

THE AWAKENING OF THOUGHT

JEANNE DE SALZMANN

OBJECTIVE thought is a look from Above. A look that is free, that can see. Without this look upon me, seeing me, my life is the life of a blind man who goes his way driven by impulse, not knowing either why or how. Without this look upon me, I cannot know that I exist.

I have the power to rise above myself and to see myself freely . . . to be seen. My thought has the power to be free. But for this to take place, it must rid itself of all the associations which hold it captive, passive. It must cut the threads that bind it to the world of images, to the world of forms; it must free itself from the constant pull of the emotions. It must *feel* its power to resist this pull; its objective power to watch over this pull while gradually rising above it. In this movement thought becomes active. It becomes active while purifying itself. Thereby its true aim is revealed, a unique aim: to think *I*, to realize *who I am*, to enter into this mystery.

Otherwise, our thoughts are just illusions, objects which enslave us, snares in which real thought loses its power of objectivity and intentional action. Confused by words, images, forms that attract it, it loses the capacity to see. It loses the sense of *I*. Then nothing remains but an organism adrift. A body deprived of intelligence. Without this inner look, I can only fall back into automatism, under the law of accident.

This look makes me both responsible and free. In the clearest moments of self-awareness, I reach a state where I am known, and where I feel the blessing of this look which comes down to embrace me. I become transparent under its light.

Each time, the first step is the recognition of a lack. I feel the need for real thought. The need for a free thought turned toward myself so that I might

become truly aware of my existence. An active thought, whose sole aim and sole object is *I* . . . to rediscover *I*.

So my struggle is a struggle against the passivity of my ordinary thought. Without this struggle a greater consciousness will not be born. Through this struggle I can leave behind the illusion of "I" in which I live and approach a more real vision. At the heart of this struggle, order is created out of chaos. A hierarchy is revealed: two levels, two worlds. As long as there is only one level, there can be no vision. Recognition of another level is the awakening of thought.

Without this effort, thought falls back into a sleep filled with words, images, preconceived notions, approximate knowledge, dreams, and perpetual drifting. This is the thought of a man without intelligence. It is terrible to suddenly realize that one has been living without a thought that is independent—a thought of one's own—living without intelligence, without something that sees what is *real*, and therefore without any relation to the world Above.

It is in my essence that I may be reunited with the one who sees. There, I would be at the source of something unique and stable, at the source of that which does not change.

EDITOR'S NOTE: This text, dated July 23, 1950, is from a notebook of Jeanne de Salzmänn. It is published with the authorization of Michel de Salzmänn.