



The Real Distinction Between Mind and Body

René Descartes

Meditation VI

5...I will recall to my mind the things I have hitherto held as true, because perceived by the senses, and the foundations upon which my belief in their truth rested; I will, in the second place, examine the reasons that afterward constrained me to doubt of them; and, finally, I will consider what of them I ought now to believe.

6. Firstly, then, I perceived that I had a head, hands, feet and other members composing that body which I considered as part, or perhaps even as the whole, of myself. I perceived further, that that body was placed among many others, by which it was capable of being affected in diverse ways, both beneficial and hurtful; and what was beneficial I remarked by a certain sensation of pleasure, and what was hurtful by a sensation of pain. And besides this pleasure and pain, I was likewise conscious of hunger, thirst, and other appetites, as well as certain corporeal inclinations toward joy, sadness, anger, and similar passions. And, out of myself, besides the extension, figure, and motions of bodies, I likewise perceived in them hardness, heat, and the other tactile qualities, and, in addition, light, colors, odors, tastes, and sounds, the variety of which gave me the means of distinguishing the sky, the earth, the sea, and generally all the other bodies, from one another. And certainly, considering the ideas of all these qualities, which were presented to my mind, and which alone I properly and immediately perceived, it was not without reason that I thought I perceived certain objects wholly different from my thought, namely, bodies from which those ideas proceeded; for I was conscious that the ideas were presented to me without my consent being required, so that I could not perceive any object, however desirous I might be, unless it were present to the organ of sense; and it was wholly out of my power not to perceive it when it was thus present. And because the ideas I perceived by the senses were much more lively and clear, and even, in their own way, more distinct than any of those I could of myself frame by meditation, or which I found impressed on my memory, it seemed that they could not have proceeded from myself, and must therefore have been caused in me by some other objects; and as of those objects I had no knowledge beyond what the ideas themselves gave me, nothing was so likely to occur to my mind as the supposition that the objects were similar to the ideas which they caused. And because I recollected also that I had formerly trusted to the senses, rather than to reason, and that the ideas which I myself formed were not so clear as those I perceived by sense, and that they were even for the most part composed of parts of the latter, I was readily persuaded that I had no idea in my intellect which had not formerly passed through the senses. Nor was I altogether wrong in likewise believing that that body which, by a special right, I called my own, pertained to me more properly and strictly than any of the others; for in truth, I could never be separated from it as from other bodies; I felt in it and on account of it all my appetites and affections, and in fine I was affected in its parts by pain and the titillation of pleasure, and not in the

parts of the other bodies that were separated from it. But when I inquired into the reason why, from this I know not what sensation of pain, sadness of mind should follow, and why from the sensation of pleasure, joy should arise, or why this indescribable twitching of the stomach, which I call hunger, should put me in mind of taking food, and the parchedness of the throat of drink, and so in other cases, I was unable to give any explanation, unless that I was so taught by nature; for there is assuredly no affinity, at least none that I am able to comprehend, between this irritation of the stomach and the desire of food, any more than between the perception of an object that causes pain and the consciousness of sadness which springs from the perception. And in the same way it seemed to me that all the other judgments I had formed regarding the objects of sense, were dictates of nature; because I remarked that those judgments were formed in me, before I had leisure to weigh and consider the reasons that might constrain me to form them.

7. But, afterward, a wide experience by degrees sapped the faith I had reposed in my senses; for I frequently observed that towers, which at a distance seemed round, appeared square, when more closely viewed, and that colossal figures, raised on the summits of these towers, looked like small statues, when viewed from the bottom of them; and, in other instances without number, I also discovered error in judgments founded on the external senses; and not only in those founded on the external, but even in those that rested on the internal senses; for is there aught more internal than pain? And yet I have sometimes been informed by parties whose arm or leg had been amputated, that they still occasionally seemed to feel pain in that part of the body which they had lost, —a circumstance that led me to think that I could not be quite certain even that any one of my members was affected when I felt pain in it. And to these grounds of doubt I shortly afterward also added two others of very wide generality: the first of them was that I believed I never perceived anything when awake which I could not occasionally think I also perceived when asleep, and as I do not believe that the ideas I seem to perceive in my sleep proceed from objects external to me, I did not any more observe any ground for believing this of such as I seem to perceive when awake; the second was that since I was as yet ignorant of the author of my being or at least supposed myself to be so, I saw nothing to prevent my having been so constituted by nature as that I should be deceived even in matters that appeared to me to possess the greatest truth. And, with respect to the grounds on which I had before been persuaded of the existence of sensible objects, I had no great difficulty in finding suitable answers to them; for as nature seemed to incline me to many things from which reason made me averse, I thought that I ought not to confide much in its teachings. And although the perceptions of the senses were not dependent on my will, I did not think that I ought on that ground to conclude that they proceeded from things different from myself, since perhaps there might be found in me some faculty, though hitherto unknown to me, which produced them.

8. But now that I begin to know myself better, and to discover more clearly the author of my being, I do not, indeed, think that I ought rashly to admit all which the senses seem to teach, nor, on the other hand, is it my conviction that I ought to doubt in general of their teachings.

9. And, firstly, because I know that all which I clearly and distinctly conceive can be produced by God exactly as I conceive it, it is sufficient that I am able clearly and distinctly to conceive one thing apart from another, in order to be certain that the one is different from the other, seeing they may at least be made to exist separately, by the omnipotence of God; and it matters not by what power this separation is made, in order to be compelled to judge them different; and, therefore, merely because I know with certitude that I exist, and because, in the meantime, I do not observe that aught necessarily belongs to my nature or essence beyond my being a thinking thing, I rightly conclude that my essence consists

only in my being a thinking thing or a substance whose whole essence or nature is merely thinking. And although I may, or rather, as I will shortly say, although I certainly do possess a body with which I am very closely conjoined; nevertheless, because, on the one hand, I have a clear and distinct idea of myself, in as far as I am only a thinking and unextended thing, and as, on the other hand, I possess a distinct idea of body, in as far as it is only an extended and unthinking thing, it is certain that I, that is, my mind, by which I am what I am, is entirely and truly distinct from my body, and may exist without it.

10. Moreover, I find in myself diverse faculties of thinking that have each their special mode: for example, I find I possess the faculties of imagining and perceiving, without which I can indeed clearly and distinctly conceive myself as entire, but I cannot reciprocally conceive them without conceiving myself, that is to say, without an intelligent substance in which they reside, for in the notion we have of them, or to use the terms of the schools in their formal concept, they comprise some sort of intellection; whence I perceive that they are distinct from myself as modes are from things. I remark likewise certain other faculties, as the power of changing place, of assuming diverse figures, and the like, that cannot be conceived and cannot therefore exist, any more than the preceding, apart from a substance in which they inhere. It is very evident, however, that these faculties, if they really exist, must belong to some corporeal or extended substance, since in their clear and distinct concept there is contained some sort of extension, but no intellection at all. Further, I cannot doubt but that there is in me a certain passive faculty of perception, that is, of receiving and taking knowledge of the ideas of sensible things; but this would be useless to me, if there did not also exist in me, or in some other thing, another active faculty capable of forming and producing those ideas. But this active faculty cannot be in me in as far as I am but a thinking thing, seeing that it does not presuppose thought, and also that those ideas are frequently produced in my mind without my contributing to it in any way, and even frequently contrary to my will. This faculty must therefore exist in some substance different from me, in which all the objective reality of the ideas that are produced by this faculty is contained formally or eminently, as I before remarked; and this substance is either a body, that is to say, a corporeal nature in which is contained formally and in effect all that is objectively and by representation in those ideas; or it is God himself, or some other creature, of a rank superior to body, in which the same is contained eminently. But as God is no deceiver, it is manifest that he does not of himself and immediately communicate those ideas to me, nor even by the intervention of any creature in which their objective reality is not formally, but only eminently, contained. For as he has given me no faculty whereby I can discover this to be the case, but, on the contrary, a very strong inclination to believe that those ideas arise from corporeal objects, I do not see how he could be vindicated from the charge of deceit, if in truth they proceeded from any other source, or were produced by other causes than corporeal things: and accordingly it must be concluded, that corporeal objects exist. Nevertheless, they are not perhaps exactly such as we perceive by the senses, for their comprehension by the senses is, in many instances, very obscure and confused; but it is at least necessary to admit that all which I clearly and distinctly conceive as in them, that is, generally speaking all that is comprehended in the object of speculative geometry, really exists external to me.

11. But with respect to other things which are either only particular, as, for example, that the sun is of such a size and figure, etc., or are conceived with less clearness and distinctness, as light, sound, pain, and the like, although they are highly dubious and uncertain, nevertheless on the ground alone that God is no deceiver, and that consequently he has permitted no falsity in my opinions which he has not likewise given me a faculty of correcting, I think I may with safety conclude that I possess in myself the means of arriving at the truth. And, in the first place, it cannot be doubted that in each of the dictates of nature

there is some truth: for by nature, considered in general, I now understand nothing more than God himself, or the order and disposition established by God in created things; and by my nature in particular I understand the assemblage of all that God has given me.

12. But there is nothing which that nature teaches me more expressly or more sensibly than that I have a body which is ill affected when I feel pain, and stands in need of food and drink when I experience the sensations of hunger and thirst, etc. And therefore I ought not to doubt but that there is some truth in these informations.

13. Nature likewise teaches me by these sensations of pain, hunger, thirst, etc., that I am not only lodged in my body as a pilot in a vessel, but that I am besides so intimately conjoined, and as it were intermixed with it, that my mind and body compose a certain unity. For if this were not the case, I should not feel pain when my body is hurt, seeing I am merely a thinking thing, but should perceive the wound by the understanding alone, just as a pilot perceives by sight when any part of his vessel is damaged; and when my body has need of food or drink, I should have a clear knowledge of this, and not be made aware of it by the confused sensations of hunger and thirst: for, in truth, all these sensations of hunger, thirst, pain, etc., are nothing more than certain confused modes of thinking, arising from the union and apparent fusion of mind and body.

14. Besides this, nature teaches me that my own body is surrounded by many other bodies, some of which I have to seek after, and others to shun. And indeed, as I perceive different sorts of colors, sounds, odors, tastes, heat, hardness, etc., I safely conclude that there are in the bodies from which the diverse perceptions of the senses proceed, certain varieties corresponding to them, although, perhaps, not in reality like them; and since, among these diverse perceptions of the senses, some are agreeable, and others disagreeable, there can be no doubt that my body, or rather my entire self, in as far as I am composed of body and mind, may be variously affected, both beneficially and hurtfully, by surrounding bodies....

19. ...[T]here is a vast difference between mind and body, in respect that body, from its nature, is always divisible, and that mind is entirely indivisible. For in truth, when I consider the mind, that is, when I consider myself in so far only as I am a thinking thing, I can distinguish in myself no parts, but I very clearly discern that I am somewhat absolutely one and entire; and although the whole mind seems to be united to the whole body, yet, when a foot, an arm, or any other part is cut off, I am conscious that nothing has been taken from my mind; nor can the faculties of willing, perceiving, conceiving, etc., properly be called its parts, for it is the same mind that is exercised all entire in willing, in perceiving, and in conceiving, etc. But quite the opposite holds in corporeal or extended things; for I cannot imagine any one of them how small soever it may be, which I cannot easily sunder in thought, and which, therefore, I do not know to be divisible. This would be sufficient to teach me that the mind or soul of man is entirely different from the body, if I had not already been apprised of it on other grounds....

René Descartes. *Meditations on First Philosophy*. Trans. John Veitch 1901.

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