

Posit 4 — Formula 5

CODA COMPANION — BOOK TEXT
THE FIELD OF BEING

MOVEMENT I — THE FIELD RECOGNISED THROUGH FORM

There is a stage in the revealing of Radiance when presence no longer appears bound to the body or shaped by the movements of thought and emotion. It becomes clear that presence does not arise from experience but stands as the openness within which experience unfolds. The Field of Being is not a background nor a container. It is the condition through which all forms appear without establishing separation. It is not found by looking inward nor sensed by expanding attention outward. It reveals itself when boundaries lose their meaning and form is understood as expression rather than enclosure.

In this first movement, the body becomes transparent to the field. The body does not hold presence. It displays it. Sensation does not occur within an interior location. It arises as a modulation of openness, shaped into physical contour. The boundary of the skin loses its authority, not through dissolution but through recognition that it has never separated presence from the world. Touch reveals this most directly. Contact between surfaces no longer defines a meeting of two beings. It appears as a relational expression of one field shaping itself in two contours.

Thought participates in this recognition. Thinking does not unfold within an internal sphere. It arises as a variation in texture within the same openness that expresses as the body. The conceptual and the physical differ only in density, not in nature. The field does not shrink when the mind becomes active nor expand when the mind becomes quiet. Thought reveals that presence is unaltered by what arises within it.

Emotion expresses this continuity as tonal shaping. Emotional states emerge without forming an interior landscape. They do not challenge the openness of presence nor deepen it. The Field of Being remains constant whether the emotional tone is gentle, complex, or intense. Emotion reveals that presence is not moved by experience. Instead, it expresses experience without fragmentation.

Identity appears as another contour of this field. The sense of “I” does not anchor the field nor stand at its centre. It arises as one articulation among many—personal in expression yet continuous in nature. The field remains unbounded while identity shifts its emphasis. Recognition does not require loss of self. It requires understanding that self is a form of presence rather than the origin of presence.

The world discloses its continuity with the field by appearing without separation. Objects do not reside in a space apart from presence. They arise within the same openness that expresses as the body and the mind. Distance becomes relational rather than divisive. Environment

becomes articulation rather than exterior. The Field of Being reveals itself not by withdrawing from the world but by seeing the world as expression of presence.

In this first movement, Radiance is recognised as the openness in which all forms appear—unbounded, uncontained, and without distinction in origin.

MOVEMENT II — THE FIELD EXPRESSED IN ALL LAYERS OF EXPERIENCE

As the movement deepens, the Field of Being begins to reveal its presence across every density of experience. Variation no longer suggests division. Texture no longer suggests hierarchy. Everything stands within the same openness: the tactile surface of the physical body, the tonal inflection of emotion, the conceptual movement of thought, the subtle shaping of intuitive impressions. Each layer expresses the same presence in different contours.

The physical field becomes the most direct expression. Sensation does not move through the body. It emerges as presence in tactile form. Weight, warmth, and movement do not alter the field. They articulate it. The body no longer appears as a separate region in which experience accumulates. It becomes an immediate display of presence, visible in its contours, invisible in its nature.

The emotional field undergoes the same clarification. Emotional tone no longer appears as a personal interior. It stands as a modulation of the field. There is no tension between emotion and presence. The field does not resist emotional movement. It holds all tonalities equally. Emotion becomes one of the ways presence reveals its fluidity.

Thought reveals the field's neutrality. Thinking does not define a boundary. It does not create separation. Thought appears as presence in conceptual form, arising without dividing experience. Even rapid or complex thinking does not disturb the field. It stands as another expression of Being, shaped in abstraction rather than physical sensation. The Field of Being shows that cognition and embodiment belong to the same continuum.

Identity becomes lighter within this movement. The personal sense shifts from being a central point to being a relational contour within the field. Identity does not dissolve. It loses its claim to exclusivity. The self is no longer positioned as the holder of experience. It becomes one expression of the field observing its own forms.

Time also reveals its continuity with the field. Moments arise without implying progression. Events occur without carrying presence forward. The Field of Being remains motionless while experience changes shape. Past and future lose their sense of distance. They become expressions of presence in conceptual or remembered form.

The world becomes transparent to presence. Objects appear not as obstacles nor as external entities but as field shown in extended contour. The distinction between the body and its surroundings becomes less pronounced. Not through blending, but through the absence of division. The field expresses both without preference.

In this second movement, Radiance is recognised not in any particular expression but as the openness that allows all expressions to arise without altering its nature.

MOVEMENT III — THE FIELD AS THE GROUND OF ALL APPEARANCE

In the final movement of this Formula, Radiance reveals itself as the ground of all appearance. It is understood not as the source behind form nor as the substance within it. It is the condition that makes form possible. Presence becomes recognisable as the field in which identity, sensation, thought, emotion, and environment arise without standing apart from one another. Nothing enters the field. Nothing exits it. Forms shift; the field remains.

Here, the body does not anchor presence. Presence allows the body to appear. The body's boundaries cease to function as limits. They become patterns of expression. The field remains constant whether the body is in motion or at rest. Movement does not disrupt presence. Stillness does not deepen it. Presence expresses both equally, without gain or loss.

Thought arises in the same openness. The field does not become focused when thought appears. It does not disperse when thought fades. Thinking is presence revealing itself in conceptual articulation. The field remains unmodified. Emotion reveals the same truth. Emotional tone does not imprint upon presence. It arises within the field without altering it.

Identity stands as a translucent expression of the field. It offers perspective without establishing separation. The self is recognised as one articulation among many, neither more central nor less relevant than any other contour. The Field of Being expresses identity without positioning it as owner or observer.

The world becomes an extended articulation of presence. Nothing stands beyond the field. Form appears as presence in shape. Space appears as presence in openness. Environment becomes the field's outward contour. Distance loses its divisive implication. It becomes expression rather than separation.

In this final movement, Radiance is not sensed, perceived, or embodied. It is recognised as the unbounded condition of Being that allows all expressions to appear without standing apart from them.

Nothing is outside the field.
Nothing is added to it.
Nothing alters it.

Presence remains unbroken
as the ground of all appearance.