

Posit 2 — Formula 6

CODA HEART CHAMBER — BOOK TEXT

THE ALIGNMENT AS ABIDING PRESENCE

OPENING — THE GROUND THAT DOES NOT SHIFT

Enter this Chamber as though stepping into the depth beneath movement, the place where presence remains untouched by the rhythms of thought, the textures of emotion, or the unfolding of circumstance. Here, the field does not require stillness to be steady, nor clarity to be clear. Presence stands as the ground beneath all motion—not held in place, not maintained through effort, but recognised as the quiet continuity that has always been here. Let these questions guide you gently into this depth, not to hold presence or to shape it, but to recognise the ground that does not move, even when everything within it does.

TRIAD A — THE QUIET CONSTANCY WITHIN EXPERIENCE

(Corresponding to the first recognition of the unmoving ground)

1. The Question of Something Unmoved

When thoughts or emotions shift rapidly yet something in you remains still, what does this unmoving quality reveal about the nature of presence?

2. The Question of Continuity Beneath Change

When the surface of your experience alters but the sense of being does not, how does this stability point to a deeper ground?

3. The Question of Presence Without Effort

When presence feels available without being summoned, what becomes clear about where presence truly resides?

TRIAD B — THE FIELD THAT CARRIES ALL MOTION

(Corresponding to the recognition that presence holds every movement)

4. The Question of Holding Without Resistance

When difficult emotions arise and are carried without being pushed away, what does this suggest about the strength of the field?

5. The Question of Stability Within Turbulence

When intensity does not unseat you, how does this reveal the nature of the ground beneath experience?

6. The Question of the Field's Inclusiveness

When nothing in your experience feels excluded or out of place, what does this say about the capacity of presence to hold all things?

TRIAD C — IDENTITY RESTING IN THE GROUND

(Corresponding to identity shifting from content to continuity)

7. The Question of Self Beyond Change

When you sense yourself not as the shifting movements but as the awareness beneath them, how does your understanding of identity expand?

8. The Question of Rest Without Withdrawal

When you feel at rest even while participating fully in life, what does this reveal about where rest truly comes from?

9. The Question of Presence as Home

When presence feels like the place you never actually left, what becomes clear about the nature of your inner home?

TRIAD D — ABIDING WITHOUT EFFORT

(Corresponding to the stabilisation of presence as the natural condition)

10. The Question of No Longer Returning

When the impulse to “come back to centre” disappears, what does this say about your relationship with the ground of being?

11. The Question of Unbroken Awareness

When awareness feels continuous, even in distraction or difficulty, how does this affirm the abiding nature of presence?

12. The Question of Living From the Unmoving Centre

If you imagine meeting each moment from this ground that does not shift, how does this vision reshape the way you feel your path unfolding?

BENEDICTION — THE PRESENCE THAT REMAINS

May the ground beneath your experience reveal itself with increasing clarity.
May the motions of life move freely across a presence that does not move.
May stability arise not from effort but from recognition.
May your identity rest in the depth that has always been whole.
And may Abiding Presence guide your unfolding
from the stillness that remains at the heart of all things.