

POSIT 1 — FORMULA 6

THE PRESENCE AS THE UNCHANGING GROUND

Coda Companion — Three Movements

MOVEMENT I

THE QUIET THAT DOES NOT MOVE

There is a quiet within the Presence that is not created by stillness. It is not the result of a settled mind, nor the easing of emotion, nor the calming of circumstance. It is a quiet that remains even when everything on the surface moves with intensity. It is a quiet that does not depend on conditions. It does not arise from them and does not retreat when they shift. It simply remains.

This remaining does not feel like holding. It does not have weight or effort. It is not something that must be sustained. It stands because it cannot do otherwise. Motion does not disturb it. Stillness does not enhance it. Clarity does not brighten it. Confusion does not dim it. It is a quiet that belongs to the nature of the Presence itself.

In this quiet, movement appears differently. Movements that once seemed to press upon the centre no longer reach it. Thoughts sweep across awareness without touching the depth beneath them. Emotions rise and fall without entering the ground that remains unchanged. Even the body's sensations pass like weather across a landscape that does not shift with the sky.

This quiet is not separate from experience. It is not beneath it or behind it. It is woven into the fabric of Being, yet untouched by the patterns that form within that fabric. Everything unfolds in its presence, yet nothing alters its character. It is the most intimate aspect of the Presence, nearer than any perception, more constant than any state.

In the first movement of this Formula, the Presence is no longer known by what it reveals but by what does not move, no matter what is revealed.

MOVEMENT II

THE GROUND BENEATH ALL MOVEMENT

There is a ground within the Presence that does not shift. It is not the centre of perception, nor the depth beneath experience, nor the light that reveals the field. It is something quieter still: the nature of Being that remains itself through every movement that arises.

This ground does not stabilise experience. It is not an anchor for the shifting field. It does not hold fast against change. It is stable because nothing can reach it. It is untouched not through

resistance but through unconditional openness. Every expression appears within it, yet none of them alters it.

Movement retains its full character. Nothing in this ground smooths it, moderates it, or transforms it. Movement simply passes across a field that does not react. The ground does not soften intensity, and it does not absorb calm. It does not adjust to joy or sorrow. It does not specialise itself for difficulty or ease. It remains as it is through every moment.

This remaining is not static. It is alive without motion — present without entering the fluctuation of experience. It does not alternate between clarity and obscurity. It does not open or close. It is the constant condition within which opening and closing occur.

Identity, when seen in this context, becomes lighter. It no longer carries the sense of being the foundation of experience. It moves freely across the ground without knowing how close it is to something that cannot be moved. Identity is one of many expressions passing across a surface that does not ripple in response.

In this second movement, the Presence is perceived as the quiet certainty beneath all motion — the ground that has no history, no becoming, and no departure.

MOVEMENT III

THE CERTAINTY THAT HAS ALWAYS BEEN THERE

As the unchanging ground becomes familiar, another quality reveals itself — not as a new insight, but as something that has been present from the beginning: a certainty that does not depend on understanding. This certainty does not claim, affirm, or conclude. It simply exists as the fact of something that cannot be altered.

This certainty is not a feeling. It is not confidence, and it is not conviction. It carries no emotional tone. It is the knowing that arises when recognition no longer searches for confirmation. Nothing needs to be proven when nothing can change the ground from which recognition arises.

The Presence does not provide this certainty. The Presence is this certainty. It is the quality of Being that does not shift with the movements that pass across it. Even when awareness is absorbed in the surface play of thought and circumstance, the certainty remains. It does not weaken when overlooked. It does not strengthen when noticed. It does not emerge. It is recognised.

In this recognition, experience loses the sense of being something to maintain or secure. Nothing in experience is capable of securing or disturbing the ground. Movements rise, peak, dissolve. Illumination reveals itself and recedes into simplicity. Depth opens and becomes transparent. Harmony flows and becomes quiet. Yet beneath all of this, the unchanging ground remains what it has always been.

This is not stability achieved.
This is stability recognised.

The field does not rest upon it.
The field arises within it.

Awareness does not reach it.
Awareness appears through it.

Nothing touches this ground.
Nothing leaves it.
Nothing alters it.

The Presence stands as the ground because the Presence does not move.