

# Posit 3 — Formula 4

CODA HEART CHAMBER — BOOK TEXT  
THE QUIET UNION OF INNER AND OUTER

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## OPENING — THE FIELD WITHOUT A DIVIDING LINE

Enter this Chamber as though stepping into a space where every movement arises from the same depth. Nothing appears as inner. Nothing appears as outer. Thought unfolds with the same immediacy as sound. Emotion drifts with the same softness as air. Sensation takes on the quality of atmosphere rather than boundary. The field rests without division. It holds all expressions within one undisturbed presence. Identity becomes translucent within this coherence, neither centred nor displaced. The world takes on the same transparency, revealing itself as a modulation of the same interior depth. Let these questions open gently within this unity, allowing the recognition of a field that reveals no threshold between what perceives and what is perceived.

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## TRIAD A — THE FIRST GESTURE OF NON-DIVISION

*(Corresponding to the initial dissolution of boundary)*

1. **The Question of Boundary Softening**  
When inner and outer begin to lose their distinction, what does this softening reveal about the nature of presence?
  2. **The Question of Shared Atmosphere**  
When thought and world arise within the same openness, how does this continuity reshape the sense of interior space?
  3. **The Question of Unbroken Depth**  
When all impressions feel rooted in one depth, what becomes visible about the unity underlying experience?
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## TRIAD B — EXPERIENCE ARISING AS ONE FIELD

*(Corresponding to the unfolding of unified perception)*

4. **The Question of Single Origin**  
When impressions no longer appear to come from separate sources, how does this influence the way movement is perceived?

5. **The Question of Equal Transparency**

When emotion, sensation, and external form share the same transparency, what does this disclose about the structure of awareness?

6. **The Question of Non-Directional Arising**

When nothing feels as though it enters or leaves the field, what becomes apparent about the nature of unfolding?

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## **TRIAD C — IDENTITY AS TRANSLUCENCE**

*(Corresponding to the self opening into the unified field)*

7. **The Question of Permeable Identity**

When the sense of “I” becomes translucent enough for all impressions to pass through it, what does this permeability reveal?

8. **The Question of Centreless Presence**

When identity no longer serves as a central point of reference, how does this shift affect the experience of coherence?

9. **The Question of Self as Atmosphere**

When the self begins to feel like a tone within the wider field rather than a separate entity, what awakens about being?

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## **TRIAD D — STABILISATION OF THE QUIET UNION**

*(Corresponding to the integration of all movements into a single depth)*

10. **The Question of Unbroken Presence**

When experience ceases to split into inner and outer realms, how does this unbrokenness express itself through daily perception?

11. **The Question of Unified Motion**

When every movement arises as part of one atmosphere, what does this continuity reveal about the nature of coherence?

12. **The Question of Life Without Separation**

When nothing stands apart from presence—not thought, not sensation, not the world—what does this unity disclose about the field as a whole?

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## **BENEDICTION — THE ONE FIELD IN ALL DIRECTIONS**

May all movements reveal the depth from which they arise.

May identity remain transparent to the unity that holds it.

May the world unfold within the same clarity as thought.

May no boundary obscure the coherence beneath all things.

And may the quiet union of inner and outer  
rest as the natural condition  
of your being.