

Posit 2 — Formula 6

CODA COMPANION — BOOK TEXT

THE ALIGNMENT AS ABIDING PRESENCE

MOVEMENT I

PRESENCE THAT DOES NOT MOVE

The essence of Abiding Presence is revealed not in extraordinary clarity, nor in deep stillness, nor in moments of profound insight. It reveals itself in something far simpler: presence does not move. What appears to shift is attention, not presence. What appears to fluctuate is the content of experience, not the ground in which it unfolds. Once this becomes perceptible, the interior life begins to reorganise itself around this recognition.

Thoughts continue their familiar patterns, rising and dissolving with their usual rhythms. Emotions expand and recede, sometimes gently, sometimes intensely. Sensations open, contract, and shift with immediacy. But none of these movements alter the ground. They do not carry awareness away from itself. They do not divide the field. Presence remains beneath them, not as stillness imposed but as stillness discovered.

This recognition brings a quiet, profound shift in the atmosphere of the field. One begins to sense that presence is not something entered through calm or through practice, and not something lost through turmoil or distraction. Presence is constant. Its constancy does not express rigidity. It expresses depth. Abiding Presence is depth recognised as ground—unchanging, unmoved, unbroken—regardless of the movement occurring within it.

MOVEMENT II

LIFE UNFOLDING WITHIN THE GROUND

When presence is recognised as unmoving, the motions of life undergo a transformation—not in their form or frequency, but in the way they are experienced. Life does not become easier. Circumstances do not become simpler. Emotions do not lose their force. But all experiences take place within a ground that does not fracture.

Difficulty no longer feels like a force capable of uprooting the self. Joy no longer sweeps awareness into expansion. Confusion no longer clouds the entire field. Everything arises within a continuity that quietly holds it. Experience does not need to be balanced or controlled; it is carried. Even intensity becomes manageable when recognised as movement within a presence that does not move.

This changes the nature of engagement with life. Engagement becomes clearer, more direct, less entangled. Responses arise naturally from the ground rather than from reactivity. The field acts from stability rather than from the fluctuations of the moment. Stillness and motion begin to feel like expressions of one ground rather than opposing states to be managed. Presence reveals itself as the silent architecture through which life unfolds.

This stability is not indifference. It is not withdrawal. It is full inclusion. Presence includes everything that arises without being defined by any of it. This inclusive stability allows the interior life to meet every experience—pleasant or painful, simple or complex—with the same unbroken ground.

MOVEMENT III

IDENTITY ROOTED IN THE EVER-PRESENT FIELD

As presence reveals its abiding nature, identity begins to shift in ways that are subtle yet transformative. Identity no longer feels tethered to the movements within the field. It no longer feels governed by emotion or limited by thought. Identity becomes aligned with presence itself—quiet, continuous, and grounded.

This identity is not abstract. It is not distant. It is intimate and immediate. It is the sense of being that remains while everything else moves. It is the recognition that “I am” refers not to the changing contents of the inner life but to the presence in which they appear. This does not dissolve individuality. It deepens the self into a truer foundation.

Action emerging from this identity carries a new quality: effortlessness without passivity, clarity without tension, responsiveness without contraction. Decisions arise from presence, not from pressure. Movement arises from ground, not from fragmentation. Life feels less like something one must manage and more like something one participates in from a centre that does not waver.

Abiding Presence is not the culmination of Alignment, but its stabilisation. It prepares the field for the final revelation of this Posit. In this stage, the essential truth becomes unmistakable: presence is not found. It is recognised. And once recognised, it abides—not as an achievement, but as the nature of awareness itself.

This is the ground that does not move,
the depth that does not diminish,
the presence that does not depart.