

Inner State

According to social scientists, being different does not mean surpassing others or gaining recognition. True otherness comes from being in harmony with oneself. When we silence the external voices and listen to the true voice within us, we realise how natural and authentic we are. This indicates a deep authenticity and not a superficial need for recognition such as **"I am valuable"**

Being valuable is already a natural outcome of our existence; a person is valuable simply by being who they are. The really important thing, however, is to feel this value with inner confidence, without waiting for confirmation from others. Discovering your own naturalness and authenticity is about living without having to conform to the patterns of others.

A ship does not sink because of the water that surrounds it; a ship sinks because of the water that enters it.

We must not allow what is happening around us to penetrate us and drag us down.

Stereotypical thoughts, prejudices, toxic instincts that poison life and negative emotions drag us down like water entering a ship and confuse our direction. These negative states, which create inner tension and unrest, seriously damage our perception of life and our self-image.

So if we create a revolution of virtues that develops through positive values such as compassion, mercy, love, respect, empathy, responsibility, discipline, self-control, diligence, productivity and understanding, we can achieve a higher social consciousness. In this way, we can more easily manifest the moral character that we prioritise.

So, starting from an inner revolution, we should strive to develop a moral character that takes into account our true self and self-culture.

Because success in life that is not based on moral performance is like a house built on sand: it is unprotected against external shocks, easily influenced and shaken. Success in life that is based on moral performance, on the other hand, is like a house built on rock: it is solid, resistant to external shocks and unshakeable.

When we realise that what we put into the world shapes our outer reality, our view of life and our self-image changes and develops positively. This is how we gain authentic strength.

With this power, we gain a strong will over the flow of life as we free ourselves from the effects of personal reflexes and negative thoughts.

We must remember that true success is only possible when we overcome the harmful and deceptive aspects of selfishness -by sharing, empathising and acting with consideration for others.

Yusuf Beğtaş