



The Relation of Mind and Body

Baruch Spinoza

PART II

PROP. X. The being of substance does not appertain to the essence of man--in other words, substance does not constitute the actual being (forma) of man.

Proof.—The being of substance involves necessary existence (Part i., Prop. vii.). If, therefore, the being of substance appertains to the essence of man, substance being granted, man would necessarily be granted also (II Def. ii.), and, consequently, man would necessarily exist, which is absurd (II. Ax. i.). Therefore, &c. Q.E.D.

Note.—This proposition may also be proved from I. v., in which it is shown that there cannot be two substances of the same nature; for as there may be many men, the being of substance is not that which constitutes the actual being of man. Again, the proposition is evident from the other properties of substance—namely, that substance is in its nature infinite, immutable, indivisible, &c., as anyone may see for himself.

Corollary.—Hence it follows, that the essence of man is constituted by certain modifications of the attributes of God. For (by the last Prop.) the being of substance does not belong to the essence of man. That essence therefore (by, i. 15) is something which is in God, and which without God can neither be nor be conceived, whether it be a modification (i. 25 Coroll.), or a mode which expresses God's nature in a certain conditioned manner.

Note.—Everyone must surely admit, that nothing can be or be conceived without God. All men agree that God is the one and only cause of all things, both of their essence and of their existence; that is, God is not only- the cause of things in respect to their being made (*secundum fieri*), but also in respect to their being (*secundum esse*).

At the same time many assert, that that, without which a thing cannot be nor be conceived, belongs to the essence of that thing; wherefore they believe that either the nature of God appertains to the essence of created things, or else that created things can be or be conceived without God; or else, as is more probably the case, they hold inconsistent doctrines. I think the cause for such confusion is mainly, that they do not keep to the proper order of philosophic thinking. The nature of God, which should be reflected on first, inasmuch as it is prior both in the order of knowledge and the order of nature, they have taken to be last in the order of knowledge, and have put into the first place what they call the objects of sensation; hence, while they are considering natural phenomena, they give no attention at all to the divine nature, and, when afterwards they apply their mind to the study of the divine nature, they are quite unable to bear in mind the first hypotheses, with which they have overlaid the knowledge of natural phenomena, inasmuch as such hypotheses are no help towards understanding the Divine nature. So that it is hardly to be wondered at, that these persons contradict themselves freely.

However, I pass over this point. My intention here was only to give a reason for not saying, that that, without which a thing cannot be or be conceived, belongs to the essence of that thing: individual things cannot be or be conceived without God, yet God does not appertain to

their essence. I said that “I considered as belonging to the essence of a thing that, which being given, the thing is necessarily given also, and which being removed, the thing is necessarily removed also; or that without which the thing, and which itself without the thing can neither be nor be conceived.” (II. Def. ii.)

PROP. XI. The first element, which constitutes the actual being of the human mind, is the idea of some particular thing actually existing.

Proof.—The essence of man (by the Coroll. of the last Prop.) is constituted by certain modes of the attributes of God, namely (by II. Ax. ii.), by the modes of thinking, of all which (by II. Ax. iii.) the idea is prior in nature, and, when the idea is given, the other modes (namely, those of which the idea is prior in nature) must be in the same individual (by the same Axiom). Therefore an idea is the first element constituting the human mind. But not the idea of a non-existent thing, for then (II. viii. Coroll.) the idea itself cannot be said to exist; it must therefore be the idea of something actually existing. But not of an infinite thing. For an infinite thing (I. xxi., xxii.), must always necessarily exist; this would (by II. Ax. i.) involve an absurdity. Therefore the first element, which constitutes the actual being of the human mind, is the idea of something actually existing. Q.E.D.

Corollary.—Hence it follows, that the human mind is part of the infinite intellect of God; thus when we say, that the human mind perceives this or that, we make the assertion, that God has this or that idea, not in so far as he is infinite, but in so far as he is displayed through the nature of the human mind, or in so far as he constitutes the essence of the human mind; and when we say that God has this or that idea, not only in so far as he constitutes the essence of the human mind, but also in so far as he, simultaneously with the human mind, has the further idea of another thing, we assert that the human mind perceives a thing in part or inadequately.

Note.—Here, I doubt not, readers will come to a stand, and will call to mind many things which will cause them to hesitate; I therefore beg them to accompany me slowly, step by step, and not to pronounce on my statements, till they have read to the end.

PROP. XII. Whatsoever comes to pass in the object of the idea, which constitutes the human mind, must be perceived by the human mind, or there will necessarily be an idea in the human mind of the said occurrence. That is, if the object of the idea constituting the human mind be a body, nothing can take place in that body without being perceived by the mind.

Proof.—Whatsoever comes to pass in the object of any idea, the knowledge thereof is necessarily in God (II. ix. Coroll.), in so far as he is considered as affected by the idea of the said object, that is (II. xi.), in so far as he constitutes the mind of anything. Therefore, whatsoever takes place in the object constituting the idea of the human mind, the knowledge thereof is necessarily in God, in so far as he constitutes the nature of the human mind; that is (by II. xi. Coroll.) the knowledge of the said thing will necessarily be in the mind, in other words the mind perceives it.

Note.—This proposition is also evident, and is more clearly to be understood from II. vii., which see.

PROP. XIII. The object of the idea constituting the human mind is the body, in other words a certain mode of extension which actually exists, and nothing else.

Proof.—If indeed the body were not the object of the human mind, the ideas of the modifications of the body would not be in God (II. ix. Coroll.) in virtue of his constituting our mind, but in virtue of his constituting the mind of something else; that is (II. xi. Coroll.) the ideas of the modifications of the body would not be in our mind: now (by II. Ax. iv.) we do possess the ideas of the modifications of the body. Therefore the object of the idea constituting the human mind is the body, and the body as it actually exists (II. xi.). Further, if there were any other object of the idea constituting the mind besides body, then, as nothing can exist from

which some effect does not follow (I. xxxvi.) there would necessarily have to be in our mind an idea, which would be the effect of that other object (II. xi.); but (II. Ax. v.) there is no such idea. Wherefore the object of our mind is the body as it exists, and nothing else. Q.E.D.

Note.—We thus comprehend, not only that the human mind is united to the body, but also the nature of the union between mind and body. However, no one will be able to grasp this adequately or distinctly, unless he first has adequate knowledge of the nature of our body. The propositions we have advanced hitherto have been entirely general, applying not more to men than to other individual things, all of which, though in different degrees, are animated. For of everything there is necessarily an idea in God, of which God is the cause, in the same way as there is an idea of the human body; thus whatever we have asserted of the idea of the human body must necessarily also be asserted of the idea of everything else. Still, on the other hand, we cannot deny that ideas, like objects, differ one from the other, one being more excellent than another and containing more reality, just as the object of one idea is more excellent than the object of another idea, and contains more reality.

Wherefore, in order to determine, wherein the human mind differs from other things, and wherein it surpasses them, it is necessary for us to know the nature of its object, that is, of the human body. What this nature is, I am not able here to explain, nor is it necessary for the proof of what I advance, that I should do so. I will only say generally, that in proportion as any given body is more fitted than others for doing many actions or receiving many impressions at once, so also is the mind, of which it is the object, more fitted than others for forming many simultaneous perceptions; and the more the actions of one body depend on itself alone, and the fewer other bodies concur with it in action, the more fitted is the mind of which it is the object for distinct comprehension. We may thus recognize the superiority of one mind over others, and may further see the cause, why we have only a very confused knowledge of our body, and also many kindred questions, which I will, in the following propositions, deduce from what has been advanced. Wherefore I have thought it worthwhile to explain and prove more strictly my present statements. In order to do so, I must premise a few propositions concerning the nature of bodies....

PART V

Preface. At length I pass to the remaining portion of my Ethics, which is concerned with the way leading to freedom. I shall therefore treat therein of the power of the reason, showing how far the reason can control the emotions, and what is the nature of Mental Freedom or Blessedness; we shall then be able to see, how much more powerful the wise man is than the ignorant. It is no part of my design to point out the method and means whereby the understanding may be perfected, nor to show the skill whereby the body may be so tended, as to be capable of the due performance of its functions. The latter question lies in the province of Medicine, the former in the province of Logic. Here, therefore, I repeat, I shall treat only of the power of the mind, or of reason; and I shall mainly show the extent and nature of its dominion over the emotions, for their control and moderation. That we do not possess absolute dominion over them, I have already shown. Yet the Stoics have thought, that the emotions depended absolutely on our will, and that we could absolutely govern them. But these philosophers were compelled, by the protest of experience, not from their own principles, to confess, that no slight practice and zeal is needed to control and moderate them: and this someone endeavoured to illustrate by the example (if I remember rightly) of two dogs, the one a house-dog and the other a hunting-dog. For by long training it could be brought about, that the house-dog should become accustomed to hunt, and the hunting-dog to cease from running after hares. To this opinion Descartes not a

little inclines. For he maintained, that the soul or mind is specially united to a particular part of the brain, namely, to that part called the pineal gland, by the aid of which the mind is enabled to feel all the movements which are set going in the body, and also external objects, and which the mind by a simple act of volition can put in motion in various ways. He asserted, that this gland is so suspended in the midst of the brain, that it could be moved by the slightest motion of the animal spirits: further, that this gland is suspended in the midst of the brain in as many different manners, as the animal spirits can impinge thereon; and, again, that as many different marks are impressed on the said gland, as there are different external objects which impel the animal spirits towards it; whence it follows, that if the will of the soul suspends the gland in a position, wherein it has already been suspended once before by the animal spirits driven in one way or another, the gland in its turn reacts on the said spirits, driving and determining them to the condition wherein they were, when repulsed before by a similar position of the gland. He further asserted, that every act of mental volition is united in nature to a certain given motion of the gland. For instance, whenever anyone desires to look at a remote object, the act of volition causes the pupil of the eye to dilate, whereas, if the person in question had only thought of the dilatation of the pupil, the mere wish to dilate it would not have brought about the result, inasmuch as the motion of the gland, which serves to impel the animal spirits towards the optic nerve in a way which would dilate or contract the pupil, is not associated in nature with the wish to dilate or contract the pupil, but with the wish to look at remote or very near objects. Lastly, he maintained that, although every motion of the aforesaid gland seems to have been united by nature to one particular thought out of the whole number of our thoughts from the very beginning of our life, yet it can nevertheless become through habituation associated with other thoughts; this he endeavours to prove in the *Passions del l'âme*, I. 50. He thence concludes, that there is no soul so weak, that it cannot, under proper direction, acquire absolute power over its passions. For passions as defined by him are "perceptions, or feelings, or disturbances of the soul, which are referred to the soul as species, and which (mark the expression) are produced, preserved, and strengthened through some movement of the spirits." (*Passions del l'âme*, I. 27.) But, seeing that we can join any motion of the gland, or consequently of the spirits, to any volition, the determination of the will depends entirely on our own powers; if, therefore, we determine our will with sure and firm decisions in the direction to which we wish our actions to tend, and associate the motions of the passions which we wish to acquire with the said decisions, we shall acquire an absolute dominion over our passions. Such is the doctrine of this illustrious philosopher (in so far as I gather it from his own words); it is one which, had it been less ingenious, I could hardly believe to have proceeded from so great a man. Indeed, I am lost in wonder, that a philosopher, who had stoutly asserted, that he would draw no conclusions which do not follow from self-evident premisses, and would affirm nothing which he did not clearly and distinctly perceive, and who had so often taken to task the scholastics for wishing to explain obscurities through occult qualities, could maintain a hypothesis, beside which occult qualities are commonplace. What does he understand, I ask, by the union of the mind and the body? What clear and distinct conception has he got of thought in most intimate union with a certain particle of extended matter? Truly I should like him to explain this union through its proximate cause. What clear and distinct conception has he got of thought in most intimate union with a certain particle of extended matter? What clear and distinct conception has he got of thought in most intimate union with a certain particle of extended matter? But he had so distinct a conception of mind being distinct from body, that he could not assign any particular cause of the union between the two, or of the mind itself, but was obliged to have recourse to the cause of the whole universe, that is to God. Further, I should much like to know, what degree of motion the mind can impart to this pineal gland, and with what force can it hold it

suspended? For I am in ignorance, whether this gland can be agitated more slowly or more quickly by the mind than by the animal spirits, and whether the motions of the passions, which we have closely united with firm decisions, cannot be again disjoined therefrom by physical causes; in which case it would follow that, although the mind firmly intended to face a given danger, and had united to this decision the motions of boldness, yet at the sight of the danger the gland might become suspended in a way, which would preclude the mind thinking of anything except running away. In truth, as there is no common standard of volition and motion, so is there no comparison possible between the powers of the mind and the power or strength of the body; consequently the strength of one cannot in any wise be determined by the strength of the other. We may also add, that there is no gland discoverable in the midst of the brain, so placed that it can thus easily be set in motion in so many ways, and also that all the nerves are not prolonged so far as the cavities of the brain. Lastly, I omit all the assertions which he makes concerning the will and its freedom, inasmuch as I have abundantly proved that his premisses are false. Therefore, since the power of the mind, as I have shown above, is defined by the understanding only, we shall determine solely by the knowledge of the mind the remedies against the emotions, which I believe all have had experience of, but do not accurately observe or distinctly see, and from the same basis we shall deduce all those conclusions, which have regard to the mind's blessedness.

Baruch Spinoza. "Ethics." Part II, Prop. 10-13; Part V, Preface. *The Chief Works of Benedict de Spinoza*. Vol. 2. Trans. R.H.M Elwes. London: George Bell and Sons, 1901.

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