

From Timeless Wisdom to Deep-Systems Healing

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In 2011 Stephen Busby completed three years of the Academy of Inner Science's "Timeless Wisdom Training" (TWT) – he describes here how his experience of the training transformed his life - and his work, which is now devoted to his 'Embodying Higher Consciousness' practice.

An early summer morning in a large crowded room at the Seminarhaus hof Oberlethe in northern Germany. We worked till late again last night and I've had little sleep. It's the beginning of another week in what must be one of the strangest training programmes around – and I've had experience of several. Thomas asks us 'to tune into the group space' to see what we perceive there – something we've got a lot better at doing since we began. Over three years we've learned a great deal about this space and its transformative potential - supporting and confronting each other to the point of sometimes feeling fierce love for each other: these people whose close company I first doubted I'd be able to bear for a single day. Now I count many of them as my closest friends: people with whom I've shared the most intimate fears and begun to explore a kind of growing potential in myself I'd never have imagined possible, and with some of them I don't even have a language in common. What has been the point of all this and has it achieved anything beyond personal growth? What has the TWT equipped us to do or to become, and what difference will it make in the world?

An intensive transformative process is not easy to write about when it is still so fresh. Probably the impact of the training and of the work of Thomas and his colleagues will only come to be fully realised and described in the next years. What we know already is that it seems to have achieved two things simultaneously. First it has enabled us to evolve individually as conscious participants within a strong evolutionary field. And second, this field is responding by expressing itself directly in our lives and work in ways which are reaching out into the world further than we can see. For me there's no longer that familiar euphoric 'workshop high' feeling, followed by a return to regular life. Instead the effects of participating in the TWT field reverberate outwards in ways which mean I'm no longer dependent upon the group experience for that 'high'. The field is a "*living expression of everyone's unfoldment within it*"¹ – it has nourished us while we have cultivated its expansion in reciprocal fashion, and now it extends beyond the Oberlethe room, the training, and the group experience itself. I'll describe it in terms of its outcomes as I experience them.

First, we've been learning about fields of consciousness from inside and are more allowing of a heightened state of consciousness in everyday life. Back in 2008 Thomas wrote that the training would provide insight "*into various inner spaces of experience. It promotes authentic expression and sensitises us to different levels of consciousness. We learn to perceive ourselves and other people - as well as the fields of consciousness of groups - on a deeper level.*"² I now understand how this has enabled us to become more sensitive to collective fields generally and to 'read information' there, and I'm more sensitive to how any group or collective is doing, increasingly experiencing people, structures or systems 'from the inside.' Some of us are more adept at holding energetic containers too - working with energetic and vibrational processes in personal and group settings, facilitating insight and awareness there.

Learning like this has radically changed my own work. Although I've practiced systemic constellation work³ for some years, the TWT has taken this to another level. In systemic work we become sensitive to 'whole human systems' as embedded and inter-dependent, testing for hidden underlying influences, movement and change there. The TWT has enabled me to become sensitive to more subtle kinds of information, energy and intelligence which are available within any field. When these sensitivities are applied to phenomenological systemic-based approaches then it's possible to work much more creatively and intuitively, in a more internally connected, guided and coherent way. Action and decisions spring from a more organic place, which allows the potential for transformation and healing within any system to be felt, found, and more often released.

In this respect, the training raises fascinating questions about knowledge and intelligence, which at subtle levels become more discernible and accessible only to the extent to which we become more embodied in ourselves. In

¹ Thomas Hübl, interview, 2008.

² Thomas Hübl: "*What is the training about?*" AIS, 2008.

³ First originated by Bert Hellinger as 'family constellation work'.

other words, the more we become personally present by opening ourselves to an evolutionary field – a field which helps us to peel back the layers of personality that impede presence, then the more we come to dis-identify with a form of the self which is bounded, discrete and autonomous. Thomas writes of *“strengthening an integrated form of awakens and presence in us, transforming us into power centres in the network of life. It is in periods of crisis that we need people who do not fall into identification with their ego but instead stay alert and in contact in stressful times. When enough people dwell in such a state of consciousness they represent an enormous stabilization in the collective field. The effect of this is that more awake decisions are taken, that we can still sustain a compassionate respect for our fellow human beings, that we continue to take in ‘the whole’, beyond our own life-radius.”*⁴

Thanks to the TWT many of us are closer to an experience of life which is more interconnected and available to the evolutionary impulse – wherever life wishes to take us in its service. And we are more socially competent too - more aware of our responsibility to inquire into more of ourselves, consciously bringing shadow aspects into the light on an individual and on a group level. In doing so, we learn how to nourish the clarity and authenticity around us, cultivating a more transparent field (we are ‘field-informed and field-forming’). The implications of such competence are far-reaching. We are lead for instance to explore the true nature of creativity and the source of inspiration - to become clearer channels for innovation and creative breakthroughs, and to support others in this process. And we are learning to tap into, to access and to ‘download’ future potentials, so that these may be expressed in ways that are more sustainable because they spring from and impact upon a much larger field.

Perhaps most of all the TWT has offered us insight into the huge potential of a group of people who commit to consciousness in the long-term. It is a living demonstration of practical tools to ‘realise a collective’, empowering people to begin to speak, write about, and express what they are learning out in the world, as synchronous opportunities arise. This does feel like taking an evolutionary step of a kind, albeit one which I find hard to define. It feels like a step where people are more available, with access to more of the multidimensional aspects of reality and so are better equipped to bring about higher levels of human development, in both small and large ways. In this next step, people will be more alert and responsive to what life asks of them, because only when we have worked through personal issues relating to family and ancestral fields, to our characters and to the way we hold ourselves in (or out) of life, in or out of relationship, are we then available enough to take on collective and societal issues. (This is not to say that personal issues are ever ‘solved’ – on the contrary I find that shadow areas of the personality emerge in ever-starker contrast, from deeper places).

Many of us have embarked on new projects as part of the training – stage shows, financial schemes to channel inherited money into social projects, new academic curricula, for instance. Several of us have formed the ‘*Economy & Consciousness Circle*’ at the Academy of Inner Science and initiated a group of new-project coaches too, where I use my own systemic approach to help people connect to where their lives are waiting to unfold and blossom. This has since turned into a new form called ‘*Embodying Higher Consciousness*’ inspired by the TWT, where the systemic approach is enriched by a kind of ‘evolutionary upgrade’ - supporting people in realising more of their higher potential and in mobilising the resources available to bring this about. It is an approach which points to the future, where larger life-themes and purposes await us. This new work now also embraces organisational and leadership development, innovation competence, and inner-skills trainings, and is being delivered in schools too – shaking up received wisdoms about how children learn and suggesting radical new forms of education more suited to our society of the 21st century and beyond. The TWT and its lessons are only just beginning, and they could take us all a very long way.

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⁴ Thomas Hübl: “*Regression in Recession*” 2009 http://www.thomashuebl.com/imgs/pdf/regression_during_recession.pdf