

RULE 1 — FORMULA 1 INTRODUCTION

The Presence Recognised

The beginning of all higher awareness rests upon a singular constant that has never changed. Before the first gesture of intention, before the first turn of conscious inquiry, before the earliest memory of one's own existence, there has always been the quiet, unbroken radiance of the Presence. Not a presence that comes and goes, not one achieved or discovered, but one that is self-existent and prior to all experience. *The First Formula* draws attention not to an action, but to the innate nature that underlies the entirety of Being. It is the steady recognition of what has always been true.

This recognition does not occur through search, effort, or pursuit. It emerges when the structures of attention soften enough for the inherent truth to reveal itself. The Presence is not revealed through analysis, comparison, or evaluation, because it is not an object that stands apart from the one who regards it. It is the root from which all awareness arises. Even when the surface of experience is turbulent, the Presence beneath remains undisturbed. Even when attention moves outward into form, motion, sensation, or thought, the inner continuum does not diminish or fracture. It remains itself, quiet, unaltered, whole.

The First Formula articulates this fundamental reality as a condition, not a process. Nothing is added to one's being through the recognition of the Presence. Nothing is gained. Nothing is obtained. The only shift is a turn from the changing field of appearances toward the constant that underlies them. This turning does not create the Presence, nor does it strengthen or elevate it. It simply makes visible what has always been the foundation of consciousness.

Within this clarity, experience becomes understood not as something that defines the one who witnesses it, but as something that arises within an unbroken field of awareness. Thoughts appear and disappear, emotions rise and fall, circumstances fluctuate, yet the continuum itself remains perfectly steady. *The First Formula* describes the point where this steadiness becomes apparent not as an idea, but as a direct inner condition. The Presence is not imagined. It is not conceptual. It is the underlying nature that cannot be removed, diminished, or displaced.

The recognition of the Presence does not require spiritual tension. It does not involve striving toward a more refined state. It does not require purification or preparation. The Presence is not dependent on conduct, belief, or interpretation. It is self-sustaining, self-identifying, and self-lighted. *The First Formula* names the moment where the inner field becomes sufficiently

quiet for that self-sustaining radiance to be known without amplification or emphasis.

This recognition is not dramatic. It does not announce itself through sensation or inner intensity. Instead, it appears as an unmistakable naturalness, something so fundamentally correct that it carries the weight of obviousness. The Presence does not impose itself. It does not declare or assert. It simply stands as the core of all awareness. When recognition stabilises, the outer layers of identity no longer appear to be primary. They are understood as expressions within a greater continuum, rather than fixed definitions of the self.

The First Formula clarifies that the Presence is not separate from awareness. It is not a point within the mind, nor a field outside of experience. It is the quality of Being itself. This is why the Formula presents no technique, no sequence, no Orientation. Nothing is required to reveal what is inherent. Effort belongs to the realm of becoming; the Presence belongs to the realm of being. Becoming fluctuates. Being does not. Becoming conditions experience; Being anchors it. The *Formula* points to Being as the silent origin from which all else emerges.

When this becomes clear, a profound reorientation occurs. The centre of gravity shifts from the surface to the core. Attention no longer holds exclusively to the outer layers of thought, sensation, and circumstance. It begins to rest naturally within the unbroken field that precedes them. This shift is not forced. It arises because the steadiness of the Presence is more fundamental, more real, and more reliable than anything that appears within it. One does not hold to the Presence; one realises there is nothing else to hold.

The clarity of the Presence dissolves the sense of fragmentation. When awareness is anchored in the changing field of personal experience, the self appears divided, one aspect observing, another reacting, another analysing or resisting. But when awareness recognises the Presence, these divisions lose coherence. The inner field is experienced as a single continuity, free of conflict or internal contradiction. *The First Formula* speaks to this wholeness not as an achievement but as a fact. The Presence does not become whole; it is whole.

Because of this, the Presence does not fluctuate with emotional states. It does not strengthen under favourable conditions or weaken under challenge. It is constant, independent of circumstance. Its continuity is not affected by the mind's interpretations or the body's conditions. This constancy is not cultivated. It is simply what remains when everything else changes. *The First*

Formula draws attention to this changeless ground as the basis of the entire journey that follows.

The *Formula* also clarifies the nature of silence. Silence is often understood as an absence of sound or activity, but the Silence of the Presence is not absence. It is fullness without Orientation. It is awareness without commentary. It is the still field in which all motion is perceived. This silence is not fragile. It persists even when the surface of experience is active. It remains complete even when the outer world is loud or complex. It is the inner equilibrium that never breaks.

The stillness of the Presence is not inert. It is alive with clarity. It perceives without distortion, responds without reaction, and knows without seeking. This knowing is not intellectual; it is intrinsic. The Presence does not analyse truth; it *is* truth in its most undivided form. When recognition stabilises, the definition of truth shifts from something to be understood to something that is naturally evident.

With this recognition comes an ease that does not depend on outer stability. Outer experience may rise, fall, transform, or dissolve, but the Presence remains the axis around which all Orientation occurs. This ease is not emotional. It does not arise from comfort or resolution. It arises from the realisation that nothing can alter the core of Being. Nothing can touch it. Nothing can threaten or diminish it. It is immune to division, loss, and uncertainty. It stands as certainty itself.

As this awareness deepens, attention begins to comprehend that every experience, whether elevated or ordinary, exists within a single, unbroken field. There is no separation between the Witness and the witnessed. There is only awareness knowing itself through varying degrees of clarity. The Presence is not an entity within this field; it is the field. It is not a point of observation; it is the foundation of all observation. This understanding forms the basis for the entire structure of the 49 Formulae.

The First Formula does not conclude or resolve anything. It simply reveals the ground upon which all further insight will rest. Without this foundation, the subsequent *Formulae* would appear conceptual or abstract. With the foundation established, each Formula becomes a natural extension of the same continuity, expressed through increasingly subtle articulations of the same underlying reality. The Presence is the anchor for all higher recognition, and the First Formula ensures that this anchor is understood as immutable.

Thus, *the First Formula* affirms that the Presence is the constant in which all change occurs. It is self-known, self-sustained, and self-illuminated. It does not emerge through aspiration. It does not strengthen through practice. It

does not evolve. It simply is. The recognition of this truth is the beginning of all true unfoldment, because it restores attention to the field from which all clarity arises.

Nothing further is needed for the Presence to be itself. Nothing further is needed for awareness to recognise it. This is the still point from which the entire ascent proceeds, and the still point to which all recognition returns. *The First Formula* identifies this point not as a goal, but as the eternal centre of all Being.