

POSIT 1 — FORMULA 6

THE PRESENCE AS THE UNCHANGING GROUND Coda Heart Chamber

OPENING — THE GROUND THAT REMAINS

Enter this Chamber as though stepping into a region where nothing shifts in response to anything that appears.
Here, the Presence is not perceived through movement, not recognised through clarity, and not revealed through illumination.
It is sensed as the aspect of Being that does not alter —
the ground that remains exactly what it is while all expressions rise, unfold, and dissolve across its surface.

This ground does not oppose change.
It does not steady itself against motion.
It does not hold firm through effort.
It simply does not move.

Every experience rests upon it without leaving an imprint.
Every thought passes across it without disturbing its nature.
Every state of mind opens and closes without affecting what remains beneath.

Let these questions draw attention toward that unmoving Presence,
not by seeking stillness,
but by noticing the ground that has never shifted.

TRIAD A — THE GROUND THAT DOES NOT RESPOND

(Corresponding to the First Recognition of Unmovement)

1. The Question of Unaltered Presence

When a moment of intensity rises and falls yet something beneath it remains untouched, what becomes perceptible about the nature of that unchanging ground?

2. The Question of Non-Reaction

When an experience unfolds without creating any ripple in the depth beneath it, what does this reveal about the ground as unaffected by surface movement?

3. The Question of What Remains the Same

When the passing of events no longer feels like a force shaping the centre, what is noticed about the quality that does not shift?

TRIAD B — THE QUIET THAT IS NOT STILLNESS

(Corresponding to the Presence That Does Not Move Even When Mind Does)

4. The Question of Quiet Without Effort

When quiet is sensed even in the midst of thought or emotion, how does this reveal a ground that is not created through stillness?

5. The Question of Calm That Is Not Conditioned

When calm appears without being opposite to disturbance, what becomes visible about the ground as calm without contrast?

6. The Question of Silence Within Movement

When silence is felt not as an absence but as an atmosphere that remains during activity, what is this silence recognised to be?

TRIAD C — THE GROUND BENEATH IDENTITY

(Corresponding to the Recognition That Identity Rests Upon, Not Within, the Ground)

7. The Question of the Unaffected Centre

When the sense of “self” shifts yet something beneath it remains unchanged, what does this suggest about identity as movement rather than foundation?

8. The Question of the Transparent Self

When identity feels lighter, as though it no longer carries the task of being central, what does this reveal about the ground that does not depend on it?

9. The Question of the One Who Does Not Move

When awareness senses that the “one who experiences” is not the part that remains unchanged, what becomes clear about the ground that precedes identity?

TRIAD D — THE CERTAINTY WITHOUT REASON

(Corresponding to the Stabilised Recognition of the Ground’s Unalterability)

10. The Question of Certainty Without Thought

When certainty is felt without conclusion or reasoning, what does this point toward in the nature of the unmoving ground?

11. The Question of Stability in All Conditions

When the ground feels the same in calm, intensity, clarity, and obscurity, what is revealed about its unconditional character?

12. The Question of the Ground That Has Always Been Present

When it becomes apparent that this stability was present before recognition and remains after it, what insight arises about the ground as the continuous nature of the Presence?

BENEDICTION — THE GROUND THAT CANNOT BE MOVED

May the unmoving nature of the Presence become quietly evident.
May all movements unfold upon a ground that remains untouched.
May identity rest lightly upon what does not shift.
May silence reveal itself as the natural atmosphere of Being.
May certainty arise from the recognition of what has always remained.
And may the unchanging ground be known as the steady heart of the First Posit.