjøvik area through spring and pre-summer of 2024; agreement was made with two local carpenters; and an application was sent to the municipality via a local consultant. The municipality pointed out that we needed a fire concept for the extension, and after a while we found people who were able to help us with this.

But this was everything other than easy and we had to go through several proposals before we finally landed on a heavily modified one at the beginning of this year that was sanctioned by the municipality so that finally everything was ready for start-up of the building.

During the whole process all those involved, both share

holders and board members at Tronsvangen Seter Operation Inc. had been informed, and most themes and new inputs had been thoroughly discussed.

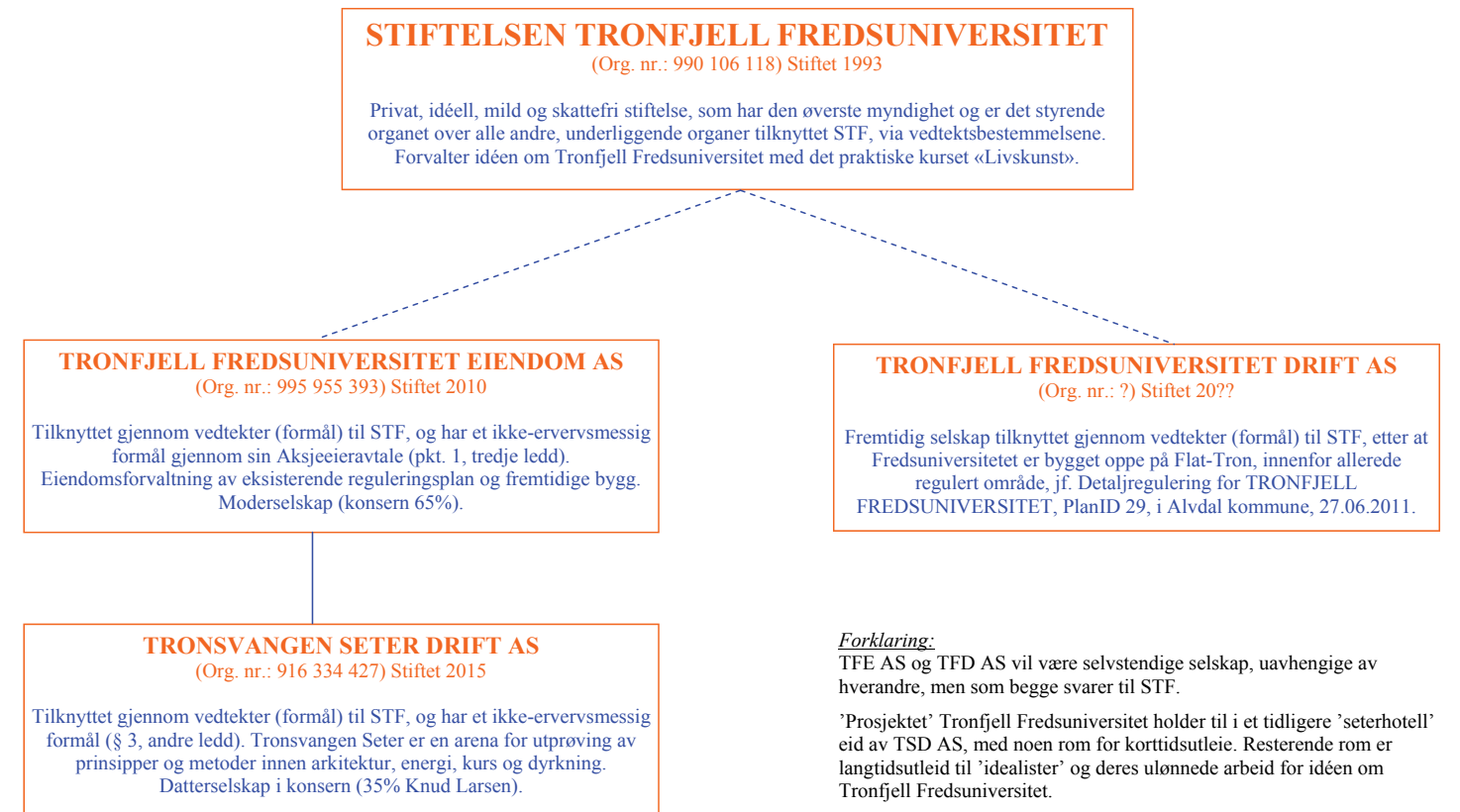
Still it was decided to arrange a video meeting on April 22nd this year where all share holders and board members were present (9 persons in all), as some persons recently had expressed concerns.

During this meeting attitudes and wishes for the plans turned completely and in the end the whole project was voted on and rejected! For a minority this came as a great surprise and almost shocking experience, but it was in any case a good lesson in active democracy!

The project with a greenhouse as an extension to an existing building is therefore abandoned. But it is still desirable to build a greenhouse somewhere else.

It is a wish, if not yet a concrete plan, to build one or two free standing greenhouses (less than 50 m² each) from the windows which have already been collected, in which one can function as a greenhouse with an attached circulation house for hens, while the other will function more as a winter garden.

The organizing of Mt.Tron University of Peace (Note: The figure below is in Norwegian)



Forklaring:
TFE AS og TFD AS vil være selvstendige selskap, uavhengige av hverandre, men som begge svarer til STF.

'Prosjektet' Tronfjell Fredsuniversitet holder til i et tidligere 'seterhotell' eid av TSD AS, med noen rom for korttidsutleie. Resterende rom er langtidsutleid til 'idealister' og deres ulønnede arbeid for idéen om Tronfjell Fredsuniversitet.

Organiseringen av Tronfjell Fredsuniversitet.
Hele prinsippet med idé, forvaltning, organisering og drift er basert på frivillighet og ikke-erhverv, som er særdeles viktig, både individuelt og kollektivt, for en suksessfull gjennomføring av prosjektet. Prosjektet er ikke næringsbasert i vanlig forstand og har ingen mål om økonomisk vinning.

Organizing

The long-term project “Mt.Tron University of Peace” is organized in such a way that the Mt.Tron University of Peace Foundation is the governing or controlling organ which executes the highest authority in relation to all other instances connected to MTUPF. This foundation is – and must remain – a purely ideal, immaterial, self-owned, non-business, mild and voluntary foundation, which administers idea, plans, rights (copyright, etc.) and possibly future real estate and property. The board has three members and two vice members.

The company Mt.Tron University of Peace Property Inc. is directly subject to MTUPF by its statutes, and has a non-aquisition purpose by its shareholders agreement. It has five share-holders and a board of three members, and administers existing regulation plan on Mt.Tron with future buildings. It owns the majority of shares in Tronsvangen Seter Operation Inc. (65 %) and is thereby parent company in corporation. All personal shares in MTUPP Inc. will always remain in the company due to a special arrangement by deed of gift and clauses at the time of disposal.

Tronsvangen Seter

The company Tronsvangen Seter Operation Inc. is, as mentioned before, owned by MTUPP Inc. (65 %) and by Knud Larsen (35 %) and is thereby a subsidiary company in corporation. All of Knud’s shares are bequeathed to MTUPF. It is connected to MTUPF by its preamble. TSO Inc. is voluntary registered and therefore a non-acquiring company. The board has five members and three vice members:

Knud Larsen (leader)
Kent Gjøran Skaug Kristiansen (member)
Erlend Magnussen Becsan (member)
Kavitha Mohanraj (member)
Erik Sonny Vadstedt (member)
Srielango Nagarajah (vice member)
Malin Johanna Bjørnell (vice member)
Bjørn Pettersen (vice member)

At present Erlend is CEO. All the above mentioned, except for Malin and Bjørn, are also personal share holders in the company, together with Emma Philgren and Baheerathan Vykundanathan.

Theory and practice

It is by the instruction from the Guru alone that one can attain realization.

All (book-learned) knowledge is vain.

Among thousands of scriptural verses the word of the Guru alone is productive (of true knowledge).

(Garuda Purana)

Western science

It is outright impossible for Western science and the intellectuals at large in the West to understand the above quote from the Garuda Purana in the Indian Sanskrit literature.

In the West this will plainly be brushed aside as ‘religiosity’. And not only the above quote, of course, but all of traditional conceptions from India originating from Vedic or Post-Vedic literature and tradition, including Upanishads, epics, Yoga and philosophy.

But this reflects only ignorance, presupposition and arrogance from the Western side, where it is taken for granted that the Western Ideal of Science is the only way of acquiring true knowledge.

This is almost genetic with the “white, blue-eyed people” who have developed a huge complex of superciliousness in relation to other ways of acquiring knowledge. It is always taken for granted that Western science represents the final authority.

In the West we believe that we can understand everything only by reading texts, which in reality is only others’ thoughts and experiences. New experiences, to be valid, must appear by scientific experiment and be checked.

The attitude towards philosophy in the West is one of theory and speculation, while the attitude towards religion is that this is something which lies outside of humans, the World and Creation. Both philosophy and religion have lost their authority to science, which is now supreme everywhere in society.

The essence of scientific nature and methodology is *splitting up*, preferably into ever smaller parts, through observation and analysis.

Eastern science

Just as Western science is **hypothesis, observation and implementation**, Eastern science is **philosophy, yoga and art of life**.

Here, the human being itself and *synthesizing* is the centre of attention – a completely opposite starting point to that of the West, even if the principles of method are comparable.

Indian philosophy is practical, not speculative, and based on *sadhana*, which has to do with determination, self-discipline and personal commitment. Yoga is only practical exercise for body and mind, completely without belief or religion. Everything is based on human knowledge.

The above quote from Garuda Purana fully shows that in the East, in principle, one doesn’t need to read a single word from a single literary source, but can base one’s Self-Realization entirely on the living words of one’s own Realized Guru, exactly because everything is based on human knowledge through practical experience.

While Western science is based on observations of *outer*, physically sensible phenomena, it may be worth while to notice that Eastern science in part is based on observation, even if it is *inner* phenomena we are talking about.

In the 7th step of Classical Yoga, *dhyana*, there is only passive observation of the mind which is valid, without involvement. And in *Jñana-Yoga* or Wisdom Yoga, it is the observer himself who is the subject of attention, after both observation and object have fallen naturally out of the equation.

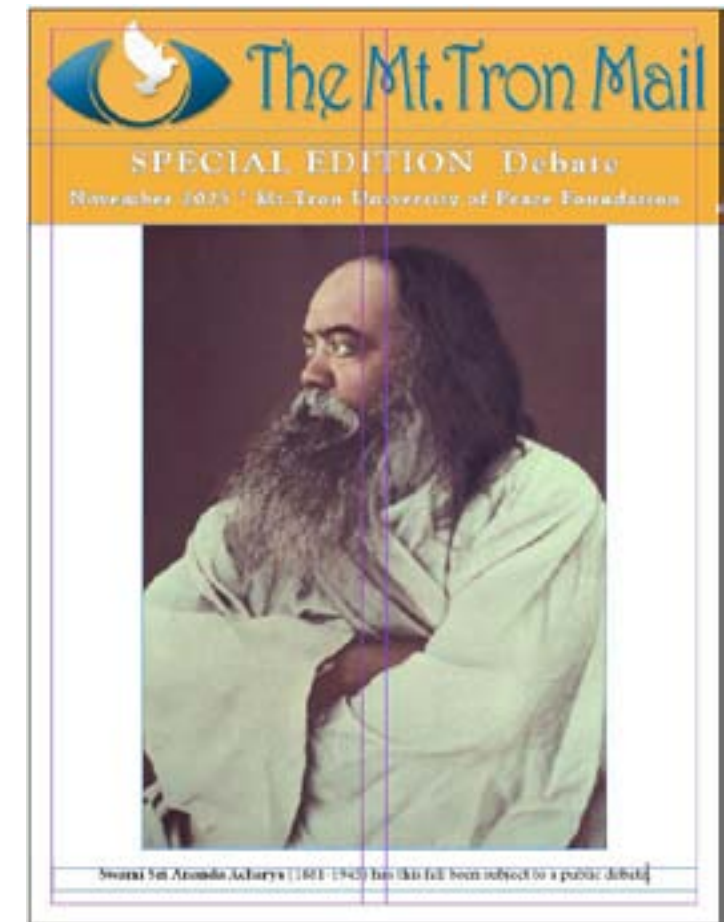
Who can say that the one form of science is more true than the other?

The Mt.Tron Mail’s next special issue!

Closely following this regular issue of The Mt.Tron Mail, a special issue follows which focuses on a debate which has recently appeared in public on the web page Religioner.no regarding Swami Sri Ananda Acharya (1881-1945), who lived at Tronsvangen in Alvdal from 1917 to his death in 1945. Anandacharya was the first sannyasin and yogi to settle in Europe and the first Hindu in Norway. Also probably the first of his kind to be buried in the Western World.

The debate originates from a chapter on Anandacharya in Professor Knut A. Jacobsen’s latest book, *Hinduism in the World. Migrations and Global Presence*, in which he butcher Anandacharya’s life and work, and carries out a veritable character assassination on his person in the name of science.

Bjørn Pettersen has opposed this and protested strongly against the fact that this is passing as serious science. He also claims to have exposed serious errors in Jacobsen’s method and questioned his motivation for writing the way he does. So far Jacobsen has failed to meet Bjørn’s specific arguments, but instead only arrogantly dismissed the whole criticism. Pay attention!



View from Tronsvangen Seter September 26th 2025. Photo: BP.

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

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