

## Our Home and We

If the house of stone or concrete in which we live is not clean, if it is cluttered with unnecessary things and, above all, if the kitchen is dirty, diseases will multiply in that house and a healthy life is not possible.

Similarly, a human being is like a house that consists of mental, emotional, physical and spiritual rooms. These interconnected spaces must always be clean and not polluted. The health of these spaces depends on them being aired and cleaned whenever possible, even if not every day.

If the meanings and information in these spaces remain stifled and the values lack oxygen, a person's inner balance is disturbed. The ability to make sense of things diminishes. The system of judgement becomes blurred, perspective is clouded and only one side of the truth is seen.

However, when the inner spaces are aired with new knowledge about the truth and illuminated with new meanings, the situation changes. Consciousness arises and grows.

As awareness grows, so does the ability to understand, and freedom and originality develop. The spirit of self-discipline is strengthened and the truth breathes and comes to life.

For this transformation to take place, we must consecrate every room of our inner house, especially the kitchen, to the Messiah. **When the light and love of the Messiah, prioritising moral responsibility and consistency, permeates every corner of the house, the darkness in the rooms dissipates, the dirt is cleansed and the house is purified. Peace and tranquillity reign in every corner of the house.**

Remember that the inner equivalent of the oxygen we need to survive is love. Human relationships are there to generate love. When we pollute our relationships with unloving thoughts or destroy them with unloving attitudes, we jeopardise our emotional health.

As the saying goes: "**Perfect beauty lies in perfect kindness**"

Yusuf Beğtaş