



The School of the Natural Order  
**RESONANCE**  
Mid-Summer 2019

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### The Lesson

This lesson, "Consciously Functioning in the Psychic World" is from the *First Crossing* series. In this lesson Vitvan addresses potential teachers and introduces us into the psychic world. He discusses many topics, including identification and understanding of motivating forces. Vitvan explains the disintegration and passing of the old cycle, breaking with the objective state of consciousness and coming into the Kingdom of Mind. "And so much more".

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Our updated SNO website is up and running, streamlined for ease of use, with detailed information about books, on-line classes and upcoming seminars. The website can be accessed at [www.sno.org](http://www.sno.org). Please take a look at the photos of smiling faces of students coming to visit us, along with the many historical photos of Vitvan, his teachers and family.

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The School is thrilled to announce another one of Vitvan's lesson courses that has been published in book form: *The First Crossing*. Vitvan emphasizes the importance of breaking through image identification in the objective self-conscious state and details many steps in this process. In several chapters, Vitvan clearly makes note that his presentation of the lessons are from the position of a teacher to prospective, potential teachers. This is a gem of a book for all stages of development.

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The 2019 summer seminar was a wonderful compilation of life experiences and practices in "What Works for Me". The presenters used this topic to focus on how the teachings according to the School of the Natural Order have been integrated into their daily lives. The diverse group touched on subjects from general semantics, Kriya yoga, tai chi, Qigong and meditation, to name a few. Thank you to all the amazing presenters!



"Man is characterized by objective self-consciousness and by psychic self-consciousness on the lower or higher level of psychic development. On those three levels, he gives values. It is the value-creating that reacts upon one, according to the value given. That is why we stress, "watch your values". It is the value that you give that reacts upon you. You are your self-creator or you are your self-destroyer by the values you give. All you have to do is watch your values and practice giving the value for which you want the reaction."

Vitvan, *The First Crossing*