

Posit 2 — Formula 6

CODA MANUSCRIPT — BOOK TEXT

THE ALIGNMENT AS ABIDING PRESENCE

Abiding Presence emerges when the field matures beyond the need for return. Earlier in Alignment, presence was something recognised intermittently—appearing in moments of clarity and seeming to fade when the motions of life intensified. But with illumination, the field became transparent, and presence began to reveal its inherent continuity. In the sixth stage, this continuity stabilises. Presence is no longer an experience. It becomes the ground. It is recognised not as something that arises but as something that has never ceased.

Nothing dramatic marks this shift. It does not announce itself with insight or revelation. It appears as a deep, quiet certainty that presence is always here—even when the surface of experience moves in ways that once felt overwhelming. Thoughts surge, emotions deepen, sensations intensify, circumstances shift, yet something beneath all of this remains untouched. Abiding Presence is the recognition of this untouched ground. It is awareness realising that the centre has never wavered, even when attention has.

In this stage, the motions of the inner life continue without interruption. Alignment does not silence experience. It changes the relationship with experience. Thoughts may still be rapid or disordered. Emotions may still carry weight. Sensations may still be vivid. But none of these movements obscure presence. They appear within it, move through it, and dissolve into it without disturbing the ground. Presence does not compete with these motions. It carries them.

One of the first signs of Abiding Presence is the disappearance of the sense of “returning.” Earlier stages involved a sense of coming back to centre, reconnecting, reorienting, or reentering stillness. But in this stage, these movements no longer occur. Not because perfection has been reached, but because the distinction between “in presence” and “out of presence” has dissolved. Awareness recognises that it has always been in presence, even when it was unaware of presence. This understanding softens the entire interior life.

Another expression of Abiding Presence is ease—not comfort, not placidity, but ease as the natural absence of inner struggle. The field no longer attempts to manage itself. There is no impulse to control thought or regulate emotion. Experience does not need to be shaped. The ground holds everything as it is. Even turbulence unfolds within a deeper stability. This stability is not maintained; it is recognised.

Identity also transforms here. The sense of self becomes less tethered to the content of experience and more aligned with the continuity beneath it. The personal self remains—its preferences, its emotions, its responses, its relationships—but it is no longer the perceived centre. Presence becomes the centre. Identity expands into the ground of being. This does not diminish individuality. It frees it. The personal self becomes an expression of presence rather than an entity striving to control or interpret experience.

From this ground, a new kind of strength appears—one that does not depend on effort or control. Outer circumstances no longer have the power to unseat the inner life. They may

challenge, require attention, or evoke response, but they do not dislodge presence. Even moments of uncertainty are held within a continuity that does not fracture. Awareness recognises that presence does not depend on clarity, calm, or understanding. It simply remains.

This constancy also changes action. Action begins to emerge from presence rather than reaction. Choices arise with clarity, not through analysis but through natural alignment with the ground. When the field remains stable, the movements that arise within it carry the same stability. There is no urgency, no resistance, no contraction. Action becomes the expression of an unmoving centre meeting a moving world. Stillness and motion no longer feel separate. They are aspects of the same presence.

Abiding Presence does not remove difficulty. It places difficulty within a broader ground. A difficult moment does not define the field. It is one movement within it. A painful feeling does not claim the whole interior space. It is held within a continuity that remains intact. Even when the field becomes turbulent, presence does not disappear. This recognition changes the emotional landscape. Emotions no longer feel threatening. They are experiences within presence, not challenges to it.

In this stage, awareness begins to recognise something essential: presence does not need protection. It cannot be harmed by the motions of the world. It does not diminish when ignored. It does not contract when challenged. It is the underlying reality of the inner life. This recognition dissolves the fear of losing centre. The centre cannot be lost. The sense of losing it was always a matter of perception, not truth.

Abiding Presence prepares the field for the final stage of Alignment, when the nature of presence will be recognised in its entirety. But within this Formula, the essential revelation is simple and profound: presence does not come and go. It is not a state. It is not an accomplishment. It is the nature of awareness itself. Experience arises within it. Experience dissolves into it. Presence remains.

This is the heart of Abiding Presence:
the ground holding all things without effort,
the continuity that never fractures,
the centre that has never moved.