

A Report on the Three-Week Experiment in Higher Consciousness

Bay area, California, March 2016

by Stephen Busby



The experiment is over, and continues in all those who participated. Over three intensive weeks we held events and gatherings, inner work, personal readings, constellation sessions, themed inquiry days¹, potluck meals, a training on higher consciousness in systemic work, and the four-day Retreat. While still feeling elated and rather dazed, here are some reflections, illustrated with feedback received and shown (*in parentheses*) below.

HOLDING HIGHER VIBRATIONAL STATES

In initiating the experiment I felt called to provide a strong magnetic container for higher light frequencies of consciousness, where people would be supported in exploring their access to the frequencies and the impact of working intensively with them. The container emerged through a manifestation process which began online with a small team of eight people in July 2015 and culminated in the on-site residential experiment itself in March 2016. As a core team we were based in Berkeley and ran events there, as well as in Oakland and Marin. We co-held the container, organizationally and energetically with great courage and love, and learned much about manifestation that is reverberating through our lives².



The experiment was an inquiry into what it means to hold higher vibrational states and to begin to stabilise there: to live and work through a higher vibration of life on individual and collective levels. There are frequencies of consciousness available to humankind which, when invoked, leverage our capacity to participate in a strong evolutionary process on behalf of a larger field than only those people directly involved. When we gather and commit to such experiments then we are moved to be, work and grow together through higher intelligence, in ways that increase our level of embodiment and cause us to realize more of our multidimensional selves.

Such experiments can feel demanding, according to how available we consent to make ourselves to the frequencies. Wherever our thoughts and belief systems are less in alignment with higher levels of life then we will be supported in exploring and healing those inner shadow structures that limit our evolution (*"the frequencies transformed me in a deep way, illuminating insecurities and resistances. The higher vibrations could work through the resistance, and the channel became more open for the new vibrations to come into being through us... Many people became more of who they are."*) We will be enabled to do this with an immediacy and efficiency that often astonish, seeming to burn through long-held structures in transformational ways, especially where these touch into archetypal scarring or trauma within the human psyche and body (*"I notice old habitual patterns arise and configure in my emotional and sensate bodies and I do not feed them, they are not interesting. My work is to stabilize this new place and open and listen to and invite the next place... trusting the field to inform me in the moment."*)



Transformation of this kind is a by-product of a deepening capacity to hold more light and to embody this in responsible ways that serve the human collective. As our capacity grows – essentially through inquiry-work, more of each of us becomes available to higher intelligence through the wholeness of our multidimensionality. To return to more of our whole nature is in essence a journey of re-membering. It means we live in greater coherence with our life purpose, our soul-nature, and are more enabled to realize this and awaken to it within our lifetime (*"The work happening here has been for me powerful beyond measure. I'm experiencing what feels like an activation of soul-purpose. There's a coming-online of myself in a way that feels like coming home... the work impacts me on various levels: personally, collectively as a woman, and tribally as part of this circle of humanity."*)

¹ Which included events for Men, on World Themes and Crises, and on Intimate Relationship.

² See also transcripts of an interview on *Everyday Manifestation through Higher Consciousness*, January 2016, stephenbusby.com

Simply put, we are learning to raise our personal vibration and that of the human family through everyday life. Outside the intensity of higher consciousness gatherings we are becoming self-realizing instruments of spirit, increasingly available to serve life rather than seeking to consume it in culturally conditioned ways.

DOWNLOADING NEW EVOLUTIONARY BLUEPRINTS



Radical new potentials in the way we effect change in the world are released – through more fluid relational capacity and projects that are in alignment with our purpose. This alignment is strengthened through our capacity to demonstrate it practically in material life, manifesting our purpose through the everyday. And this is supported, in turn, by our becoming ever more skilful in attuning to and navigating within subtle reality, enjoying refined sensitivities and embodying practices that are effective in healing trauma and shadow structures on collective levels, on behalf of many others.

In essence, higher consciousness experiments create or download new blueprints for human evolution and awakening. We learn to become more conscious active participants in our own creative process of becoming. Each experiment, in whatever form, attracts energy and momentum. Whoever participates helps to intensify the magnetism of the higher frequencies (*“I felt like consciousness could birth more fully into existence through the membrane of our collective container with the qualities of heart connection, commitment, focused attention, open curiosity and availability.”*)

We gather together in conscious intent, in a spirit of committed inquiry, to co-evolve practices that leverage our mutual capacities. This in turn nurtures a continuing shift and stretch in the larger field of we-space work. Our spaces become progressively more potent places of collective realization. They seem to claim us, beyond what we have known before or can conceive of, in cultural terms. Through the new places of we-space practice we are learning to host more of the transpersonal realms of reality, to savour a taste of what higher orders of life entail, to become proactive agents of collective awakening.

HEALING THROUGH HIGHER CONSCIOUSNESS SYSTEMIC CONSTELLATION WORK



What we construe as healing is one effect of our attuning to higher frequencies of light. Through higher consciousness practices many people experience some form of opening, inner movement, clarity or insight, often facilitated by emotional release. In the experiment these effects were intensified, since the blueprints we’re working with tap into traumatic imprinting at collective levels. This is imprinting inherited through ancestral familial lines that is keyed into karmic structures, both personal and collective. It continues to play out through our cultures, where we collude unconsciously and violently in perpetuating inner structures that keep us in numbness,

fear, pain or shock, transmitted inter-generationally (*“The work allowed for a kind of alchemy in the energetic field which deeply touched and shifted individual, collective, and ancestral patterns and structures.”*)

In the approach to systemic constellation work that I have distilled, we’re learning to align with frequencies to strong healing effect. This meant that towards the end of our final four-day Retreat for instance, even a brief systemic exercise (1) enabled next-level personal inner structures to be directly accessed, (2) enabled collective recognition of those structures’ archetypal nature, and (3) enabled many people to move more intuitively and spontaneously through the systemic spaces that opened up (*“Fifteen-minute triad constellations frequently opened and allowed for shifts in deep systemic patterns for many of the folks there.”*)

Our we-space became less one of applied practice and more one of a fluid and grace-filled movement of life. In such spaces, the systemic dimension is more integrated and anchored as part of our perceptual and relational capacities (*“I’m beginning to see and appreciate my life in new ways: the possibility of letting go of burdens I’ve carried and – in the life ahead – of honouring strengths that have come to me.”*) We are learning to live in and through systemic space, where the material realm becomes more permeable to subtle systemic awareness (*“A lot of movement in my body, adjusting to higher energy levels. Relaxing as my capacity grows in allowing the stretching. Deep felt silence inside often. Systemic principles coming alive in me.”*)

Systemic awareness embraces more of the larger complex multidimensional fields in which we each participate, and resources us for the next level of collective healing responsibility to which we’re being called. At this next level I begin

to *embody the systemic*, meaning that I'm more mindful of the personal and collective subtle and complex impact of my actions, that I no longer collude in unhealthy culture in the same way, and that I begin to contribute more effectively through the quality of my presence to global healing work (*"I experienced an expansion of my consciousness so that I became more neutral and inclusive – just loving life and seeing and sensing with fresh eyes, without the habitual ways of relating and perceiving. This is still available though not stabilized yet."* ... *"The quality of the silence created allowed me to deeply experience the subtle movements of energy within me and how I am related in and to the field. Bearing witness to the creation of Life, in its continuous unfolding, left me with a desire and increased capacity to make more conscious choices. I have a profound realization of the impact that they make in the creation of our world."*)



To consent to higher frequencies is to become a self-activating centre of healing through our every action, and to contribute to the dissolution of the traumatic core – or cut – at the centre of our lives.

In this particular approach to constellation work, we cultivate witnessing, in various ways, inner and outer, as a core capacity. Essentially, we are presencing each other in mutuality, through relational space, by inquiring into the somatic dimension of our wholeness (*"I learned how to notice when I was fully present in my body. After years of words, I was able to embody the physical experience and get a sense of what grounded truly means and feels like."*) This enables us to attune to movements of potential in the subtle realms, to test resonances there and to align ourselves to deeper underlying currents of life. We learn the value of foregoing the need for direction, destination or closure as part of our navigating within complex systems. As we go on, we hone our intuitive responsiveness as well as our capacity to follow through from the inner – becoming trust rather than needing to find it.

Progressively, in the exercises, we 'are constellated', and often find the movements that we touch there continue on, unfolding through our lives (*"We find tiny openings – portals into our deepest wounding. And like a master musician with a trained ear we listen deeply for the higher frequencies and then make slight adjustments and the flow of love is restored and magic happens – not just to here and now – but to all of time."*)



ONGOING OPPORTUNITIES

The impulse to gather, to explore and experiment, once seeded and nourished, roots strongly within us. When we have experienced such containers so viscerally, as we did during the Retreat particularly, then they become integrated within us and strengthen a field-based experience of the self and its relationship to all others. Familiar default movements – of contraction, separation and lonely defensive autonomy, can find a different home (*"Such a subtle, smooth, safe container for sublime yet substantial growth... [this work] fosters a deeply experiential exploration of life's mystery."*)

You're welcome to join me in the ongoing unfolding field of this work, through the many opportunities listed on my website (under 'Events'), both in-person and online: www.stephenbusby.com

Stephen Busby
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