

The Balance of Life

Matter is the tool that allows us to exist in the world. Meaning, however, is the essence of creation—the spirit of existence; eternal and timeless. Human beings enter this world to experience matter in a meaningful way, guided by a sense of purpose. Yet to grasp meaning, one must first confront matter, engage with it, and understand its place and influence in life.

This process, intimately tied to the capacities of the inner self, often brings discomfort and tension. Those who cling to matter without discerning its benefits from its harms eventually ignite an inner fire. This fire burns away illusions, purifies the spirit, and dissolves the false self. What remains is the authentic core. In that moment, one discovers the gentle embrace of acceptance and flow. The soul steps into freedom, accompanied by patience and grace. Existence begins to align with meaning.

Life is a delicate balance between matter and meaning. This balance is one of the most fundamental truths of being. It is maintained through the fluidity of the soul. A flowing soul nourishes both itself and the world around it. Excessive attachment to matter disrupts this flow, fueling selfishness and dulling the clarity of meaning. A chilled soul cannot move. Where flow ceases, rigidity sets in. A rigid life loses its significance. This loss of meaning eventually manifests as inner turbulence, affecting both individuals and society in profound ways.

In such times, the soul's return to flow is not optional; it is almost a necessity. Just as a bee cannot produce honey without leaving its hive, a person cannot create meaning while trapped within the echo chamber of the self. The path to a life that nourishes and uplifts passes through openness—sincerely reaching out to others. Meaning takes root only when it flows both inward and outward.

Contemporary German philosopher Wilhelm Schmid articulates this beautifully:

"Matter, or objectification, is frozen energy. Frozen energy turns into matter. At a social level, friendship represents the uncooled state of human relations—the fluidity of the soul. This fluidity can also be called sincerity. Any social structure lacking friendship is, naturally, a manifestation of cooled, rigid human relations. Fluidity cannot accumulate; it only becomes countable and fixed as it cools and materializes."

Similarly, the 5th-century Syriac sage Mor Philoxenos of Manbij provides profound insight:

"When the soul governs the body, all bodily responses are healthy and balanced. This brings a harmony befitting humanity. However, when the will of the body begins to govern the soul, animalistic and selfish impulses take hold. A soul bound to the desires of the body can no longer guide the body, nor truly perceive itself. It sees neither its desires nor its passions. Likewise, a soul blinded by sinful passions is incapable of seeing itself or what lies beyond."

To remain in balance is only possible by walking the path. May each of us, on our own journeys, nurture this balance and cultivate a life of peace, meaning, and harmony.

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