

Mental Conflict and Repentance

The mind and constructive will of a person are superior to all dark forces. However, an unclean and unenlightened mind not only ends this superiority but also leaves the heart barren. When this superiority is damaged, destructive and corrupt impulses come into play.

The sole aim of the Syriac culture is to preserve this superiority through divine vaccinations and approaches to mental transformation. Because without preserving this superiority, development in both the material and spiritual worlds cannot reach the desired level; it remains incomplete.

When the invisible is transformed, the visible changes more easily. Therefore, spiritual thought that does not carry destructive and corrupt impulses is the most essential and comforting mindset to be gained in this context. Because it has vital functions in the development and progress of both individuals and society.

However, mainstream culture, encouraged by dogmatic elements, strives for the change and development of the visible (the material), while always leaving the invisible (the spiritual) deficient and incomplete. Whereas if both the visible and the invisible develop equally and in parallel, the mental world finds greater ease. The internal conflicts caused by the mind find tranquility sooner.

The concept known as "tavbe" / ܬܒܐ / "tyobutho" / ܬܝܒܘܬܐ in Syriac, which also considers the tranquility of the mind, has vital meanings such as repentance, returning, regret, and abandoning sin and evil.

This concept is derived from the Syriac root 'tob' / ܬܒ, the word 'tvab' / ܬܒܐ, meaning to repent, return, bring back, face, regret, heal, gather, fatten, and vomit.

Additionally, the name "tavbo" / ܬܒܐ is a term used in local dialects of Syriac for swearing and taking oaths. It is pronounced as **"tavbe"** in the Surayt/West dialect and **"toba"** in the Surit/East dialect.

In fact, in Syriac, "tavbe" / "toba" is another name for the mental transformation that leads to the change of heart, action, and attitude through internal confrontation and sincere regret.

This concept, which passed from Syriac to Arabic and then to Turkish, offers positive contributions to ending mental conflicts and controlling the ego.

The ego, in the duality within a person, carries negative meaning and corrupt impulses. It represents sin and evil within a person.

An undisciplined and uncontrolled ego leads to evil. It imprisons and restrains a person. It contaminates, shames, and humiliates. It creates a barrier between a person and God. It distances a person from their essence. It does not allow them to be their true self.

Therefore, it is very important to control selfish desires. Because hidden and disorderly tendencies embedded in the ego disrupt the natural cycle and order existing in life and in people. The whole issue is to become aware of those hidden and disorderly tendencies. It is to file them down within awareness. If possible, to cut them off.

The TRUE LIFE and UNCONDITIONAL LOVE existing in a person's internal world can only emerge this way. Only in this way can life be warmed and embraced.

Turbulent processes have both destructive and constructive effects. If a person has sufficient spiritual awareness during a turbulent process and acts with this awareness not reactively but effectually, constructive states come into play. Like

dead leaves and branches on a shaken tree, ineffective and negative thoughts and attitudes that tire the inner world break off and leave the mind. New constructive states and impulses come into play.

Therefore, all the pain and suffering experienced on the path to maturity and ripening are to illuminate the darkness of the ego and establish the power of the soul. It is to make the beauty of the soul and the true self dominant in personal and communal life.

Because the energy of the soul is divine. It is beyond the influence of time and space. It is not subject to the law of opposites and contrasts, which states that everything can only exist through its opposite, that good cannot exist without evil. The soul does not contaminate life like selfish impulses; on the contrary, it purifies and cleanses.

The bright figure of Syriac culture, Saint Mor Philoxenus of Mabbug (+523), writes on this subject: **"When the soul governs the body, all the body's reactions turn into healthy and stable reactions, and it attains a stability worthy of and befitting humanity. If the body's will governs the soul, then animalistic/selfish principles and reactions come into play. A soul attached to the body's thoughts cannot govern the body, nor can it see itself. It cannot see the body's desires or be aware of its passions. Like a blind person incapable of seeing even himself, it remains devoid and deprived of every image. A soul blinded by the passions of sin is also like that. It can see neither itself nor anything beyond itself."**

Attitudes that kill conscience and compassion are related to emotional and mental conflicts experienced in the internal world. Because the mind, under the control of a corrupt ego, narrows. It never stops talking. It talks about negative things. It becomes sensitive and offended. It evaluates situations negatively. It sees and thinks badly. It produces toxic thoughts. It tends towards arrogance and

superiority. It compares. It envies. It spreads hatred. It becomes cunning and sly, with internal bargains. It only thinks of itself. It does not love itself. It becomes selfish and unaware. It uses masks and doubles. Thus, it does not learn from transformative experiences. Internal voids and spiritual pits are not filled.

If we want to develop and grow our mind, knowledge, and conscience, we must resolve our mental conflict with peace by passing under the control of the soul. If we want to have strong wings instead of a hump, we must achieve this. Because the mind that passes under the control of the soul expands. It is silent but thoughtful. It becomes polite and kind. It looks positively at situations. It sees well and thinks well. It becomes disciplined and humble. It spreads love and compassion. It becomes sincere and honest. It loves itself but also thinks of others. It becomes altruistic. It embraces conscience and morality.

Due to these lasting meanings that provide stability, harmony, and balance to the internal world, Robert Burton (1577-1640) reminds us: **"Keeping the light of our soul alive is the greatest and most important struggle in the world."**

Spiritual thought with a holistic view contributes positively to a healthy life by renewing the cells that keep a person standing. It gives life energy along with mental purity and moral oxygen.

Let it not be forgotten, the mind that passes under the control of the soul takes flight. The one that does not, hunches.

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