

Posit 4 — Formula 3

CODA COMPANION — BOOK TEXT

RADIANCE UNDER GRACE

(The Atmosphere of Effortless Being)

Movement I — The Quiet Atmosphere of Grace

There is a point in the unfolding of Radiance where the field begins to reveal a subtle atmosphere—neither movement nor tone, neither depth nor height. It is the State of Being in which presence stands without effort. This atmosphere is Grace. Grace is not an intervention, not a release, not a shift into calm. It is simply the absence of resistance within experience. Radiance expresses through Grace not by becoming softer, clearer, or brighter, but by standing in its natural openness.

When presence enters this atmosphere, nothing needs to adjust. Nothing needs to be set aside. Nothing must be resolved. Grace reveals itself through the unforced quality of experience. The field holds itself without contraction. Thought arises without shaping attention. Emotion moves without pulling experience inward or outward. Sensation occurs without implying boundary. Each expression of life stands within a larger ease that does not alter its form.

In this movement, Grace is felt not as comfort but as the cessation of pressure. The field no longer reacts against itself. Presence no longer divides experience into states to manage or control. Radiance under Grace is the expression of being when it does not attempt to modify its own unfolding. This atmosphere does not bring stillness; it allows stillness. It does not bring quiet; it reveals quiet that was always present beneath the shaping activity of self.

Thought expresses Grace by losing its weight. Even rapid or complex thinking does not disturb the field. The mind does not push. It does not harden. It arises without gripping the sense of identity. Each thought appears and dissolves as a contour of presence, not as a condition that must be responded to. Under Grace, the mind does not need correction. It reveals its natural transparency.

Emotion expresses Grace by ceasing to pull the experience of being into contraction or expansion. Emotional tone becomes a movement within the same atmosphere rather than something that shapes the field. Joy becomes spacious. Sorrow becomes spacious. Neutrality becomes spacious. Everything arises within the ease that Grace provides. Emotion does not become less intense; it becomes less binding.

Sensation expresses Grace by no longer marking a boundary between inner and outer. The body does not feel separate from presence. Sensation arises without strain. Movements occur without effort. The physical field displays Radiance under Grace through the simple fact that it no longer holds tension as structure. Density becomes part of openness. Contact becomes part of presence. Even discomfort does not disrupt the atmosphere.

Identity expresses Grace by releasing the sense of responsibility. The self stops managing experience. It no longer tries to maintain awareness or preserve clarity. Identity becomes a quiet contour of being—present, but unburdened. Under Grace, the self does not dissolve; it becomes transparent to its own presence. It stands lightly within the field, shaped by Radiance rather than shaping it.

This first movement reveals Grace as the atmosphere of Radiance—
the natural openness of being
when nothing is held in tension.

Movement II — Radiance Without Resistance

In the second movement, Radiance begins to show how it expresses when experience ceases to interfere. Grace is not softness; it is neutrality. It is the absence of effort within the arising of thought, feeling, sensation, and world. Radiance under Grace does not feel elevated or purified. It feels unobstructed.

Thought reveals this unobstruction immediately. Under Grace, thought has no need to slow, sharpen, or quiet. It arises with clarity despite its content. The field does not separate thought from presence. Every idea appears as a modulation of the same openness. The mind no longer presses against itself. It displays Radiance by simply arising without tension.

Emotion demonstrates unobstruction by ceasing to demand response. Under Grace, emotion does not seek resolution or interpretation. It appears as a tonal movement within the field, not as a disruption. Emotion becomes light—not in feeling, but in structure. It does not shape presence; it arises within it. The emotional body reflects Radiance by allowing every tone to stand without pressure.

Sensation reveals unobstruction through the body's natural ease. Movements become quiet not because they are slow, but because they are not resisted. The body does not hold itself as an object separate from the field. Sensation displays Radiance under Grace by showing that even density does not interrupt openness. Contact is simply contact. Breath is simply breath. Nothing tightens the field.

Identity reveals unobstruction when the self no longer attempts to organise experience. Under Grace, identity feels spacious—not because it expands, but because it stops contracting. The “I” stands in a field that does not ask it to perform any role. It becomes clear that identity is one of the ways Radiance shapes itself, not the centre of experience. Grace allows identity to rest without effort.

The world shows unobstruction through its simplicity. Objects appear without creating distance. They no longer feel external. They do not press upon attention. They arise within presence as natural expressions of it. Under Grace, the world does not soften in appearance; it softens in demand. It no longer pulls or pushes. It stands without resistance.

Stillness and movement reveal unobstruction equally. Stillness holds no tension. Movement carries no momentum. Both arise within Radiance without disturbing the atmosphere. Under

Grace, stillness is not the absence of activity; it is the absence of strain. Movement is not the presence of effort; it is the continuation of openness.

Time reveals unobstruction by losing its force. Moments do not accumulate. They unfold. There is no pressure to arrive, advance, or achieve. Each moment appears as a fresh articulation of presence. Under Grace, past and future lose their density and become tonal qualities rather than binding structures.

In this movement, Radiance under Grace is recognised as the expression of being when nothing in experience is resisted.

Movement III — The State of Being Known as Grace

In the final movement of this Formula, Radiance no longer appears as atmosphere alone. It becomes clear that Grace is not a condition that arrives; it is the natural State of Being when presence is uncontrived. Grace is not something added to Radiance. It is what remains when the shaping forces of self no longer press upon experience.

Thought shows this by revealing that its transparency is inherent. It does not become transparent; it always was. Grace uncovers this. The mind stands open because it was never closed.

Emotion shows this by revealing that its movements were never obstacles. Grace uncovers their inherent transparency. Every emotion displays Radiance when it stands without the weight of interpretation.

Sensation shows this by revealing that the body has always been part of presence. Grace uncovers the inseparability of density and openness. The physical field expresses Radiance simply by existing without tension.

Identity shows this by revealing that the self was never separate. Grace uncovers the transparency of “I.” Identity becomes one more expression of Radiance, not its manager.

The world shows this by revealing its continuity with presence. Grace uncovers the transparency of all forms. Nothing stands outside the field.

Time shows this by revealing its lack of inherent pressure. Grace uncovers the openness beneath temporal movement. Moments arise without direction.

In this movement, Radiance under Grace emerges as **the State of Being in which presence expresses without interference.**

Not shaped.

Not adjusted.

Not directed.

Simply allowed.

Grace is Radiance experienced as openness.
Radiance is Grace experienced as being.