

POSIT 1 — FORMULA 7

THE PRESENCE AS THE ONE WHOLE
Coda Heart Chamber

OPENING — THE WHOLENESS THAT DOES NOT BEGIN

Enter this Chamber as though stepping into a quiet that holds everything without gathering anything, a quiet in which distinctions keep their shape yet no shape suggests a place apart. Here, the Presence is sensed as wholeness—not assembled, not unified, not arrived at, but resting as the natural completeness in which every movement already finds itself. Nothing that appears in awareness stands beyond this wholeness. Nothing leans toward it or away from it. Everything unfolds within a completeness that neither expands nor contracts, a completeness present even in the most subtle contours of experience. This Chamber opens the perception of that wholeness—not as culmination, not as resolution, but as the gentle recognition that nothing has ever existed apart from anything else. Let these questions unfold softly, like windows opening into a whole that asks nothing of what appears, allowing each expression to arise without ever leaving the indivisible Presence from which none have been separate.

TRIAD A — THE FACT OF NON-SEPARATION

(Corresponding to the First Glimpse of Wholeness Without Contrast)

1. The Question of Distinctions Within the Whole

When distinctions appear as they always have, yet carry no sense of standing apart, what becomes perceptible about the nature of the Presence as indivisible?

2. The Question of Boundaries Without Division

When a boundary still marks a contour but no longer implies separation, what does this quiet shift reveal about Wholeness without contrast?

3. The Question of Expressions That Do Not Stand Alone

When an experience feels complete in itself yet never separate, what insight arises about the Whole needing no gathering?

TRIAD B — THE TRANSPARENCY OF ALL EDGES

(Corresponding to the Wholeness That Requires No Unification)

4. The Question of Edges That Do Not Define Limits

When the edge of a thought or sensation appears sharp yet does not confine, how does this soften the meaning of separation?

5. The Question of Difference Without Distance

When two experiences differ in tone yet feel inseparable in presence, what becomes clear about distinction without division?

6. The Question of Inner and Outer Losing Their Weight

When the categories of “within” and “beyond” feel unnecessary rather than incorrect, what is revealed about the Whole that relies on neither?

TRIAD C — THE CONTOUR OF IDENTITY WITHIN THE WHOLE

(Corresponding to Identity as Shape, Not Separation)

7. The Question of the Self as Pattern

When identity retains its shape yet does not feel apart from anything, what does this reflect about its place within Wholeness?

8. The Question of Transparency in the Sense of “I”

When the sense of self moves yet no longer anchors division, what becomes apparent about the Whole as prior to “self” and “other”?

9. The Question of the Centre That Does Not Hold the Whole

When no point within experience feels central, what insight arises about the Whole not requiring a centre to be complete?

TRIAD D — THE WHOLE THAT CANNOT BE LEFT NOR ENTERED

(Corresponding to the Stabilised Recognition of Non-Directionality)

10. The Question of Wholeness Without Approach

When it becomes evident that nothing moves toward or away from the Whole, what understanding dawns regarding its non-directional nature?

11. The Question of Wholeness Without Opposite

When no experience—pleasant or difficult—creates even a hint of distance from the Whole, what does this reveal about Wholeness as without contrast?

12. The Question of the Whole Already Present

When Wholeness feels neither gained nor maintained, what does this show about its presence as the natural condition of Being?

BENEDICTION — THE WHOLE IN WHICH NOTHING IS APART

May the contours of experience remain clear
while their separative meaning quietly dissolves.
May identity rest as a pattern within Wholeness,
neither central nor peripheral.
May every movement be seen as arising in what cannot be divided.
May no sense of approach or departure veil the truth
that the Presence stands as the One Whole,
in which nothing has ever been outside anything else.