

# **RULE 1 — FORMULA 7 CODA HEART CHAMBER**

## **The Presence As The One Whole**

### **The Opening, The Wholeness That Does Not Begin**

Enter this Heart Chamber as though stepping into a quiet that holds everything without gathering anything, a quiet in which distinctions keep their shape, yet no shape suggests a place apart. Here, the *Presence* is sensed as wholeness, not assembled, not unified, not arrived at, but resting as the natural completeness in which every *Orientation* already finds itself. Nothing that appears in awareness stands beyond this *Wholeness*. Nothing leans toward it or away from it. Everything unfolds within a completeness that neither expands nor contracts, a completeness present even in the most subtle contours of experience. This Heart Chamber opens the perception of that *Wholeness*, not as culmination, not as resolution, but as the gentle recognition that nothing has ever existed apart from anything else. Let these questions unfold softly, like windows opening into a *Whole* that asks nothing of what appears, allowing each expression to arise without ever leaving the indivisible *Presence* from which none have been separate.

### **Triad A, The Fact Of Non-separation**

*(Corresponding to the First Glimpse of Wholeness Without Contrast)*

#### **1. The Question of Distinctions Within the Whole**

When distinctions appear as they always have, yet carry no sense of standing apart, what becomes perceptible about the nature of the Presence as indivisible?

#### **2. The Question of Boundaries Without Division**

When a boundary still marks a contour but no longer implies separation, what does this quiet shift reveal about *Wholeness* without contrast?

#### **3. The Question of Expressions That Do Not Stand Alone**

When an experience feels complete in itself yet never separate, what insight arises about the *Whole* needing no gathering?

### **Triad B, The Transparency of All Edges**

*(Corresponding to the Wholeness That Requires No Unification)*

#### **4. The Question of Edges That Do Not Define Limits**

When the edge of a thought or sensation appears sharp yet does not confine, how does this soften the meaning of separation?

### **5. The Question of Difference Without Distance**

When two experiences differ in tone yet feel inseparable in *Presence*, what becomes clear about distinction without division?

### **6. The Question of Inner and Outer Losing Their Weight**

When the categories of “*within*” and “*beyond*” feel unnecessary rather than incorrect, what is revealed about the *Whole* that relies on neither?

### **Triad C, The Contour of Identity Within The Whole**

*(Corresponding to Identity as Shape, Not Separation)*

### **7. The Question of the Self as Pattern**

When identity retains its shape yet does not feel apart from anything, what does this reflect about its place within *Wholeness*?

### **8. The Question of Transparency in the Sense of “I”**

When the sense of self moves yet no longer anchors division, what becomes apparent about the *Whole* as prior to “*self*” and “*other*”?

### **9. The Question of the Centre That Does Not Hold the Whole**

When no point within experience feels central, what insight arises about the *Whole* not requiring a centre to be complete?

### **Triad D, The Whole That Cannot Be Left Nor Entered**

*(Corresponding to the Stabilised Recognition of Non-Directionality)*

### **10. The Question of Wholeness Without Approach**

When it becomes evident that nothing moves toward or away from the *Whole*, what understanding dawns regarding its non-directional nature?

### **11. The Question of Wholeness Without Opposite**

When no experience, pleasant or difficult, creates even a hint of distance from the *Whole*, what does this reveal about Wholeness as without contrast?

### **12. The Question of the Whole Already Present**

When *Wholeness* feels neither gained nor maintained, what does this show about its *Presence* as the natural condition of Being?

**Benediction, The Whole In Which Nothing Is Apart**

May the contours of experience remain clear while their separative meaning  
quietly dissolves.

May identity rest as a pattern within *Wholeness*, neither central nor peripheral.

May every *Orientation* be seen as arising in what cannot be divided.

May no sense of approach or departure veil the truth that the *Presence* stands  
as the *One Whole*, in which nothing has ever been outside anything else.