



Stephen Busby

Embodying Higher Consciousness

## Manifestation Through Higher Consciousness Work

Anja Krüger interviews Stephen Busby, January 2016 (Part 1 of 2)

*Anja: You've said that manifestation "is a process of higher consciousness taking form in an apparently external world through increasingly conscious choices." Since we've been working together I feel more encouraged into making those conscious choices or knowing what those conscious choices are. And I've become interested in models or systems like the Enneagram or Human Design for instance, which describe different types of people and suggest that some - a minority - have the quality of manifestors. This seems to confirm what I'm finding as part of the team manifesting our Experiment in Higher Consciousness in California.*

Could you say more on what you're experiencing in that team?

*Anja: Well, I have most fun in letting impulses come and following them freely. More often than I'm a catalyst for others things happening. I used to wait for others to do the same thing then I understood that this isn't how it works - other people have other roles. So I'd like to hear from you on how do we find out which role we're supposed to fill?*

Oh, that's easy, because you don't have to find it out.

*Anja: [Laughter] Why not?*

You don't have to do anything. But if you want to engage in this kind of experiment then you'd need to at least test the hypothesis that you outlined just now, by showing up as clearly and coherently as you're able in life through following your own inner stream – what you called impulses - as attentively as you're able at a subtle level. Then those inner effects that need to manifest through you, or that are available to manifest externally, can best be birthed.

In such a scenario we all have uniquely different roles. You will have your particular way of entering into resonance with your own inner stream that is uniquely yours and coloured by your life context, circumstances, wounding and healing. And what appears to be made manifest through you in life will be in alignment with your own soul essence, or purpose. So it's not as if there are just a few rules to follow and then we go away and manifest whatever comes. I don't think so. I think there's an inner-scientific and subtle alchemy going on here when we engage in experiments such as this. The main ingredient is the willingness in each of us to show up in life: how much we're willing to show up to ourselves in our wholeness. To the extent that you make that central in your life then your manifestation capacity will be optimized.

*Anja: I felt moved when you spoke just now of my wounding and healing, that anything I would do or bring into manifestation depends on so many things and has to do with my own healing process.*

Yes, manifestation is optimized the clearer the vessel that's available. So if you're on the path to clarifying your vessel, your energetic alignment, then you're most open to manifestation potential as a fluid expression of everyday life. Manifestation is a function of the clarity of our vessel and depth of our commitment to an awakening journey, of how much we make this the central focus of our life, which I believe you're doing, and witnessing the effects in your life too.

You may have noticed that in the manifestation team for the Experiment in California, other people are impacted by your experience first, and especially by your sharing of your experience, and by the particular vibration that comes through when you share that experience. It's not just as if you're telling a story - the way you share it and the vibration that comes through in the sharing is impactful. Manifestation hasn't stopped with your experience. The more fluid and clear you are as a vessel the more it continues on and overflows into a wider field. It's not that you and I are both doing our own kind of manifestation in separate corners: it's all one stream which we're contributing to and having an impact on, and are being impacted upon through.

*Anja: For me it is a lot about trusting the impact, or even wanting the impact with what I am saying sometimes.*

Yes, that might be a part of a structure that feels it needs to have an effect or needs to show up more in life, for all kinds of different reasons that most of us have running in our background. Obviously the less you can be concerned about that, or the more you can presence and inquire into those background reasons, then the more fluid and clear you are as a vessel. Because you're not trying to make anything happen: you're simply living in as clear an alignment as possible through your daily life and noticing with interest the effects of this. You're not trying to manifest anything. That would be counter-productive.

*Anja: And it would be counter-productive to be afraid of making a mistake in expressing or manifesting?*

It wouldn't, for example, if you then became interested in that fear and were able to presence it more fully and include it as part of your manifestation experiment. Then the fear can be presenced more fully and find its right place, and be integrated as part of your higher alignment. In other words that which is behind or driving the fear can be integrated.

*Anja: Yes, because the fear also has to do with this question I have. Thoughts and intentions come up and how do I know which of those want to be manifested?*

That fear, for example, would be most clearly reflected in a relational field, which is why in teams such as ours, which are relationally based, manifestation can be optimized. Because through the relationality of the experiment all of our hidden underground processes can be healthily reflected to us and surfaced. That which is behind them can be integrated. So there are layers of vessel here which are all playing into each other, interdependently. There is your own vessel which is inseparable from mine and our colleagues', and of course the team vessel. And then there is the vessel of the whole field of higher consciousness work into which a team such as ours is plugged, and so on.

*Anja: So then I feel the clearer the vessel is, or the more committed the people in a group are, the more I can check in myself if there is something I want to voice. The clearer everybody else is, the clearer the feedback will be.*

Your clarity will be contagious and impactful, just as you will be impacted by other people's clarity. And the clarity of the vessel. Unfortunately language has us saying things like 'your clarity' and 'my clarity' which is not really true; it seems to me to be a kind of linguistic distortion of a whole clarity in which we all partake.

There's really an increasing synchronization or cohering process in a field such as this Experiment, whereby we're apparently coming together through external activities such as organizing events and building websites, thanks to the synchronization happening on subtle levels, which feeds back into the external activities. The process that we need to become increasingly interested in, I believe, is this interface between the inner and outer processes, which is at the heart of the experiment. One cannot be separated from the other because they are the same.

*Anja: More and more manifestation is really 'life', and at some point you said manifestation is evolution. It is not so specific. This is life.*

Then we touch on the question of how much of manifestation, so-called, is intentional which is another big theme.

*Anja: Does it help if it's intentional?*

The immense power of human intention is very little realized and understood. One could, through intention, manifest all kinds of things that might not be in the highest alignment with you or my or our evolutionary potential. In that sense there are different vibrations of manifestation which are possible. The more synchronized a field such as ours then the higher the alignment and the higher evolutionary purpose will be served. Because it is essentially relational: with relationality there are all kinds of course-corrections or checks and balances built-in. Where you or I go off on our different manifestation processes then these are adjusted through a field of synchronization such as in our team.

*Anja: What helps to synchronize?*

Just what we've been doing. We're getting more of the answer to that every day.

*Anja: How can we support the synchronizing process?*

By attending to the quality of relationality within yourself, as part of a field like this, which will bring you into contact through relationship with other people engaged in the same process. That will necessarily produce the strongest manifestation effects, because you are bringing into contact that which has been kept separate at the outside, and integrating the subtle with the physical. Life is becoming more transparent to itself, and less fragmented, as it is being lived through us.

*Anja: So becoming more transparent also means more conscious?*

More aware in subtle ways of the systemic complexity of what we are invoking here. Systems within systems within systems, layers within layers, vessels within vessels.

*Anja: What happens to such a vessel if we add in the inner holding meditation that we've been exploring?*

Any initiative like that, depending on how it's held and how well it's supported and synchronized, will be effective, because you're integrating the inner and the outer. However, initiatives like this will increase the level of intensity in the field - which will be easier for some people than for others. As intensity increases, people's vessels will resonate differently and some will be shaken and challenged, to the next level of their own evolutionary edge.

Some people may experience the growing intensification as uncomfortable or as 'too much' because it might be triggering structures in them which have been susceptible to overwhelm. These inner structures would need to be held within the collective vessel and presented as part of the process, so as to reduce the risk of by-passing or stepping over any fragile or vulnerable place within the collective vessel.

*Anja: Then we would have to be very aware of what you just said, before you add in any such meditation...*

Being aware of so many different things sounds tiring. What is most helpful is simply a practice of presencing: presencing oneself, presencing relationality and presencing the whole team vessel. Through this practice we necessarily become better equipped to include that which would otherwise be excluded or by-passed.

*Anja: So me wanting to add more of this, like a meditation, might just be a structure of mine, liking intensity?*

That's possible - and through your commitment to relationality within this field you'd discover more, as well as any shadowy aspects that you'll come into contact with too. They will arise through your interpersonal process with people in the field.

*Anja: I feel very touched by the intensity of this, and am wondering if there's anything I'm overstepping... I have this longing in me to know more, to discover more about myself and my structures and maybe I pressurise sometimes other people into wanting to do the same.*

How you might be experienced as pressurizing by other people - that need not be your intention. The increasing vibration that comes through your alignment will have different effects on different people, and some through their filter could experience that as growing pressure. That might simply be the vibrational effect of how you now are showing up in life, which is great.

You'll increasingly know in yourself if, for instance, what you're putting out or requesting of people is coloured by these kinds of demanding or pressurizing structures. Either you'll feel that vibration with more awareness, or other people will feed that back to you. They'll say for example: 'what you just asked me sounds and feels great - and there's a little thread in it where I feel some expectation or hidden belief that I won't do what you're suggesting' or something like this. We're becoming more discerning about the clarity of each other's messages.

*Anja: Which is part of the relational clearing.*

Yes, the increasing transparency of the field - where all of these subterranean structures become more apparent, more visible, more audible to us, as part of a more whole communication. With any experiment like this we discover that feedback within the field isn't the end of the world: we survive it and grow through it!

*Anja: What does manifestation have to do with the future? If I have an idea or impulse, couldn't I say that it comes from the future because it touches something that can only be manifested in the physical world in a future time? How does the future come into me? How do impulses work?*

The alignment we're speaking of here isn't time-bound, as we believe that we are. With a higher alignment and synchronicity in all the parts and dimensions of ourselves, between ourselves, then we live and embody the essential of what wants to come through us as embodied life - here and now in the present. We don't need to know what it is in advance, don't need to plan for it, prepare for it, don't need to calculate for it or generate it in any way. In following the kind of practices we've been speaking of, the highest possibility of the future becomes manifest in the present through us.

At one stage in the Experiment that may feel like an exercise in trust. With increasing synchronization and intensity we need to less consciously trust as we go on; trust to me only feels necessary or useful at a certain stage. Beyond a certain stage one is simply a vibrating vessel, and trust in a sense does not need to enter into it anymore. We simply live according to the highest vibration of the moment.

*Anja: I get the picture, that I need trust to enter the water, and once I feel the fun of being there then...*

And surrender to the flow of that water. For most of us our surrendering ability is in some ways coloured or ambivalent, and will be tested before we can become completely fluent with - at one with - the water, of which we partake.

*Anja: This already feels very rich to me. And I have one more question which feels different from the rest... The word manifestation is also used in relation to illnesses: people speak of something manifesting like a cough, for example. So I was wondering - and I notice there is judgement in this - whether there can be good and bad manifestation?*

That's related to what I think I said earlier, around the separation or the different qualities of apparently individual intention and manifestation, as opposed to manifestation that comes through a highly synchronized collective field, one which would in evolutionary terms be more developed.

*Anja: So if for example, I never speak out what I need to say towards another person, and continue like that for years, then I could become sick and wonder 'why I became ill.' Would that be because I held myself back?*

Human intention or belief cannot not have an effect. So whatever you are vibrating with, must manifest to some extent.

*Anja: Yes, that answer does not make it necessary to say if something is good or bad.*

Because there isn't that distinction.

*Anja: Thank you!*

Thank you Anja!



Stephen has a coaching, consulting and healing practice and has been serving higher human potential and purpose for over thirty years. Born in England, he's based at the Findhorn Foundation Community: a centre for holistic education, organizational and cultural innovation in Scotland, where he also served as Director of Studies.

Stephen has distilled new applications of phenomenological systemic methodologies to healing in collective fields, from which his higher consciousness practices have evolved. His several careers in education and consultancy have spanned the corporate world, transnational public service institutions and not-for-profit organizations in Europe, Africa, Asia and North America.

More on Stephen's higher consciousness and systemic work is at [www.stephenbusby.com](http://www.stephenbusby.com)