

Rene Descartes 1639

Meditations on First Philosophy in which are demonstrated the existence of God and the distinction between the human soul and the body

FIRST MEDITATION: On what can be called into doubt

Some years ago I was struck by how many false things I had believed, and by how doubtful was the structure of beliefs that I had based on them. I realized that if I wanted to establish anything in the sciences that was stable and likely to last, I needed – just once in my life – to demolish everything completely and start again from the foundations. It looked like an enormous task, and I decided to wait until I was old enough to be sure that there was nothing to be gained from putting it off any longer. I have now delayed it for so long that I have no excuse for going on *planning* to do it rather than getting to work. So today I have set all my worries aside and arranged for myself a clear stretch of free time. I am here quite alone, and at last I will devote myself, sincerely and without holding back, to demolishing my opinions.

I can do this without showing that all my beliefs are false, which is probably more than I could ever manage. My reason tells me that as well as withholding assent from propositions that are obviously false, I should also withhold it from ones that are not completely certain and indubitable. So all I need, for the purpose of rejecting all my opinions, is to find in each of them at least *some* reason for doubt. I can do this without going through them one by one, which would take forever: once the foundations of a building have been undermined, the rest collapses of its own accord; so I will go straight for the basic principles on which all my former beliefs rested.

Whatever I have accepted until now as most true has come to me through my senses. But occasionally I have found that they have deceived me, and it is unwise to trust completely those who have deceived us even once.

Yet although the senses sometimes deceive us about objects that are very small or distant, that doesn't apply to my belief that I am here, sitting by the fire, wearing a

winter dressing-gown, holding this piece of paper in my hands, and so on. It seems to be quite impossible to doubt beliefs like these, which come from the senses.

Another example: how can I doubt that these hands or this whole body are mine? To doubt such things I would have to liken myself to brain-damaged madmen who are convinced they are kings when really they are paupers, or say they are dressed in purple when they are naked, or that they are pumpkins, or made of glass. Such people are insane, and I would be thought equally mad if I modelled myself on them.

What a brilliant piece of reasoning! As if I were not a man who sleeps at night and often has all the same experiences while asleep as madmen do when awake – indeed sometimes even more improbable ones. Often in my dreams I am convinced of just such familiar events – that I am sitting by the fire in my dressing-gown – when in fact I am lying undressed in bed! Yet right now my eyes are certainly wide open when I look at this piece of paper; I shake my head and it isn't asleep; when I rub one hand against the other, I do it deliberately and know what I am doing. This wouldn't all happen with such clarity to someone asleep.

Indeed! As if I didn't remember other occasions when I have been tricked by exactly similar thoughts while asleep! As I think about this more carefully, I realize that there is never any reliable way of distinguishing being awake from being asleep.

This discovery makes me feel dizzy, which itself reinforces the notion that I may be asleep! Suppose then that I am dreaming – it isn't true that I, with my eyes open, am moving my head and stretching out my hands. Suppose, indeed that I don't even *have* hands or any body at all.

Still, it has to be admitted that the visions that come in sleep are like paintings: they must have been made as copies of real things; so at least these general *kinds* of things – eyes, head, hands and the body as a whole – must be real and not imaginary. For even when painters try to depict sirens and satyrs with the most extraordinary bodies, they simply jumble up the limbs of different kinds of real animals, rather than inventing natures that are entirely new. If they do succeed in thinking up something completely fictitious and unreal – not remotely like anything ever seen before – at least the colours

used in the picture must be real. Similarly, although these general kinds of things – eyes, head, hands and so on – could be imaginary, there is no denying that certain even simpler and more universal kinds of things are real. These are the elements out of which we make all our mental images of things – the true and also the false ones.

These simpler and more universal kinds include *body*, and *extension*; the *shape* of extended things; their *quantity*, *size* and *number*; the *places* things can be in, the *time* through which they can last, and so on.

So it seems reasonable to conclude that physics, astronomy, medicine, and all other sciences dealing with things that have complex structures are doubtful; while arithmetic, geometry and other studies of the simplest and most general things – whether they really exist in nature or not – contain something certain and indubitable. For whether I am awake or asleep, two plus three makes five, and a square has only four sides. It seems impossible to suspect that such obvious truths might be false.

However, I have for many years been sure that there is an all-powerful God who made me to be the sort of creature that I am. How do I know that he hasn't brought it about that there is no earth, no sky, nothing that takes up space, no shape, no size, no place, while making sure that all these things appear to me to exist? Anyway, I sometimes think that others go wrong even when they think they have the most perfect knowledge; so how do I know that I myself don't go wrong every time I add two and three or count the sides of a square? Well, you might say, God would not let me be deceived like that, because he is said to be supremely good. But, I reply, if God's goodness would stop him from letting me be deceived all the time, you would expect it to stop him from allowing me to be deceived even occasionally; yet clearly I sometimes *am* deceived.

Some people would deny the existence of such a powerful God rather than believe that everything else is uncertain. Let us grant them – for purposes of argument – that there is no God, and theology is fiction. On their view, then, I am a product of fate or chance or a long chain of causes and effects. But the *less* powerful they make my original cause, the *more* likely it is that I am so imperfect as to be deceived all the time –

because deception and error seem to be imperfections. Having no answer to these arguments, I am driven back to the position that doubts can properly be raised about any of my former beliefs. I don't reach this conclusion in a flippant or casual manner, but on the basis of powerful and well thought-out reasons. So in future, if I want to discover any certainty, I must withhold my assent from these former beliefs just as carefully as I withhold it from obvious falsehoods.

It isn't enough merely to have noticed this, though; I must make an effort to remember it. My old familiar opinions keep coming back, and against my will they capture my belief. It is as though they had a *right* to a place in my belief-system as a result of long occupation and the law of custom. It is true that these habitual opinions of mine are highly probable; although they are in a sense doubtful, as I have shown, it is more reasonable to believe than to deny them. But if I go on viewing them in that light I shall never get out of the habit of confidently assenting to them. To conquer that habit, therefore, I had better switch right around and pretend (for a while) that these former opinions of mine are utterly false and imaginary. I shall do this until I have something to counter-balance the weight of old opinion, and the distorting influence of habit no longer prevents me from judging correctly. However far I go in my distrustful attitude, no actual harm will come of it, because my project won't affect how I act, but only how I go about acquiring knowledge.

So I shall suppose that some malicious, powerful, cunning demon has done all he can to deceive me – rather than this being done by God, who is supremely good and the source of truth. I shall think that the sky, the air, the earth, colours, shapes, sounds and all external things are merely dreams that the demon has contrived as traps for my judgment. I shall consider myself as having no hands or eyes, or flesh, or blood or senses, but as having falsely believed that I had all these things. I shall stubbornly persist in this train of thought; and even if I can't learn any truth, I shall at least do what I *can* do, which is to be on my guard against accepting any falsehoods, so that the deceiver – however powerful and cunning he may be – will be unable to affect me in the slightest. This will be hard work, though, and a kind of laziness pulls me back into my old ways.

Like a prisoner who dreams that he is free, starts to suspect that it is merely a dream, and wants to go on dreaming rather than waking up, so I am content to slide back into my old opinions; I fear being shaken out of them because I am afraid that my peaceful sleep may be followed by hard labour when I wake, and that I shall have to struggle not in the light but in the imprisoning darkness of the problems I have raised.

**SECOND MEDITATION: The nature of the human mind, and how it is
better known than the body**

Yesterday's meditation raised doubts – ones that are too serious to be ignored – which I can see no way of resolving. I feel like someone who is suddenly dropped into a deep whirlpool that tumbles him around so that he can neither stand on the bottom nor swim to the top. However, I shall force my way up, and try once more to carry out the project that I started on yesterday. I will set aside anything that admits of the slightest doubt, treating it as though I had found it to be outright false; and I will carry on like that until I find something certain, or – at worst – until I become certain that there is no certainty. Archimedes said that if he had one firm and immovable point he could lift the world with a long enough lever; so I too can hope for great things if I manage to find just one little thing that is solid and certain.

I will suppose, then, that everything I see is fictitious. I will believe that my memory tells me nothing but lies. I have no senses. Body, shape, extension, movement and place are illusions. So what remains true? Perhaps just the one fact that nothing is certain!

Still, how do I know that there isn't something – not on that list – about which there is no room for even the slightest doubt? Isn't there a God (call him what you will) who gives me the thoughts I am now having? But why do I think this, since I might myself be the author of these thoughts? But then doesn't it follow that I am, at least, *something*? This is very confusing, because I have just said that I have no senses and no body, and I am so bound up with a body and with senses that one would think that I can't exist without them. Now that I have convinced myself that there is nothing in the world – no sky, no earth, no minds, no bodies – does it follow that I don't exist either? No it does not follow; for if I *convinced myself of something* then I certainly *existed*.

But there is a supremely powerful and cunning deceiver who deliberately deceives me all the time! Even then, if he is deceiving me I undoubtedly exist: let him deceive me all he can, he will never bring it about that *I am nothing* while *I think I am something*. So after thoroughly thinking the matter through I conclude that this proposition, *I am, I exist*, must be true whenever I assert it or think it. **(COGITO ERGO SUM)**

BOOK I.

CHAP. II.: No Innate Principles in the Mind.↵

§ 1. It is an established opinion amongst some men, that there are in the understanding certain innate principles; some primary notions, characters, as it were, stamped upon the mind of man, which the soul receives in its very first being; and brings into the world with it. It would be sufficient to convince unprejudiced readers of the falseness of this supposition, if I should only shew (as I hope I shall in the following parts of this discourse) how men, barely by the use of their natural faculties, may attain to all the knowledge they have, without the help of any innate impressions; and may arrive at certainty, without any such original notions or principles. For I imagine any one will easily grant, that it would be impertinent to suppose, the ideas of colours innate in a creature, to whom God hath given sight, and a power to receive them by the eyes, from external objects: and no less unreasonable would it be to attribute several truths to the impressions of nature, and innate characters, when we may observe in ourselves faculties, fit to attain as easy and certain knowledge of them, as if they were originally imprinted on the mind.

But because a man is not permitted without censure to follow his own thoughts in the search of truth, when they lead him ever so little out of the common road; I shall set down the reasons that made me doubt of the truth of that opinion, as an excuse for my mistake, if I be in one; which I leave to be considered by those, who, with me, dispose themselves to embrace truth, wherever they find it.

§ 2. There is nothing more commonly taken for granted, than that there are certain principles, both speculative and practical [14] (for they speak of both) universally agreed upon by all mankind: which therefore, they argue, must needs be constant impressions, which the souls of men receive in their first beings, and which they bring into the world with them, as necessarily and really as they do any of their inherent faculties.

§ 3. This argument, drawn from universal consent, has this misfortune in it, that if it were true in matter of fact, that there were certain truths, wherein all mankind agreed, it would not prove them innate, if there can be any other way shewn, how men may come to that universal agreement, in the things they do consent in; which I presume may be done.

§ 4. But, which is worse, this argument of universal consent, which is made use of to prove innate principles, seems to me a demonstration that there are none such; because there are none to which all mankind give an universal assent. I shall begin with the speculative, and instance in those magnified principles of demonstration; “whatsoever is, is;” and, “it is impossible for the same thing to be, and not to be;” which, of all others, I think have the most allowed title to innate. These have so settled a reputation of maxims universally received, that it will, no doubt, be thought strange, if any one should seem to question it. But yet I take liberty to say, that these propositions are so far from having an universal assent, that there are a great part of mankind to whom they are not so much as known.

§ 5. For, first, it is evident, that all children and idiots have not the least apprehension or thought of them; and the want of that is enough to destroy that universal assent, which must needs be the necessary concomitant of all innate truths: it seeming to me near a contradiction, to say, that there are truths imprinted on the soul, which it perceives or understands not; imprinting, if it signify any thing, being nothing else, but the making certain truths to be perceived. [15] For to imprint any thing on the

mind, without the mind's perceiving it, seems to me hardly intelligible. If therefore children and idiots have souls, have minds, with those impressions upon them, they must unavoidably perceive them, and necessarily know and assent to these truths: which since they do not, it is evident that there are no such impressions. For if they are not notions naturally imprinted, how can they be innate? and if they are notions imprinted, how can they be unknown? To say a notion is imprinted on the mind, and yet at the same time to say, that the mind is ignorant of it, and never yet took notice of it, is to make this impression nothing. No proposition can be said to be in the mind, which it never yet knew, which it was never yet conscious of. For if any one may, then, by the same reason, all propositions that are true, and the mind is capable of ever assenting to, may be said to be in the mind, and to be imprinted: since, if any one can be said to be in the mind, which it never yet knew, it must be only, because it is capable of knowing it, and so the mind is of all truths it ever shall know. Nay, thus truths may be imprinted on the mind, which it never did, nor ever shall know: for a man may live long, and die at last in ignorance of many truths, which his mind was capable of knowing, and that with certainty. So that if the capacity of knowing, be the natural impression contended for, all the truths a man ever comes to know, will, by this account, be every one of them innate; and this great point will amount to no more, but only to a very improper way of speaking; which, whilst it pretends to assert the contrary, says nothing different from those, who deny innate principles. For nobody, I think, ever denied that the mind was capable of knowing several truths. The capacity, they say, is innate, the knowledge acquired. But then to what end such contest for certain innate maxims? If truths can be imprinted on the understanding without being perceived, I can see no difference there can be, between any truths the mind is capable of knowing, in respect of their original: they must all be innate, or all adventitious: in vain shall a man go about to distinguish them. He [16] therefore, that talks of innate notions in the understanding, cannot (if he intend thereby any distinct sort of truths) mean such truths to be in the understanding, as it never perceived, and is yet wholly ignorant of. For if these words (to be in the understanding) have any propriety, they signify to be understood: so that, to be in the understanding, and not to be understood; to be in the mind, and never to be perceived; is all one, as to say, any thing is, and is not, in the mind or understanding. If therefore these two propositions, "whatsoever is, is;" and "it is impossible for the same thing to be, and not to be," are by nature imprinted, children cannot be ignorant of them; infants, and all that have souls, must necessarily have them in their understandings, know the truth of them, and assent to it.

§ 6. To avoid this, it is usually answered, That all men know and assent to them, when they come to the use of reason, and this is enough to prove them innate. I answer,

§ 7. Doubtful expressions that have scarce any signification, go for clear reasons, to those, who being prepossessed, take not the pains to examine, even what they themselves say. For to apply this answer with any tolerable sense to our present purpose, it must signify one of these two things; either, that, as soon as men come to the use of reason, these supposed native inscriptions come to be known, and observed by them: or else, that the use and exercise of men's reason assists them in the discovery of these principles, and certainly makes them known to them.

§ 8. If they mean, that by the use of reason men may discover these principles; and that this is sufficient to prove them innate: their way of arguing will stand thus, (viz.) that, whatever truths reason can certainly discover to us, and make us firmly assent to, those are all naturally imprinted on the mind; since that universal assent, which is made the mark of them, amounts to no more but this; that by the use of reason, we are capable to come to a certain knowledge [17] of, and assent to them; and, by this means, there will be no difference between the maxims of the mathematicians, and theorems they deduce from them; all must be equally allowed innate; they being all discoveries made by the use of

reason, and truths that a rational creature may certainly come to know, if he apply his thoughts rightly that way.

§ 9. But how can these men think the use of reason necessary, to discover principles that are supposed innate, when reason (if we may believe them) is nothing else but the faculty of deducing unknown truths from principles, or propositions, that are already known? That certainly can never be thought innate, which we have need of reason to discover; unless, as I have said, we will have all the certain truths, that reason ever teaches us, to be innate. We may as well think the use of reason necessary to make our eyes discover visible objects, as that there should be need of reason, or the exercise thereof, to make the understanding see what is originally engraven on it, and cannot be in the understanding before it be perceived by it. So that to make reason discover those truths, thus imprinted, is to say, that the use of reason discovers to a man what he knew before: and if men have those innate impressed truths originally, and before the use of reason, and yet are always ignorant of them, till they come to the use of reason, it is in effect to say, that men know, and know them not, at the same time.

BOOK II.

CHAP. I.: Of Ideas in general, and their Original.

§ 1. EVERY man being conscious to himself that he thinks, and that which his mind is applied about, whilst thinking, being the ideas that are there, it is past doubt, that men have in their minds several ideas, such as are those expressed by the words, Whiteness, Hardness, Sweetness, Thinking, Motion, Man, Elephant, Army, Drunkenness, and others. It is in the first place then to be inquired, how he comes by them. I know it is a received doctrine, that men have native ideas, and original characters, stamped upon their minds, in their very first being. This opinion I have, at large, examined already; and, I suppose, what I have said, in the foregoing book, will be much more easily admitted, when I have shewn, whence the understanding may get all the ideas it has, and by what ways and degrees they may come into the mind; for which I shall appeal to every one's own observation and experience.

§ 2. Let us then suppose the mind to be, as we say, white paper (**tabula rasa**), void of all characters, without any ideas; how comes it to be furnished? Whence comes it by that vast store which the busy and boundless fancy of man has painted on it, with an almost endless variety? Whence has it all the materials of reason and knowledge? To this I answer, in one word, from experience; in all that our knowledge is founded, and from that it ultimately derives itself. Our observation employed either about external sensible objects, or about the internal operations of our minds, perceived and reflected on by ourselves, is that which supplies our understandings with all the materials of thinking. [78] These two are the fountains of knowledge, from whence all the ideas we have, or can naturally have, do spring.

§ 3. First, Our senses, conversant about particular sensible objects, do convey into the mind several distinct perceptions of things, according to those various ways wherein those objects do affect them: and thus we come by those ideas we have, of Yellow, White, Heat, Cold, Soft, Hard, Bitter, Sweet, and all those which we call sensible qualities; which when I say the senses convey into the mind, I mean, they from external objects convey into the mind what produces there those perceptions. This great source of most of the ideas we have, depending wholly upon our senses, and derived by them to the understanding, I call SENSATION.

§ 4. Secondly, The other fountain, from which experience furnisheth the understanding with ideas, is the perception of the operations of our own mind within us, as it is employed about the ideas it has got; which operations, when the soul comes to reflect on and consider, do furnish the understanding with another set of ideas, which could not be had from things without; and such are Perception, Thinking, Doubting, Believing, Reasoning, Knowing, Willing, and all the different actings of our own minds; which we being conscious of and observing in ourselves, do from these receive into our understandings as distinct ideas, as we do from bodies affecting our senses. This source of ideas every man has wholly in himself; and though it be not sense, as having nothing to do with external objects, yet it is very like it, and might properly enough be called internal sense. But as I call the other sensation, so I call this REFLECTION, the ideas it affords being such only as the mind gets by reflecting on its own operations within itself. By reflection then, in the following part of this discourse, I would be understood to mean that notice which the mind takes of its own operations, and the manner of them; by reason whereof there come to be ideas of these operations in the understanding. These two, I say, viz. external [79] material things, as the objects of sensation; and the operations of our own minds within, as the objects of reflection; are to me the only originals from whence all our ideas take their beginnings. The term operations here I use in a large sense, as comprehending not barely the actions of the mind about its ideas, but some sort of passions arising sometimes from them, such as is the satisfaction or uneasiness arising from any thought.

§ 5. The understanding seems to me not to have the least glimmering of any ideas, which it doth not receive from one of these two. External objects furnish the mind with the ideas of sensible qualities, which are all those different perceptions they produce in us: and the mind furnishes the understanding with ideas of its own operations.

These, when we have taken a full survey of them and their several modes, combinations, and relations, we shall find to contain all our whole stock of ideas; and that we have nothing in our minds which did not come in one of these two ways. Let any one examine his own thoughts, and thoroughly search into his understanding; and then let him tell me, whether all the original ideas he has there, are any other than of the objects of his senses, or of the operations of his mind, considered as objects of his reflection; and how great a mass of knowledge soever he imagines to be lodged there, he will, upon taking a strict view, see that he has not any idea in his mind, but what one of these two have imprinted; though perhaps, with infinite variety compounded and enlarged by the understanding, as we shall see hereafter.

Guided Questions:

John Locke and "An Essay Concerning Human Understanding"

VS.

Rene Descartes and "Meditations on First Philosophy"

Name: _____ Hour: _____

1. What psychological issue are Locke and Descartes primarily concerned about?

2. What is Descartes's views on this issue?

3. What is Locke's views on this issue?

4. What do you think Descartes means when he says “Cogito Ergo sum?”

5. What do you think Locke means by the “Tabula Rasa”?

6. What broad philosophical argument do you think these two philosophers are engaged in?

7. Based on the ways in which humans acquire knowledge according to each of these two philosophers, describe **how** we should attain knowledge?

8. What does **how** we attain knowledge say about the field of Psychology?

9. In regards to the modern study of Psychology, which of these philosophers is right?
