

Intellectual Impressions

Life consists of constants and variables. A person's constants must be strong. Without constants, the variables take the place of the constants.

Constants form a person's invisible spiritual world, while variables shape his physical world. The constant is the soul, the variable is the body. The constant is meaning, the variable is matter.

Knowing oneself begins with understanding the balance between constants and variables. Constants represent the core values, beliefs and elements that make up a person's true self. These constants form the foundation of a person's identity and give them strength and direction. Variables, on the other hand, are the challenges, experiences and external factors that life brings with it. To know yourself, you need to be able to deal with these variables.

Knowing yourself means embarking on an inner journey to understand your own feelings, thoughts, strengths and weaknesses. This process helps a person discover who they are - their divine dimension - and define their values. Knowing oneself leads to the development of healthy self-esteem, the ability to build healthier relationships and find meaning in life. It is a continuous process of learning and growth as it involves constant change through life experiences and introspection.

Knowing oneself allows a person to remain flexible while maintaining their constants. Adapting to variables means learning and growing. Knowing oneself means finding an inner balance and drawing strength from it to adapt to the outside world. While the constants form the roots of a person, the variables teach them to understand and accept the dynamics of life. Establishing this balance strengthens the individual's self-confidence and helps them to shape their lives more consciously.

The famous philosopher Epictetus (50-135 AD) said: **“He greatest gift God has given us is the power to discover the qualities within us that we possess but do not know.”**

As the saying goes: **“He who knows himself knows his master. He who knows his master knows his limits.”** A person who does not strive for self-reflection and self-knowledge alienates himself from himself and others.

As St Anthony (251-356) taught: **“To know God, you must first know yourself!”**

This teaching must be thoroughly studied and understood.

It is difficult to overcome the problem of alienation in this age that strives to dominate life without seeking ways to positively direct desires and nourish the essence (the soul). Overcoming this challenge requires disciplined effort and determination. The cooling of the soul, individualism and selfishness are widespread today. Therefore, rediscovering lost moral values, discovering our human depth and knowing ourselves can bring relief both on a personal and societal level.

This is not just about success, productivity, status or making money. The real challenge is to discover our true talents and bring them to life to the best of our ability.

It is about freeing ourselves from the greed of the ego at home, at work, in society, in politics and in administration. It is about adopting a servant mentality fuelled by the principle of shumloyo (completion/complementarity).

And despite everything, it is about living and promoting this understanding, according to the principle of **“live and let live.”**

The writer and thinker Stephen Covey (1932-2012) developed the following idea: **“Just as we develop our physical muscles by overcoming challenges such as**

lifting weights, we develop our character muscles by overcoming difficulties and adversity.’’

I consider it a moral duty to express these crucial intellectual impressions I have gained from my reading as a contribution to the awakening and awareness that wants to make itself felt.

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