

Jean Klein: Dialogue at Gaunts House (1993)

[Jean Klein]: Do you have any questions?

[Interlocutor]: We have been practicing body work here. We are learning to integrate the teaching completely. We need to follow the laws. We use techniques to warm up the body.

[Jean Klein]: When you feel the body, and you realize that your physical form is free from contraction—not just physically, but psychologically—the body sensing appears. We have spoken a lot about intuition. At this level, an insight appears instantaneously. It is a pure perception. When there is a thought, it conceptualizes; it's a projection. If you are open to intuition, that is the only 'positive' thinking. It is only by questioning yourself that you become free from memory and stay open. There is an insight that doesn't involve the mind; it comes from your whole being. Suddenly, you 'visit the palace'—you enter the state of presence. You continue in this light. In reality, it is a matter of understanding. When you say "I have understood" intellectually, you have not understood. True understanding is what puts you in a state of pure sensing.

[Interlocutor]: Pure sensing takes place. Does the brain first have to relinquish this process of becoming, of trying to achieve?

[Jean Klein]: Being in understanding means you are no longer in "becoming." It is a different modality. The ego's desire to arrive is sacrificed. When you truly have the spirit of the interior, a time comes where you are free from becoming. There is no more anticipation. Living in the love of your body as a sensation is renunciation; you no longer worry about it as an object. This is understanding. "Who am I?" is the first and the last question. There are no other questions concerning your real nature. This weekend is a reconciliation with that nature. There is no more "event," only presence.

[Interlocutor]: Is it possible for the artist to express unity through their work, or is there no need for expression?

[Jean Klein]: You are there, impregnated by a vision. Not as an agent with a mission, but as a visionary. In the true creative act, everything is impregnated by this silence. I often joke: a painter doesn't paint; one is "painted." It is a movement

of life itself.

[Interlocutor]: The less the artist is present, the better.

[Jean Klein]: Yes.

[Interlocutor]: It is the same for everyone.

[Jean Klein]: Through the season of representation. Finally, from your perception. Form is this pretext, in a certain way. It is one single painting. There is no other painting.

[Interlocutor]: (Question about the human process and recovery/pain).

[Jean Klein]: Another way... a bit of pain... a flash of pain, of course. The body is made of stars. When you really feel the body, you free it from pain. It takes time to get there. What do you think of your body? When the body is completely healthy, I would say it's a healthy body. "Do something." You remember, yes, everything is there. Relax for moments. Everything relaxes... and then you return to the energy of peace, the sense of beauty.

[Interlocutor]: There are so many residues of the past...

[Jean Klein]: Yes, of course. Nothing to believe. Defend yourself. It is only by the sensing of the body that you come to... body sensing. You come to a new relationship. The organ that... father of your own body. You are at home. In your home, you must be...

It is the era of the doctor and the person. To follow. He worked all the time. I think it is one of the things... a real proportional balance. Every morning. You must stay there. For me, it is neutral. To be invited. It was a true meditation. There is an order that counts. To be giving oneself. Laughing like God. It is up to you to stay in your meditation. I skip the "abusing"... excuse me, I go to sleep. But finally, it is veiled by awakening. Our mind... they follow a path. In activity. As a flow. Amen. It is not a problem of duration. It is the quality of the moment.

[Interlocutor]: An experience of opening can happen, but soon after a parasite—a voice inside—starts commenting on the experience. I know it's a kind of reflex, but I don't know how to deal with it.

[Jean Klein]: When an object appears, whether a thought or a sensation, it must be meditated upon—which means seen clearly without judgment. Then it becomes quiet. It must not be invited back. Say goodbye to the object. That is what we have

done here. I agree with you: one should never fear the moment of meditation. You make meditation a natural function in activity. Stay in the state of "I know nothing." It is the flow of beauty, the flow of love. There is no objective. Meditation is nothing other than being in that state of mind—all silence. It is not an effort. It is being free from thinking. I have written many books on this: how to be free from thought? You realize you are already free from the core of thoughts.

[Interlocutor]: About body work... many people asked tonight...

[Jean Klein]: Incorporated and official. I am not speaking from the point of view of the painter. It is different. The real work is to believe.

[Interlocutor]: (Instruction about bending the right arm, hand positions). Why is that?

[Jean Klein]: Yes, in this system. It is only a system, nothing else. We start with the negative of your body. And so on... positive. According to the method of creation. Yoga, understanding, Patanjali. There are stopping windows at certain periods. You see it in the senses. The important thing is... to keep the body sensual. And then, you change. The clouds change. But to anticipate...

[Interlocutor]: When you do the exercises here with you, there seems to be a delay between the instructions coming and the body reacting to them. There is a flow of movement. It seems clear to observe the body as contractions and observe the thought that comes. When I do exercises at home, it seems it is the head giving instructions and the body reacting differently. There is a lot of "end-gaming", a sense of achieving.

[Jean Klein]: Achieving is... and you are dissipated. We say anticipating is first to achieve. It is pure joy. A small example... organic memory. "Healthy sensation." It is the moment it starts. The great contraction. We will stay there. Just a bit. It is a sense from beginning to end. There should be no violence. All correct postures bring you into relationship with the cosmic.

[Interlocutor]: God is in nothing... orchestrated and systemic. But it's conditioned... in reality it is...

[Jean Klein]: In reality, there are very few essential postures. We don't need excessive "bodywork." Traditionally, we speak of three key postures—as mentioned in the *Hatha Yoga Pradipika*. Most other things are different processes, often becoming a form of gymnastics. True postures are archetypes of being. When the body is properly aligned and relaxed, even at 60 or 80 years old, one doesn't "feel" the body as a weight; one executes the posture correctly as an

expression of energy.

[Interlocutor]: Can you explain what you said about the three postures?

[Jean Klein]: At first, one might say, "It's nothing!" But then you see yourself as a seeker. You rise above the 'man-machine' modality. Through the contact with yourself, the nostalgia for your true nature is replaced by presence. You feel the energy of the earth and the energy in the cavities of the body. The energy must come freely. This is why we introduced this specific posture: it's about "doing it" to see the "not-doing." There is no need to talk about it excessively; it is an experience.

[Interlocutor]: Personality... I want to be responsible for my thoughts and actions.

[Jean Klein]: As long as you take yourself as independent, you are responsible for what you do or what you think. And then you are freed from the person. There is another responsibility. You see? And you are free from the concept of the "I". Spontaneity. You are completely appropriate. What you do is truly adequate in life. Free from the vicious circle of doing and not doing.

[Interlocutor]: The energy body, the body free from the past...

[Jean Klein]: It is the energy body. Body and soul.

[Interlocutor]: Is the energy body always healthy or can it have contractions too?

[Jean Klein]: It is constant. As long as you believe in the "I", it is troubled. But everything is constant. It is only the physical body that knows illness and worry. We all have the same consciousness. You come to me, in fact.

[Interlocutor]: (Question about acupuncture and meridians).

[Jean Klein]: It is the same energy system. Orchestrated differently. Power comes from the outside, from the inside. It is a complexity.

[Interlocutor]: Who is this person?

[Jean Klein]: A person is an accumulation. Believer. Hearing. Appropriation. Everything you appropriate belongs to the personality. You need this personality in your daily life. It is a tool, a very important tool. To identify yourself as a personality is completely nonsense. The Self is present. It is only present when you are absent. There is no place for "yourself". I don't know. The beginning is a kind of... identification. "How do you have beautiful hair?" This identification... at one

moment, being sure...

[Interlocutor]: It's psychological. Thank you. There is a correspondence between the energy body and the psychological memory?

[Jean Klein]: It works like that. Psychological and memorial time. Future is the past. But in reality... we maintain the concept of the "I". This identification with the concept of the "I". I have only memory. Functional memory. But then you say... and it's the moment to use it. But we do not live according to psychological memory. All seeing. Global seeing. You see yourself.

[Interlocutor]: Is it possible to let children grow without forming this attachment, so they stay free?

[Jean Klein]: I live with children. You must be... free yourself. The child seeks to learn. By hearing. Trying to appropriate yourself from the Earth. The environment of the mother and father... if the father and mother have not freed themselves from the concept of the "I", the child will take it. Live with charity. You will see it is not functional. (Refers to an example of using fingers to eat).

[Interlocutor]: Dr. Klein, what did you do for Dr. Klein's child? (Wait, likely "your child"). What would you do if you just played tapes of your talks?

[Jean Klein]: You must have an understanding of the stage of life. It's different at 14 or 15 years. The important thing is to be available for your Own Self. You return to this spirit of being—open, ready. In a state of true availability, you *are* the availability. You are not available for "something" in particular; you are Availability itself. Not open "to" something, but above the very concept of opening. It is extreme to understand it initially, but it means finding the invisible, the objectless invisibility of our true nature. It takes time, but we have that time. You are open.

[Interlocutor]: When you lose the personality, when you realize it doesn't exist... it feels like you've lost a friend.

[Jean Klein]: Yes, and you don't use it anymore. And you find what you really are. You will see that you were attracted by the personality. There is no relation, there is no space. And your life is only a repetition. You find yourself in the same pattern. It's important. Impact. After seeing it. It's important. At this moment of the kingdom...

[Interlocutor]: (Question about needs and no personality).

[Jean Klein]: Different... maybe it's rich. When you need the personality, the personality is there at your disposal. You look again. You will see that you are... with its personality... I have never seen anything.

[Interlocutor]: (Question about connecting to a "Godhead" or a larger Self). What is God for you?

[Jean Klein]: It's more a concept. A great concept. What is it? You notice... at the freshness... you should be interested in yourself. Leave things... but do you believe? Life is for you. Joy. In the time of life, all that.