

Help Or Be Useful

Despite visible and invisible differences, activating the spirit of helping among people is one of the goals of life. Therefore, existence itself finds meaning in helping and being useful. Otherwise, it is impossible to understand the meaning of life.

Matter is a tool for human development and evolution. This development and evolution require being an active subject in the flow of life, in movement. The process of being an active subject is therefore primarily about taking from the desire associated with matter to the desire associated with meaning. It is about striving to be useful, with a sense of helping.

Because helping without being driven by show or expectation is the essence of the soul. Just as we need oxygen to live, it is essential for continuity to make positive contributions to the process with the aim of being useful, helping and striving to improve life and the world.

Despite the conditions that challenge the good, the way to keep the voices of conscience and hearts strong without abandoning the good or resorting to injustice is through unwavering justice and solid spirituality. Otherwise, the negative prejudices, indifference and bigotry become active.

To counteract this, the brilliant figure of Syriac culture, Jacob of Sarug (451-521 AD), writes: **"He who sows ignorance reaps misery. When the exchange of knowledge increases, the mind becomes richer."** In this enrichment, truth should be the compass of life. As it says: **"You will know the truth, and the truth will make you free"** (John 8:31).

Remember that freedom and understanding the truth depend on freeing yourself from selfish attachments. In other words, the mirror of the heart should be clean and spotless. Remembering the divine truth with a pure heart is the key to all help and healing. **For the closer one comes to the truth, the closer one comes to one's natural ability to protect others and preserve one's own honour, and to the spirit of helping.**

Without knowing the truth and being nourished by it, it is impossible to successfully apply what you know and have learnt. This is why another original figure of Syriac culture, Isaac of Antioch (d. 491), says: **"Truth is above rank, and endeavour is above authority. Justice is also above rules and order."**

Yusuf Beğtaş