

POSIT 1 — FORMULA 1

THE PRESENCE RECOGNISED

Coda Manuscript — Book Text

The First Formula rests upon the quiet certainty that the core of Being is not something one reaches toward, but something that quietly sustains all experience from within. It is not a destination, not a condition that unfolds through refinement, not an attainment emerging from effort. It is the unchanging centre that has never been absent. The First Formula articulates this centre not as an idea or interpretation, but as the fundamental reality beneath every moment of awareness.

Within this understanding, the Presence stands as the single constant in a field otherwise marked by movement, variation, and change. Thoughts rise and fall, emotions shift and disperse, circumstances transform and dissolve, yet the inner continuum does not fluctuate. It remains consistent even when the surface is unsettled. It remains whole even when the outer world is fragmented. The First Formula describes this wholeness as the natural state of Being, the ground upon which every experience is received.

Recognition of this truth is not an event. It does not appear as a moment of revelation or a point of transition. It does not carry drama or intensity. It arrives as something inherently familiar, as though attention is encountering what it has always known. The Presence does not introduce itself; it is simply noticed. When this noticing stabilises, it becomes evident that the centre of awareness has always been grounded in a silent clarity that does not move with the surface of experience.

The Presence is not defined by content. It does not reflect the qualities of the emotions that arise within it, nor does it mirror the forms that pass across its surface. It is not shaped by circumstance, nor does it respond to outer conditions by altering its nature. It stands prior to all variation. It is the underlying field in which the variations appear. Because of this, the Presence remains untouched by the fluctuations of life, even when those fluctuations appear intense on the surface.

The First Formula clarifies that the Presence is not an aspect of awareness; it is the ground of awareness itself. It is not something one observes alongside thoughts and sensations. It is the field in which observation occurs. In the absence of this field, nothing could be known, perceived, or recognised. The Presence is the inherent luminosity without which no experience could arise. It is not dependent on the outer forms that occur within it. It exists independent of them, supporting them without being defined by them.

This understanding naturally alters the relationship between the inner and outer dimensions of experience. When attention identifies exclusively with the surface, experience appears fragmented and reactive. The movements of thought seem significant. The fluctuations of emotion seem defining. The conditions of life appear to dictate the quality of the inner world. But when recognition of the Presence stabilises, the perspective shifts. Outer conditions remain, but they are no longer the centre. They are expressions within a larger continuity.

The Presence does not oppose these expressions, nor does it seek to correct or reorganise them. It simply holds them without resistance. This holding is not an action. It is the natural

quality of a field that does not divide itself from what arises within it. In this sense, the Presence is not passive; it is steady. It does not withdraw from experience; it provides the space in which experience becomes clear. It does not eliminate difficulty; it reveals difficulty as a movement within something far greater than the movement itself.

The First Formula establishes that clarity is not produced through the modification of experience. Clarity unfolds when attention rests in the field that does not require experience to change. Because the Presence is inherently undisturbed, it imparts a quality of calm that is not dependent on outer circumstances. This calm is not emotional. It is not the opposite of agitation. It is the natural stillness of the centre that remains constant even when the surface is active.

This stillness is not a state to be entered. It is the inner foundation that has always been present. When this is understood, stillness ceases to be a goal. It becomes the background of all experience, even when the foreground is occupied by intense movement. Thought may be rapid; emotion may be vivid; circumstance may be complex. Yet the still field beneath remains unchanged. The First Formula describes this stillness as the silent identity of the Presence itself.

The Presence is not limited by the personal sense of self. It does not arise with identity nor diminish when identity loosens. It is not created by the mind, nor does it depend on mental continuity. It exists prior to all definitions of selfhood. The First Formula clarifies that identity is a surface formation within a larger field that does not define itself through forms. The Presence is unbound, uncontained, and unfragmented. It is the one aspect of Being that remains whole regardless of the form through which it expresses.

This wholeness dissolves the sense of inner conflict. When attention is bound to the surface, the self appears divided—part observing, part reacting, part interpreting, part resisting. But when attention rests in the Presence, these divisions lose their authority. They are recognised as movements within a unified field rather than competing aspects of identity. The First Formula articulates this unity, not as an ideal, but as the natural reality of inner experience when seen from the centre rather than the surface.

Because the Presence is continuous, it provides a stable axis for all further realisation. The journey ahead does not rely on acquiring new qualities or reaching higher states. It unfolds through deeper recognition of what has always been true. The Presence is the anchor for this process. Without it, the ascent becomes a pursuit of experiences. With it, each Formula becomes an articulation of a condition that already resides within awareness.

The First Formula also clarifies the nature of light within consciousness. Light is often associated with revelation or illumination, but the light of the Presence is not event-based. It is constant. It is the natural luminosity that allows all perception to occur. It does not flare or dim. It does not shift in response to inner states. It does not alter with understanding. It simply is. Recognition of this light marks the beginning of true clarity, because it reveals that all seeking for illumination takes place within a field already illuminated.

The Formula establishes that the Presence is not something separate from the one who recognises it. It is the essence of awareness itself. This dissolves the sense of distance between the observer and the inner field. There is no approach, no arrival, no transition from

one state to another. There is only the recognition that the centre has always been present, even when it was not consciously acknowledged.

This recognition reshapes the flow of experience. Instead of perceiving life as a sequence of events that define the self, experience is understood as a continuous unfolding within a field that remains unchanged. Nothing within the field can alter the field. Nothing that arises can redefine the centre. This understanding removes the weight from outer conditions without diminishing their reality. They continue to arise, but they no longer appear sovereign. The centre remains the true reference.

The First Formula concludes not with a statement of closure, but with a return to simplicity. The Presence is the one aspect of Being that does not require construction, pursuit, or refinement. It is the inherent truth through which all further Formulae will be understood. It stands at the beginning of the journey and at its completion. It is the silent ground in which all motion appears and the silent ground to which all motion returns.

The Presence recognised is the Presence understood as the axis of Being.
Nothing more is required.
Nothing more can be added.
Here the ascent begins.