



The School of the Natural Order  
RESONANCE  
Winter 2021


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**Blessings and Happy Holidays to you and yours!**

Offered to you is Vitvan's lesson, *Living in the North Half*, from the lesson series, *Expanding States of Self Awareness*. Vitvan's determined focus to articulate in such a way for deeper understanding within the group at the time comes through strongly. In this lesson, Vitvan speaks of developing the sensitivity to register wave frequency above the level of the cortex and the recognition of qualities loaded upon those wave frequencies. He details bringing the motivating forces from the genetrix up into the heart centre, Anahata, and offers description of the true meaning of Agape. Enjoy!

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We are the fortunate ones! To be here, Now, in these vehicles, in this 'time' involving a synthesis of one major cosmic cycle into another major cycle! In this go-round of the process – spheres within spheres, cycles within cycles, microcosm and macrocosm – we can find ourselves overwhelmed and wondering how to “keep one's feet on the path?”

What Vitvan offers to us has infinite value. Polarizing to a finer and 'higher' frequency seems to be a choice throughout any given day. Meditating on guna qualities of Gratitude, Humility and Agape can pivot us to a space of surrendering habitual and crystallized beliefs imbedded within ones psyche. There is so much assistance available to us if we but ask. What one offers always reflects back. 

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Just a reminder that we at SNO continue to offer on-line classes via the Zoom communication platform. Classes are presented on weekly and bi-monthly schedules, offering an exceptional choice of various class lessons, opportunity for in-depth discussion regarding the teachings and “live” communication with other dedicated students. Detailed information can be obtained on our website at [sno.org](http://sno.org). We would love you to join us!