

## **To Exist and To Be a Beloved (Companion)**

To exist (Existence) is to know oneself. It is the human being's realization of their own presence, the "me"-centered dimension of consciousness. This consciousness is the foundation of perceiving life and knowing oneself. However, merely existing leaves the human being on the shore of meaning; because this consciousness is mostly individual, it draws boundaries.

To be a beloved or a companion (Companionship), on the other hand, is to know the truth by losing oneself in love. It is the state of consciousness that integrates with love, transforming the "me" into "us." In this consciousness, the human being establishes a bond with the other; they exist through sharing, mercy, and compassion. Companionship is a divine awareness that completes the purpose of existence. It is the transition from selfhood to unity.

The existential adventure of the human being is shaped by the echo of these two calls: To Exist and To Be a Beloved. To exist represents the direction of life given to us; to be a companion is the answer we give to life. The first is the gift of creation; the second is the act of gratitude felt toward that gift.

In Syriac wisdom, a human being is not merely a living creature of flesh and bone; they are the bearer of the Divine Breath.

Therefore, Mor Ephrem (306–373) states: *"Love is the nature of God; a human being approaches God to the extent that they partake in that nature."*

This word reminds us that love lies at the very essence of human existence. Existence finds meaning in the light of God; yet, this meaning does not become visible without becoming a companion. Because love reveals its truth only when it is shared.

Nevertheless, the consciousness of existence—that is, the "I exist" awareness—can sometimes separate by placing the human being at the center. Although this consciousness is the foundation of individual awareness, if it is not kneaded with love, it can transform into an egocentric state. The human being, acting with the instinct to protect their own existence and interest, forgets the "other" at this point; they draw boundaries, separate, and compare.

And this situation creates both a mental and a spiritual contraction. It drags the human being into distress. Yet, the consciousness of companionship transforms into a unifying awareness by melting the fine line between "me" and "you." Because being a companion leaves no room

