

Self-love and love of neighbour(hood)

Our human nature, i.e. our soul, is love. First and foremost, we are responsible for discovering our essence. Because essence is the energy of life. It reveals sincerity and the true self.

"Love your neighbour as yourself" (Matthew 22:39) is a life lesson that reflects the deep reality of life. With this statement, which points to the essentials, Christ attached great importance to human dignity and called us to responsibility and action. With this all-encompassing statement, which constitutes a fundamental moral rule, he simultaneously and in the same tone expressed **"love of neighbour"** and emphasised the importance of empathy and justice in human relationships. This love, which advises us to treat our neighbour (the other(s)) with the same respect and care that we show ourselves, plays an important role in ensuring social peace, harmony and justice, and holds insights that facilitate the journey of life. The need to empathise with others and evaluate from their perspective is a prerequisite that applies to all situations and all forms of relationships. This sublime love, which reveals the meaning of life and gives people vital energy, is like a light that illuminates the dark side of the ego, a key to locked doors. If this light does not illuminate the inner world, the outer world will not settle into order and stability. For this light is the joy of life and the main source of strength.

"Do to others as you would have them do to you" (Matthew 7:12) is another expression of the statement **"Love your neighbour as yourself"**, which encourages us to live a lifestyle based on mutual respect and empathy. On the one hand, this statement points us towards discovering our self-love and getting to know ourselves, on the other hand, it emphasises that we must first accept to love ourselves in order to love our neighbour (another/others). It purifies us from all kinds of pride, selfishness and spiritual imbalances caused by complexes. It reminds us to humbly cherish and contribute to our

neighbour (every person), starting from blood relations to spiritual bonds. **For if we fulfil the requirement of this teaching, we have progressed on the path of perfection and have fulfilled a fundamental duty that enriches our spiritual life.**

Christ brought to the world a spiritual thought that makes no distinction between people. By taking on suffering for him, he entrusted this spiritual thought to us and said: **"You are the salt of the earth"** (Matthew 5:13). He wanted us to organise our lives, our missions, our relationships, our activities, our talents and our reactions according to his requirements.

The basic understanding that requires spiritual peace here is this: **As we strive to keep the flavour (meaning) of life like salt, with an approach that does not harm others, without boasting and bragging, we must value ourselves and others, be self-centred, not selfish, dependent, not enslaved!**

The main purpose of the statement **"You shall love your neighbour as yourself"** (Matthew 22:39) is the spiritual bond, the energy of the soul, the warmth of the soul, the compassion of the soul, the kindness of the soul. But it also has a meaning that takes equal account of blood ties and never neglects them. This meaning has vital meanings depending on the degree of sincerity of the person, which can contribute positively to spirituality and inner formation in all circumstances.

If the spiritual bond in a person is not cooled, retains its warmth and is strong, this bond enables the person to warm and irrigate all areas with which he/she is in communication and interaction!

However, it should be remembered that when the spiritual band cools or moves away from it, anguish and suffering increase. What is happening today is exactly this, and it is a result. It is possible to change this outcome by moving away from the ego's ambitions with egoless love and serving good

causes with the soul's vision - with a pure heart - by standing up for truth and conscience in service and flow.

With an approach that does not resort to domination and does not digress to dirty purposes, when the focus is solely on serving and adding value to others, not only will attitudes change, but understanding will develop.

According to Christian understanding, we should not focus on people's faults, but on love, respect, responsibility, humility, loyalty, justice, morality, kindness, decency, virtue, compassion, fairness, solidarity, co-operation and identification with these values!

Let us not forget that the two eyes we are given are there to see matter. **A third eye is needed to see meaning. The third eye is the consciousness based on knowledge.** To focus on service and value creation with this consciousness and make it a way of life requires a spirit of identification. The spirit of identification, which is a need for harmony and balance in life, means sincere meaning and complete integration.

St John Chrysostom (347-407), who said: **"Let us not adversely affect anyone, let us be light, leaven, star and salt for all",** expresses the matter as follows: **"Speak only what is beneficial to your brother. Add nothing to him, even if it is only a single word. For God has given you a mouth and a tongue for this purpose. He has given them to you so that you may give thanks to him and edify your brother."**

Is not the purpose of all worship services and rituals to achieve this meaning and integration?

Yes, the fundamental purpose of worship and rituals is to achieve this meaning and integration day by day and to come closer to it. For a person with the spirit of integration has a compassionate awareness of his area of

service and responsibility. In doing so, he always considers truth and conscience.

This practise means discovering one's self-love and self-worth, knowing oneself, disciplining oneself, transcending oneself and knowing one's limits.

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