



Stephen Busby

Embodying Higher Consciousness

Manifestation Through Higher Consciousness Work

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

Anja: I'd like us to start where we left off recently, when I became curious as you said that you let yourself 'be in the flow of dialogue' and that you can feel the vibration of a question before I speak it. And I felt: 'Well this is happening in any interaction where people are mastering a skill and working together.' I'm curious to hear more about how this can happen.

How about this as a possibility: that if we're exploring the next edges of our higher human capacities, if we feel that we are on an edge all the time of discovering possibilities, flavours, of new potentials in ourselves, then how is it for us to live more fully at that edge, at least for part of the time, if not yet for all of the time? Actually to consciously live there, from a space of more wholeness in ourselves while allowing for the possibility – even invoking it – of ever more unknown wholeness to unfold? More consciously being there is important, since we're talking here about meeting the edges of unconsciousness in ourselves and inviting those into awareness, into life.

This experience of edge-living feels suggestive to me of much vaster capacity. Wherever there is a yes in us to edge-living then life can unfold into its next potential, which may be the function of life and its invitation through us: to bring into closer, more intimate contact, that which is next ready to be made manifest. I believe the way we perceive this, or sense or taste this, is through the enticing flavour of edge-capacity deep in ourselves. If you have a project which is intriguing you, teasing or magnetizing you, then it's likely there is something in that possibility that is calling out new capacities in you, which you may well not yet be consciously aware of. As you begin to engage not with the project so concretely perhaps but with *its felt possibility* - for instance you dream through the project, you sense different facets of it, you feel differently attracted and fearful of it and so on, then what you're bringing into contact are these edges of 'next-ness' which at a less personal level are waiting to be potentialized, manifested.

I think we over-personalize this a great deal - or maybe exclusively, because there's a part in us which needs to feel 'this is my project, my capacity that is being teased out here; this is my edge and I'm being called to do something or become something here.' I don't believe this is necessarily true *only* personally.

What if instead, we're simply showing up in life through our highest calling and responding to these capacity-attractors, which we perceive as other people or projects? Of course we're all differently equipped in our capacities, as a function of karmic and other factors - which are intimately personal and archetypal in their nature. The capacities that are being called into life through us are places or portals of higher frequencies of life, whereby we literally vibrate, relate and manifest at levels hitherto unknown.

Anja: Yes, this touches me. When I'm in a situation and feel all alone, and it is 'my' project and I have to find a way to develop 'my' capacities... A note on my screen here just now said that my 'internet connection is not stable' and this reminded me that if I have a stable connection to my surroundings then I'm more able to see that it is not all only personal...

Yes! First – I'd say not that you're connected to your surroundings but rather are an integral part of their unfoldment, after all - whatever we perceive as 'our surroundings' are us. And secondly, that what helps us to see through this over-personalization is a sense of wholeness, in connection or relationship.

If I'm exploring this - what we're calling here – the edge of unknown capacities in myself then I do experience more whole connection in life. It's as if I'm a grounded part of the whole complex manifestation of life, and that I feel or know in my tissues that I have a unique and precious part to play. No matter how large or small my project of the moment may be. There's a feeling of intimate and integral wholeness which permeates my sense of being and the stream which is coming through all my endeavours. This sense of wholeness I feel through relationship - with others, or alone in landscape, or in music for instance.

In the field of our manifestation experiment¹ here, relatedness within the group vessel is really crucial. The field has become magnetized, we could say at a horizontal, relating level, through the quality and intensity of this relatedness and our intention. This magnetism has opened up a stronger vertical flow of electricity, of consciousness that is vibrating at higher frequencies, and which in turn is raising the vibration of the horizontal relatedness between us too, as we said in our previous dialogue [Part 1]. Our relational field is more synchronized than before, or rather it returns to synchronicity through our various processes and - in every returning - tends to stabilise then at a higher level.

Anja: This synchronization happens when children play with each other, and I can experience it sometimes in dancing with others.

Can you say more about that quality of dance?

Anja: Yes, because then in that moment, when I meet somebody who also wants this place of play, and I discover which movements want to happen through us, then I feel whole, I don't have to think anymore - I just let myself sink into this dance together.

And how does movement arise?

Anja: Through impulses.

What is your role?

Anja: Just to feel into the space and follow impulses to move and then to witness amazing synchronous things happening.

Could the same be said of expressing yourself through music, for example?

Anja: Yes, this is what any improvisational music is about. Even in playing classical music with given notes, playing as part of a large orchestra for example, I have the sheet music in front of me and I still need to let myself go into the flow of the whole orchestra.

And those who are listening or participating as receivers are also part of the flow as you call it. They are connected to a deeper sense of participation in life through their experience of music... any form of creative expression can open up new portals in edge-capacity. It's as if every time I allow myself to sink into this flow, to move within this river, then I'm increasing the openness in my capacity, in my ability to live on - and presence – an edge in myself. This isn't anything I need to worry about how to do – it's something arising through me, when I allow what you called an experience of flow.

Anja: And I feel it's important that as a basis, I do need to have developed skill, such as dancing or playing an instrument.

What is skill?

Anja: I feel, I need to know what I'm doing.

¹ The Bay area collective experiment in higher frequencies of consciousness, California, 2016.

Let's inquire further into "I need to know what I am doing." Do you need to know what you are doing right now?

Anja: No.

Me neither.

Anja: It feels a bit too strict to say that.

What I'm enjoying at the moment is the edge of tension or possibility arising in our space. Which I also experience as a dance.

Anja: This feels like completely new land.

In the meantime there's a part of me which feels it needs to know what it 'is doing' or how it should show up, and this part is also allowed to be here. I can feel it as tension at the moment at the right side of my chest. And I seem to feel its vibration in my voice slightly.

Anja: Yes, me too. My whole body is becoming warmer and somehow vibrating.

It's as if, in giving permission to these beliefs to join our flow, that the whole system is in a way paying more attention and becoming more alert and I want to say forgiving, though I don't know where that word suddenly comes from.

Anja: There's something in me saying: 'It's so hard to let go of all the concepts.'

Right, yes.

Anja: Like a part in me knows how hard it is.

Then I'm also being offered some grief, connected to the forgiving.

Anja: I can feel that. And the need for time. The question is arising: 'Do we have enough time to feel all this?'

Can you say more?

Anja: Yes, maybe the grief or sadness is connected to the thought that there's no time to be meeting like this.

I like it when you say that. I was reflecting before our conversation on the significance of timelessness, because it seems to me that the most immediate experience of manifestation that is embodied through me in life, is where there's 'little or no time' between the receiving of something and its implementation. In other words a timeless space, we could also say between cognition and action.

Anja: Where it's untouched by any filters.

Yes. In other words, source is allowed its fullest most immediate whole expression in an unhindered way. And I'm facilitating that through being - as we said in the previous part of our dialogue - as clear a container or energetic vessel as I can be. So that there is a flow un-impeded through me which is able to find its full expression, within the limits of my vessel, and I'm not getting in its way.

Anja: And this would more often happen when in a group or a space where you feel that is ok.

In terms of manifestation it might happen in a space where my edge-capacity is taking me and where I'm not at all sure something is ok... Because I'm attuned to more of the whole field I'm able to listen beyond the risk of 'not-okay-ness' and to include that.

Anja: The word authentic comes, and a notion that this can be very powerful when said in spaces where I can't be so sure that they are 'safe'.

Yes, authenticity would be an effect of me embodying my next-edge-capacity. Then other people, without knowing necessarily why they feel this, will know that something authentic is being expressed. This is essentially about coherence: different levels or dimensions are being brought into alignment through the subtle realms.

Anja: And if I'm receiving such an authentic expression inside me then it will touch me deeply.

If you're a witness to that rather than only an observer, you will be partaking of this coherence, you will be a part of it. Coherence has expanded to include your own experience.

Anja: Yes, I feel the words coming: I will be made more a part of life in that moment.

Right. Which is when we might have an experience of sitting in a highly synchronized field, in a group, for instance.

Anja: And again the music example comes in: that people love to go to see and listen to these highly embodied singers and musicians, because they participate then in more coherent space.

Being part of an audience would expose you to a fuller transmission through a master musician. It would bring you into closer contact with the edge of the next level of your capacity which you cannot know yet, and you may hear its invitation knocking at your door through the music, or through dance. The quality of transmission will be enhanced as my receptivity increases and as I consent to partake more fully of it. The transmission will have the quality of an update since I won't be being affirmed or comforted in what is already here or in what I already know.

Anja: I can feel this: how it is always asking for the next step. It asks me to move.

That's it. In this sense manifestation is necessarily an update. In all our projects which at different times, in different ways, are made manifest, those which are most likely to be embodied through us are those where their and our updating potential is strongest, where those two streams meet.

Anja: That feels crucial. It's my job to feel whether I'm open and clear, to make sure I'm looking in the right place.

Yes, because someone's apparent lack of interest, or life's lack of interest, may be simply reflecting back to you something that is not fully engaged within yourself.

Anja: So there's no point in me being angry with somebody who does not want to interact with me, ideally in a free flow, because that could be a reflection of something in me.

That anger might be signposting an edge in a current project for example, where something doesn't fit or doesn't want to happen or flow easily. Then through inquiry you could investigate, become curious about those hidden structures within yourself, and which for originally sound reasons - through trauma or through traumatic imprinting - are preventing themselves from an update.

Anja: For me it is so striking that in some situations with some people I can feel so free and flowing, while with others I find resonance with parts in me where I feel more blocked, where those structures are being touched.

Structures being touched has more resonance than the belief that something is being blocked. My manifestation capacity will be realized to the extent that I'm able to presence those aspects of myself which were denied an update, denied life. Which is why our higher consciousness practices tend to lead us to these places, which are there waiting in us, so both those kinds of people whom you mention would be important.

There's more to say here about the inner unfolding of manifestation... through our conditioning we do project linearity on how life arises. We choose to believe that consequences – which we label as events - result from

what we do. If we cultivate a more subtle field- and systemic-awareness however, then we can learn to witness a movement emerging at one level amidst a multitude of other probabilities, factors and influences. These are all co-arising at levels or in ways we're not perceptually well attuned to. This isn't cause-and-effect or life in the way we imagine it to be. Rather it is a complex subtle and continuous unfolding in which we're agents in ways we choose not yet to realize, because we're not yet realizing our whole selves, our formidable sovereignty, of what we're truly capable of birthing.

Intentional manifestation could be described as a side-effect of an emerging new level of human culture, an effect of a field synchronized through relationship and intention. If we choose to evolve in this way, choosing to change the way we perceive and co-create, then it becomes much harder for culture to default back into cause-and-effect structures since these have much less hold in us. We can continue to unconsciously invest in such structures, or we can increase our vibration through collective manifestation projects and experiments which leverage the 'updating effect' in and through culture. Our cultures manifest through us all the time, as effects of how we collude in dominant belief systems. We have inner structures that are invested in effortfulness and nourished through fragile self-worth, and we seek to bolster up these structures by believing that we need to do more, perform better, strategize more effectively, or have better predictive instruments.

In the kind of manifestation we're exploring in this experiment² those structures are undermined. Through intention, a field is formed - we could say co-focussed - which belies any predictive effect. We envisage certain courses of action which seem to us likely to generate presumed effects, or to fulfil outcomes that excite us, and we need to hold very lightly that process and even more lightly any outcomes through it. We stay available, and become ever more available as those inner structures which undermine presence are cleared. This availability - to ourselves and each other through relationship - means we become clearer witnesses to how creation seeks to manifest through us, to how Life 'works', as we meet and relate more clearly within it at higher levels of consciousness.

Choosing subtle energy work, and perceptual transformation, changes everything. It changes how we align with source creation, with the divine, with higher frequencies of Life. We want and need to align with the future, to realize this longing, to consent to the magnificent co-creative capacities that we've barely begun to appreciate, to cease colluding in the wounded cultural imprinting that undermines what we really are.

Anja: I noticed I went very quiet inside when you said this. And yes of course, it is useful then to inquire into those places inside me where structures are being touched, instead of saying: 'this is not a nice place and I'll go somewhere else.'

Is there something more to say from the quietness?

Anja: The quietness wants to take the time to inquire.

As if something previously wasn't enabled or allowed to take the time, was denied its right to exist.

Anja: A movement of being rushed over, again and again.

That feels precious.

Anja: Like life saying: 'this is just how it is. It's not worth looking at what you really want or feel.'

Which would be the voice of an inner structure of a belief. Only by bringing this more into contact would my so-called rushed-again-structure begin to taste inclusion for the first time, potentially leading to a release of the next level of my capacity.

Anja: Yes. And then I feel a longing, of course I want to get there somehow...

² The Bay area collective experiment in higher frequencies of consciousness, California, 2016.

Beautiful. Whatever is subtle is potential, and in exploring, embodying and living the next edge of my capacity, my capacity-to-become is being heightened – to become a manifesting vessel, which I cannot not be. A vessel that is learning to make manifest ever more fluidly the higher potential of life, the higher frequencies of consciousness, which are more available to us all. Consenting to do this or rather to become this, the whole of what we're calling here potential becomes more hardwired into my everyday life.

Anja: If as you say 'subtle is potential' then more people would first need to acknowledge the subtle, to be able to notice potential. Yet this seems to me so suppressed...

Could we say instead that many people would benefit from having their experience of the subtle validated. It's not that we need more experience of the subtle, since as wholeness we are subtle, and this was little validated.

Anja: In validating the subtle, more evolutionary potential comes through. If I validate the subtle and feel more strongly that this is how I want to live, then shifts happen...

What happens when you say: 'This is how I want to live.' Can you unpack this?

Anja: In my case, I believe I needed to hold on to an identification in the material world, to identify with a profession, such as being a computer trainer for example. I also take a lot of time in higher consciousness practice and this isn't just a pastime anymore - it is becoming a way to live, a way of life. I don't need to cling to this other identification so much anymore.

So it doesn't matter how sometimes incomplete that expression of higher consciousness may feel in your life. What you are doing is validating the completeness of the potential through you.

Anja: That relaxes me.

It feels like an important distinction to make. Because our everyday experience might well bring us to places of incompleteness. Which is good news.

Anja: Yes.

Beautiful.

Anja: I feel touched by what you said then. Thank you!

Stephen: Thank you!



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