

RULE 1 — FORMULA 1 CODA HEART CHAMBER

The Presence Recognised

The Opening — The Quiet Foundation

Enter gently, as though stepping into the region where the unchanging centre of awareness first becomes apparent. Here, the shifting surfaces of experience soften just enough for the silent ground beneath them to be perceived. This Chamber is not a place of effort, nor a place of adjustment. It is the space where the Presence, unaltered by Orientation, untouched by circumstance, begins to stand clear of the patterns of change.

Within this Chamber, the Orientations of thought are not dismissed; they are simply recognised as passing forms within a wider field. The Presence that receives them does not move with them. It remains whole, continuous, and quietly luminous.

- Let these questions open softly, like doorways into a deeper recognition.
- Let them reveal the constancy that has always rested beneath the shifting tides of experience.

TRIAD A — THE UNBROKEN GROUND

(Corresponding to the Still Field Beneath All Experience)

1. The Question of the Constant Centre

When all Orientations of thought have passed, what remains quietly present beneath them, and how does this remaining suggest a centre that has never shifted with the surface?

2. The Question of Awareness Prior to Perception

Before any perception forms, what quality of Being is already there, steady and clear, and how does this priorness reveal the Presence as the ground of all recognition?

3. The Question of Holding Without Orientation

What is the nature of the field that receives every experience without becoming its shape, and how does this receiving show that the Presence does not rise and fall with the moment?

TRIAD B — THE UNITY OF THE FIELD

(Corresponding to the Undivided Continuum of Being)

4. The Question of Seamless Awareness

When the division between observer and observed begins to soften, what shifts in the sense of identity, and how does this suggest that awareness functions as a single continuum rather than separate parts?

5. The Question of Inner–Outer Wholeness

When an outer Orientation aligns naturally with an inner clarity, what does this coherence reveal about the underlying unity of experience, and how does it point toward a field that is already whole?

6. The Question of Witnessing Within the Same Field

What becomes evident when the act of witnessing feels less like looking from a distance and more like seeing from within the very field that is seen?

TRIAD C — THE RADIANCE THAT DOES NOT FLUCTUATE

(Corresponding to the Constant Luminosity of the Inner Centre)

7. The Question of Light Beneath Change

What is the quiet, steady luminosity that persists regardless of inner or outer conditions, and how does this persistence show that illumination is inherent, not acquired?

8. The Question of Recognising Without Effort

When recognition arises without strain or intention, what becomes clear about the nature of the Presence, and how does this effortlessness reveal that Being itself is the source of clarity?

9. The Question of Stability Within Motion

As life continues its natural cycles of Orientation and rest, what remains unmoved at the centre, and how does this stability suggest a depth of awareness that is not defined by experience?

TRIAD D — THE STEADY FOUNDATION OF ALL FURTHER REALISATION

(Corresponding to the Presence as the Basis of Ascent)

10. The Question of the Ground That Cannot Be Altered

What aspect of awareness remains untouched even when emotion or circumstance intensifies, and how does this reveal the true ground upon which all transformation depends?

11. The Question of Continuity Through All States

When clarity is present in one moment and obscured in another, what endures through both, and how does this endurance show that the Presence is not affected by the fluctuations of state?

12. The Question of Recognition as Return, Not Attainment

What becomes apparent when recognition feels less like reaching a new condition and more like returning to what has always been quietly here?

Benediction — The Steady Light

May the quiet ground beneath all experience stand clear in every moment.
May the unbroken field reveal itself through both stillness and Orientation.

May the inner radiance show its constancy beneath all change.
May recognition deepen without effort, as naturally as light filling an open
space.

And May the Presence remain known as the silent centre from which all
clarity flows.