

# Jean Klein: Dialogue at Cape Sounion (1995)

[Interlocutor]: Dr. Klein, could you speak about perception?

[Jean Klein]: What do you mean exactly when you say that we must be open?

[Interlocutor]: It seems that the non-acceptance of pain contributes to the feeling that everything is lost.

[Jean Klein]: When one is established in the Self, there is only happiness. But to accept pain—that is what is needed.

[Interlocutor]: It is not a fatalistic way of accepting?

[Jean Klein]: True acceptance is to see the mechanism of the pain clearly, to know something about it.

[Interlocutor]: Realize something about the pain, for you to know the pain.

[Jean Klein]: When you truly see it, you distinguish it from suffering. Suffering has nothing to do with pure sensation.

[Interlocutor]: Regarding suffering. Professor, you say it is not painful.

[Jean Klein]: I cannot...

[Interlocutor]: I mean, the concept of pain is not the pain itself.

[Jean Klein]: How to do it? How can I be free from pain?

To change your relationship to pain, you must observe the somatic system. You look at how you function. Very little of the 'pain' remains when you stop identifying with the ego's commentary. You must know that perception and conception can never meet.

The fact of feeling is real; the conception is a projection. Only one can be found at any given instant. The movement between them happens very fast, which is why

we must stay in the state of listening.

[Interlocutor]: How to face what you call the "pain of the soul"? But your conceptual life...

[Jean Klein]: The pain is often interpreted as a weight, but that weight is only at the level of the mind. Explore the localizations in the body. Simply take note of them. By doing that, you become free from identification. You will experience a space, a distance between the 'knowing' and the 'suffering.' You detach yourself from the 'idea' of pain and simply look at it. This is noble and simple.

[Interlocutor]: Yes, that's it. It's observing, observing.

[Jean Klein]: In this space, an important realization occurs: the pain is in you, but you are not in the pain.

[Interlocutor]: Don't take your pain as a punishment coming from somewhere.

[Jean Klein]: Don't consider pain as a punishment coming from the interior or anywhere else. Find the points that point to your real nature. What is realized is usually an object, but your true nature can never be objective. To free yourself from the concept of pain is to explore it as a pure sensation—free from any thinking or justification. Explore the 'temperature' of the sensation. When you stay on the periphery of the pain, you are actually contributing to it. Go to the center, the silence.

Anyone can easily arrive in this silence through this dialogue. Everything you see has its origin in what we welcome. There is no world without the seeing. Nothing final can exist outside of consciousness.

[Interlocutor]: So it means that you have a "passive" face to it? It's an expression of consciousness.

[Jean Klein]: Leaving these resentments that we explain... the fact that your perception at this turn... brings us this perceiving which brings the past to the past. Specifically, it can never be an object. Passive. It's objective. It's consciousness.

[Interlocutor]: It's really difficult to explain.

[Jean Klein]: When an object is fully heard and seen, it gives all its secret to you. Listening and observation reveal all mysteries. Automatically, what listens reflects what is. You can never objectify your real nature, because you *\*are\** that. It is that simple.

[Interlocutor]: It's a feeling of glory, of completion.

[Jean Klein]: It is a spherical feeling of peace. It's not a practice, but simply a memory of what I am. Simply. Nothing is born. In this plane.

[Interlocutor]: Each object has a mission: to bring us back to its home ground.

[Jean Klein]: The truth is not a practice; it is a memory of what I am. In the creative process, the object reveal the Ultimate. If we identify as a separate personality, we are in a prison. The "freed" person belongs only to the prisoner's imagination. Real freedom is being outside the prison-process. When you return to the Self, you see that you were never the prisoner.

[Interlocutor]: We have need of the personality. It comes to you.

[Jean Klein]: A transparent personality is like a medicine; you use it and then forget it. Originality is integrating into the spontaneity of the moment, where perception is completely adequate to each situation. You can never think spontaneity; it is lived.

[Interlocutor]: In the beginning, it was a word. Action. Because you need energy. You cannot say that consciousness is energy.

[Jean Klein]: But which puts itself in emergence. You should not reduce it to energy. And then one could put... which is the energy. You say to yourself: "I have it." It's natural. You can never objectify it. You can never think of it. It can never be an object. Their body has nothing to do with that. Yes, but it's massed... because it will filter through the tissue. Peace. Finally, it's all what is. Matter, Energy & Movement. All these energies are coming into existence.

[Interlocutor]: Is there a kind of "quantum shock"?

[Jean Klein]: Consciousness gives the permission to exist. Awareness is wholeness. Nature of education is often a denial of our true being, but peace is our natural state. Stay with the freshness of yourself.

[Interlocutor]: Realize ultimate contentment.

[Jean Klein]: (Refers to deep sleep). Dreaming. In the deep, without dreams. Is that the experience of deep sleep? We could never... ultimate happiness. Yes. We couldn't reunite if we weren't unique. Happy Endlessness. Talk about a geometric plan. Explanation. Domain of geometric representation.

[Interlocutor]: It's inconstant. Present.

[Jean Klein]: (Refers to history and beauty). Everything that appears in space and time. Movement and discontinuity. All that is present in the time and place. What we look for... also, the high use of personality. One of the "nasillers" (likely seekers). Transparence. Reality is the presence. Transparent personality. They listen to the situation. Just there. To their personality. Only by listening to the situation.

There is no personality. By theory, it's what I know. We enjoy it for a few minutes. To calm down. Amen.