

The Living Cell

To keep our cells alive and active, it is important and extremely valuable to activate our inner compassion through altruistic or empathetic approaches. They are indispensable.

The reason for this is that, according to the divine plan, humans are inherently flawed and inadequate. These shortcomings create a system of mutual needs, and this system only becomes active when the moral values and virtues that sustain life are fulfilled.

When we offer material or spiritual help to another person (or another living being) with feelings of self-compassion, or when we do good to them, we are actually filling a deficiency in ourselves and thus completing an aspect of our being that was missing.

To the extent that people remember and recognise themselves, to the extent that they understand themselves and discover their essence, they develop a deeper understanding of how important this system that maintains the cycle of life and balance really is.

This means that any kindness that fulfils or completes a need in another person not only satisfies them, but also energises the one offering the help or doing the good. In the midst of life's struggles, doing good brings peace to the one who offers it.

In the flow of life, our noblest and most basic task is to complement each other in times of need without losing human dignity and without falling into feelings of superiority or gratitude.

Basically, the gaps in us are only filled by useful attitudes, behaviours and habits that fulfil the tasks of divine love. When we are useful to ourselves and others (life) to the best of our ability, our lives become

more meaningful and both our material and spiritual worlds take on a healthy form.

Remember that we become happier and stronger to the extent that we help others without diminishing them and bring joy to others.

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