

## ŞUBOHO (ܫܒܘܚܐ)

The concept of ŞUBOHO / ŞUBAHA (ܫܒܘܚܐ) in Syriac carries two complementary meanings, both indispensable for the health and flourishing of life—both for the individual and for society.

The first, more common meaning of Şuboho (ܫܒܘܚܐ) is: **Shabah (ܫܒܚ)** – to value, honor, respect, praise, appreciate, elevate; to read or perceive with understanding, in order and harmony; to intone or recite with reverence.

The second meaning, less known and often used in medical terminology, is: A doctor's prescription for a patient—the literal act of prescribing medicine.

These dual meanings are not immediately apparent, yet through conscious effort and dedication, one can cultivate the understanding and behaviors they encompass.

Their timeless and authentic nature makes them indispensable in the flow of life. For the well-being of both the individual and society, we must rediscover and reintroduce these meanings into our modern reality.

But how can we do this without **mental purification**?

True peace begins with cleansing the mind. Many social problems today originate from deep-seated mental pollution, fueled by lovelessness, ego struggles, disrespect, and hatred. Without purifying the mind, genuine peace—both personally and collectively—cannot exist.

The essential task is not to change the outside world, but to **transform the inner world**. Problems and negativity are reflections of the residues accumulated in our minds. To secure a better future for ourselves and society, we must first cleanse our own inner lives. We must cultivate value and love, establish respect and honor, and transcend the struggles of the ego.

Searching for a culprit is futile; all that occurs arises from within us. Everything is created by us, and so the responsibility rests with us. We must learn to govern our minds and direct our mental energy toward the positive.

Syriac teachings and inner awareness offer unique **prescriptions (şubohe)** in this regard. All that is required is sincerity and the courage to embark on the journey of mental transformation guided by the spirit of **ŞUBOHO**.

Let us remember: true change begins in the mind. True purification flows from the inside out.

I believe that if the call of **ŞUBOHO**—the language of both respect and healing—is understood correctly, it will echo through society. Being valuable and valuing, being healing and giving healing, is of utmost importance. It enriches life.

Every human being carries a truth that cannot be confined to the visible. The body is merely a shell; the mind, a temporary instrument.

But the soul... The **Şuboho** within us is the Divine essence discovering value in itself. A spark that carries both worth and healing.

Those who reduce existence to body and thought alone search in vain for the truth. It is not in the noise of the outside world, but in the **silence within**, that truth is revealed.

Only those who honor this silence, approach it with **Şuboho**, and look upon themselves with compassion can open that door. Then a voice emerges from the deepest folds of the heart:

***"You are not a body trapped in time; you are a soul emerging from eternity."***

A person becomes healing to others in proportion to the value they place on life. And those who bring healing to others draw closer to God.

**Şuboho** is not merely a word... It is a call against spiritual indifference ( **ሥቃይነት** **ሥራዊት** – **madşonutho ruhonoyto**). It is the will to create space within for self-love and self-compassion. It is the purification of the mind from the darkness of selfishness and contempt, in harmony with the values of the soul.

**Yusuf Beğtaş**