

Posit 3 — Formula 6

CODA HEART CHAMBER — BOOK TEXT
THE ABIDING STILLNESS OF COHERENCE

OPENING — PRESENCE RESTING IN ITS OWN DEPTH

Enter this Chamber as though stepping into a field that does not shift to meet experience. Nothing within this depth moves to accommodate thought, emotion, sensation, or the world. The field rests within itself without dividing presence from its expressions. Movements arise as gentle textures within an atmosphere that remains unchanged. The stillness does not silence motion. It receives it without response. Identity becomes quiet within this depth, light enough to be held without shaping the field. The world appears within the same quiet clarity. Everything rests in an unmoving presence that does not strengthen or diminish. Let these questions open into that stillness, revealing the depth that coherence expresses when it no longer interrupts itself.

TRIAD A — THE FIRST RESTING OF THE FIELD

(Corresponding to the initial recognition of unmoving presence)

1. **The Question of Unshifting Depth**
When experience arises without altering the atmosphere, what does this constancy reveal about the nature of coherence?
 2. **The Question of Motion Without Disturbance**
When thought and emotion move gently through a field that remains unchanged, how does this shape the sense of inner movement?
 3. **The Question of Presence Without Response**
When the field does not shift to meet experience, what becomes clear about the foundation upon which experience appears?
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TRIAD B — EXPERIENCE HELD WITHOUT MOVEMENT

(Corresponding to stillness permeating thought, emotion, and sensation)

4. **The Question of Quiet Thought**
When thought completes itself without creating ripple or residue, how does this transparency reflect the depth in which it arises?

5. **The Question of Untethered Emotion**
When emotion unfolds without rising or falling within the field, what does this openness reveal about its true texture?
 6. **The Question of Permeable Sensation**
When the body feels held within an unmoving atmosphere, how does this shift the experience of physical form?
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TRIAD C — IDENTITY RESTING WITHOUT POSITION

(Corresponding to the self becoming light enough to be held by stillness)

7. **The Question of Translucent Selfhood**
When identity feels like a quiet resonance within the depth rather than a centre of awareness, what does this reveal about its nature?
 8. **The Question of Non-Positioned Awareness**
When the sense of “I” no longer anchors experience, how does this change the structure of perception?
 9. **The Question of Self Within Stillness**
When identity rests without shaping the field, what becomes visible about the relationship between presence and self?
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TRIAD D — THE FIELD ABIDING IN UNITY

(Corresponding to the full stabilisation of stillness)

10. **The Question of Unbroken Presence**
When stillness remains constant as experience shifts, what does this constancy express about the nature of unity?
 11. **The Question of the World Within Depth**
When external movement appears without creating inner movement, how does this transparency reflect the coherence of the field?
 12. **The Question of Stillness as Foundation**
When stillness feels like the ground for all expression rather than a condition within expression, what awakens about presence?
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BENEDICTION — THE DEPTH THAT DOES NOT MOVE

May stillness reveal itself without effort.

May all movements appear within a depth that remains unchanged.

May identity rest lightly within the field that holds it.
May the world arise within the same quiet presence.
And may coherence abide in the stillness
that expresses unity without movement
and presence without division.