

JUVENILE GUIDE

With my best love to all the youngs
who can anticipate the future and walk towards it...

JUVENILE GUIDE

(ENGLISH TRANSLATION BY HAKAN GOVER)

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- 2-The Koran School (The Koran Gloss),
- 3-The Muslim in the Light of the Koran,
- 4-Back to the Koran Again,
- 5-The Serial of Koran Concepts (7 Booklets),
- 6-Hz.Abraham,
- 7-Hz.Osman.

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- 1-The Reading Guide,
- 2-The Serial of Youth Development.

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PREFACE

This book was not prepared for giving advice and commanding to the youngs. Moreover it hasn't got the orations which are ignorant of the problems of the youth and starting with a statement "When we were young....." or like that.

This book is a hand of friendship given to the persons who want to share an energetic and active life and to the people who can hold his youth spirit vivid.... this book is a happiness caused by sharing...., This book is a thinking together,

This book is an essay of search in order to start out together and show our humanity to the humans....., a process of search for finding solutions by expressing our problems and troubles.

Yes, dear youths, I prepared this book together with you and among you. I thank all the young people who helped me on the subject.

I am sure that you are going to read this book with pleasure and find something relating with you. I would be very happy, even if I could help you a little. And I am thankful all the people who share happiness, friendship, respect and love with us.

May the newest scopes and the brightest future be with you.

Because you deserve it.

Saban Piris
Hisarcık, June 11, 1999

WHO AM I?

Me X.

Each of us is an individual who lives in this world. Our kind, humanity, possibly constitutes a great amount comparing to the other living entities. Today, more than 6 billion people live on the world.

We are the only living entities who have control over the world. Moreover we have verged to the sky and give a hand to the Mars.

If we were asked whether or not we would like to be born, I do not know how many people could said “ I would not”. But it is obvious that nobody wants to die. Everybody wants to live forever and never die. But according to the decree of Allah, every living organisms are created for a certain time. They had been absent before given a soul, so they are going to die when their time is finished.

Everybody likes living, but a happy living. The best part of life is happiness. Practically, happiness makes human fly. But only permanent or stable happiness is good. The happiness ending with sorrow is not a real happiness.

Unhappiness begins in the place where happiness ends. Sometimes unhappiness erodes the wish for life of the man. It makes the death attractive and charming. The death is a final. Nobody runs towards it willingly and lovingly. So we should feel happiness. We should live a happy life. But how is it possible? Who don't want happiness? Which people can catch the happiness or happiness runs after which people? There are 2 kinds of happiness:

1. Real and lasting happiness,
2. Illusive and temporary happiness.

The real happiness emerges, when everything is all right together with a right mind, a lovefull hearth and a joyful spirit. A happy family life, a happy business life, happy friendship and the accordance among them are the signs of a real happiness. The illusive happiness is an unreal happiness which can be seen only in dreams and it turns to unhappiness when awakening. These dreams are sometimes seen in sleep and sometimes seen in the situations that brain is flustered and narcotized by alcohol or drugs. But, for all the cases the end is unhappiness, desperation, sorrow and searching. Allah had created the man different from other entities. He had given him extraordinary properties. First of all, the man is superior to all the entities in the universe, including angels in the matter of thinking, sense, mind and intelligence. Because angels don't act and move on their own volutions. Instead they act in a way that Allah forms them. But this is not valid for the humans. They can shape their life as they wish. Allah had given humans so much freedom that they can choose either the divine way or the wrong way. Even anybody who wants to war against Allah can do that as long as he takes the consequences of it or pays for it. Finding the real happiness, peace, love and tolerance are just possible by knowing the man himself. If a human doesn't know himself, he is not close to the real happiness.

He is also far away the real love, the real affection and all the things which are real. Such a man resembles the one who is thirsty and exhausted in an infinite dessert. He runs all shinings because of thinking it as a water. But he understands that it is just a mirage, when walking up it.

So a human should know himself at first. I should be conscious of myself. Who am I? Why was I born? Where will I go? Why am I doing something and why am I not doing something? Are all my acts true? Am I doing the correct one which will give me happiness? And what kind of happiness?

Maybe I was nothing 15-20 years ago. Also my parents were nothing 50 years ago. And of course my grandparents were nothing long long ago. We can go back further like that.

There was no planet called the world million years ago. But all the things including me is present at the moment.

Somebody believes that everything exists coincidentally. On the contrary, somebody believes that everything was created by a great creator who accounts every detail. When I look at the system in the universe I see that every detail is present with mathematical account. I know more or less about probabilities, although I don't know mathematics well.

And I know that even the chance of occurrence of very simple things is one in a million or billion. And I understand that the assertion of coincidental occurrence is funny and unreal. Everything in the universe has a duty and a role. Everything is a part of a whole, everything is connected to each other and the system on the earth had been given to the evolution of man.

If human carries out this system in a way that takes care of natural balance, the world will be in peace and trust. On the contrary if he breaks the balance of this system (as they do many a time), sometime or other the world will be fall over the man.

I feel myself liable for Allah who creates and organizes everything.

First of all, I thank him for creating me such a wonderful way and making me superior to all the other entities. I admire the excellent system he had created. This is such a perfect system that it has been operated during billions of years in a troubleproof way.

I look myself, he had created me so perfect that he had given all the organs I need. When I was a baby, I could sign for my hungryness to my mother just by crying.

Although my care and breeding was very hard, Allah gave feeling of tenderness and compassion to the hearts of my parents. So they thought about me and got with me in a way that I never think myself. A little smile, a beam and an innocent looking of me made them forget all their stress.

My parent's interest of me was not much than the interest of Allah. Allah created my little heart so powerful that my mother could swing my cradle until she exhausted. Allah put a system which my heart could work all day and night constantly. Up to the capillaries in my fingertips, it maintains my blood circulation in a balanced way. My digestive and hormone mechanisms work such an instinctive way that I feel no need for making any further planning over them.

Even in the times I cannot control myself, Allah controls me. Even he secures my breathing in my sleep, which is essential for my life. I didn't grow my brain by myself. I didn't planned the transformation of foods which I eat and drink into the cells producing information. The excretion of stool, a byproduct of foods I eat, the regulation of vitamins, calories and the other vital elements which are essential for my body are works of greatest and excellent Allah. I praise and thank him for that.

I believe that the one who made me is Allah. I am a work of him. He created me. He keep me alive and the one who will decide my death is Allah. The one who will resurrect me and call to account for the blessings he gives in this world is him.

So I should know Allah in order to know myself. I should look myself in order to know Allah. The one who knows himself also knows Allah.

What does Allah want from me ?

How can I fullfill my responsibilities to Allah?

What can I do in order to know him?

Allah hadn't leave people without guidebooks and guides. He send books in order to show how we should live and how we should act in the world.

The guidebook. He send prophets as a model and practitioner of his book. I want happiness for the both world. I am seeking a real and permanent happiness. The way to this happiness is inscribed in the book which Allah send. When I read and understand this book (the Koran), I can easily see the correct way. Only when I walk on the Koranic way, I can get the real salvation. The experts of this topic translated the meaning and gloss of Koran which had sent in arabic into Turkish and present these information in favour of us.

So what do you think? Do we know ourselves enough?

Do we invest on ourselves enough?

Are we ready in order to prepare ourselves to the future?

WHAT IS THE THING I GO AFTER?

The youth period is the best years of human life. It is a process of searching. It is a period of recognition of being present and different.

We gradually begin to know the values of the environment we live in and understand its value judgements. We compare the atmosphere we live in with the outer world. So we could notice the advantages and disadvantages of our world over external world.

We, all, are children of highly different families. Some of us were born in an environment having powerful and effective means. So these people live in luxury flats, drive expensive cars and have a fun on seaside in vacations. Whereas some of us came into the world in an environment of poor family with many children and an unemployed father.

We could be grown up as a child of a rich family but deprived of love and interest. It is possible that we are living just as a robot under boring rules. The money in our pocket and the comfort of getting all the materials which we want may not make us happy.

We could be a poor child in a little town but grown up with love. We could be the one who eats just an onion and bread, but be thankful to Allah for getting something to eat. And we could be happy with that.

We could be born in a place where a war occurs or we could be born just in the middle of a crossfire. We could lose all our relatives and live alone as an orphan. We could be the one who is longing for just a piece of bread and a sip of water. Moreover our life can still keep going with these troubles. We couldn't know what would we do, we could be helpless and we couldn't have any friend and relative. Do not worry, do not lose your hope. The life starts with a new day all the time.

There is a light at the end of every darkfull night. There is also a darkfull night at the end of every day. But both days and nights need each other.

If we could make an evaluation for the environment we are in and see what's wrong and false, there will be a hope for the future.

After understanding the atmosphere we are in, we should know the thing we go after at first. What are we searching for? Do we have any expectations relating to the future?

Somebody feel themselves as a fish in the water. They get the current and move with the effect of it. Or they are like a leaf which is under the effect of a wind. They move towards the direction which the wind blows. Because they are slaves of the wind.

Such people can't think about protecting themselves. They can't notice that they are different individuals. They can't perceive themselves as a person who has a volution and a power. They function as an accessory in the environment they live.

Look around, you can see a great deal of such people.

The people who vote for the politicians but being cheated by them with their impressive words, the women who have to tolerate everything their husbands do and the men who act as

a yes-man for their wives are among the people we talk about, aren't they?

Now we think and ask ourselves about that:

-What's my goal?

-What's my expectation from life?

-What's my duty in the life?

-What do I want to do?

-Where do I want to reach?

And how will I succeed all these things?

Thinking on these questions and getting the appropriate answers will make our outlook more correct.

THE EMPTINESS INSIDE ME

While constant movings of the youth start to prepare our place in the life, we mostly feel emptiness. This is such a weird emotion that we couldn't understand it. This emptiness catches us while we are happy or we are sorry.

This is an emptiness which is between presence and absence. This emptiness sometimes directs us towards doing good things. And it sometimes directs us towards bad and unmeaningful things. But still we can't escape from this emptiness. When we close our eyes, circles one within the other appear in front of our eyes. They draw us towards themselves as a whirlpool. We feel as if we would fall into it. It is just as a bottomless well. We lay our hands in order to find a branch for holding, but our hands remain in the emptiness. We would like to yell, but our voice chokes and we get lost within the silence. Sometimes we step, but our step remains in the air. We can't step on the floor in one way or another. We feel flying in space. We can't know where we settle, we remain hanged on the air.

Why all these things happen?
Where do these things stem from?

There are 3 dimentions of this feeling: one of them is mental, second one is psycholological and the last one is biological.

The emptiness we feel shows that we are developing biologically, mentally and psychologically. Or it means our searches are still going on. The day all these things stop is the day we satisfy.

When our capacity is not loaded fully, what fill this emptiness inside us? This is very important. If we fill it with really valuable and good things, we will have profits. Otherwise (if we fill it with vain and unnecessary things), we will irrevocably have a regret. So it will be very bad to have an emptiness left which couldn't be filled.

How do we fill the mental dimention of the emptiness inside us?

THE MENTAL DEVELOPMENT

The most important development of human life is mental development. The organ which determines the mental development is our brain. Sometimes there are people who don't have a mental development or people who have a mental defect. These people are known as "mongol". Their heads are either very big or very small. Their movements are slow and dull. Although having older ages, they can't think as a child do. But this doesn't require humiliating or teasing them. They are just an individual like us and they deserve the same positive treatment with the others. We should try to develop them with a better control and education. This is a duty of humanity for the other people.

Their underdeveloped mental structures clearly show that Allah gives humans how a great mental power. But the most people are satisfied with increasing the capacity of their mental abilities only over the mental powers of mongols. While the things which a mongol can do are more limited, normal people are only content with the acts which are less limited than that of mongols.

This act stems from the fact that normal people can't use and improve their mental functions adequately. The key of the mental development is subjecting the objects perceived by our sensory systems to stabilization, control and measurement process in the brain.

In the evaluation units of the brain, there are values which have been entered into brain previously. Some of them are instinctive and innate. And some of them are added afterwards. Instinctive and innate ones are the common values of all the humans. Most of these values are ethical and psycholological. For example telling a lie and doing an unfair act is wrong. Some of these values are numerical and arithmetical. For example $1 + 1$ makes 2. And some of them are logical. For example the difference between good and bad; between clean and dirty; between regular and messy.

The mental development of human starts in pregnancy. It continues till the age of 16 and 17. This development is affected by some factors including geographical one. The progress of mental development can be faster in favourable conditions and environments, but it can be slower in unfavourable conditions and environments. We have talked about the factors which can affect the progress of mental development. For example, negative conditions and irregular or unhealthy nourishment will certainly be effective on the mental development. A child who grows up in a happy family atmosphere shows more regular development. Also his mental functions will be healthier and faster. Whereas a child who grows up in an atmosphere of stress, chaos, fear and malnourishment completes his mental development later and unhealthier. Such a child mostly can't be productive and evaluative.

What can we do in order to improve our mental development?

There are allways some things we can do for a more balanced mental functions. There are facilitating, strengthening, regulating, activating and solving exercises even for the people who completed their mental development.

What should we do for that?

If the aspect we want to improve is numerical dimation, we can do simple substractions, additions, multiplications and divisions without using a calculator. For example;

1 + 1 = 2,
2 + 2 = 4,
4 + 4 = 8,
8 + 8 = 16,
16 + 16 = 32

32 + 32 = 64.....and we can make more complex calculations as much as we can do. We can try it for other mathematical operations such as subtraction and division. Moreover we can apply it into monetary and business transactions. We can create mathematical problems in our minds and try to solve them. These efforts are better than faltering in a stress vainly. We can forget our obsessions with these mental activities. An obsession is like an lock and handcuffs which make humans immobile at the point where they are.

In the old days, a bridle was used to be put on the neck of horses and donkeys in rural areas. And the rope of bridle was used to be kept long enough to walk around in the area it grazes. This rope was used to be tied to a tree or a sound stake. So the animals were used to be forced to walk around in a circle which has a size of the rope's length.

Whereas we mentally, psychologically and biologically put this rope on our necks without being aware of it. So we should try to broaden our mental world and intellectual power as much as we can do.

And never be content with improving numerical aspect of your mental development based on solely by mind. Try it on a paper too. First of all, repeat the mathematical operations you know with different numbers over and over again, so strengthen your ability like that. Humans feel relieved and happy whenever they solve a problem. Otherwise they feel embarassed and bored. The people who try to solve problems patiently and the people who like searching are also the people who win a victory. So turn this situation into a habit. Make this behaviour one of games you play with your friends. Try to develop and improve your talents by asking questions mutually.

Also try to enhance your social and verbal powers together with mental one.

Thinking is made with a mind language. The people who have lack of verbal abilities also can't have a wide understanding mentally. The mind gives everything a name and determines a value for them. If we compare these names and objects with the other objects and names, our mental functions develop. So we should develop our vocabulary. We should read books a lot and we should understand and write the main idea of the book we read. We should avoid repeating the same topic and the same words continously.

For example we see a girl who we like and chat with her. This makes us happy and we want to share it with our friends. We tell our best friend this 5-10 minute event as if it would take hours. We can be affected such a lot that we are never tired of telling the same subject again and again with the same words and feelings for days. But our friend has already tired of listening the same things and he looks our face as if he would say "just stop it" because of not knowing our intense feelings.

Being interested in opposite gender is an instinctive phenomienia. The love and appreciation are among the feelings which should be admired. But it is **needed to act balanced, properly and reasonably (24)** for a real happiness. Otherwise disappointment will be inevitable.

It is not correct to be affected completely from a certain thing. It causes the break down of our control mechanism. And we resemble the leaf, dragging by a wind. And our mental power remains out of order.

So it is useful to think on the meanings and reasons of the actings we do for our mental development.

When we lay down our bed, we should make an evaluation of each day before falling asleep. Let's think 24 hour-day as if it were 24 pieces gold and think on what we had in exchange for each gold. At the end of the day, do we have loss or profit? If you make this practice when falling asleep, you will notice that your mental power enhances day by day and you will have a control mechanism operating more powerful.

One of the factors affecting the mental development is noise. So search for atmospheres quiet as far as possible. Set aside time just for yourself. If you want to keep your mind healthier and if you want to develop it, avoid of sounds with high volume and noisy musics which disturb your ears.

Making exercise regulates blood circulation and tension; protects hormonal stability; operates digestive mechanism. It relieves your mind. And it prepares favourable conditions for remotivation. Never give up the exercise for your mental health. Make jogging regularly and do various exercises conditioning your body. Play football at least one time in a week, but never let it be a means of fight. Try to learn the productive results of friendship and organized works.

Keep your health. Eat your meals regularly, avoid of eating cookies, do not eat without feeling hungry, do not treat your stomach as a garbage bin by cramming it full. An healthy nourishment is necessary for the fitness of both your hearth and brain. There are some vitamins which are useful for brain development. The brain cells can't renew themselves unlike the other ones. They accumulate only by multiplying. Dying of a brain cell means stopping of the function performed by that cell. If our brain cells renewed themselves, people would been completely different individuals in a couple of years. Because he would forgotten everything relating to his past and his memoirs.

Alcohol and drug are the biggest enemies of the mind. They kill the brain cells. They paralyze the thinking mechanism, the most sacred property of a human. They make addiction and take us captive for themselves. Human gets involved in these bad habits because of their curiosity at first and then because of being affected negatively by his circle of friends. But he falls into a whirlpool such badly that he sinks to the bottom whenever he moves. As time passes, their friends will wander away from him. And the people who made him addictive do not help him anymore. Even they loathes him and they avoid having contact with him. Lastly he remains isolated as a victim of his foolish.

...

Before getting into a business, do observe the people who have experience on the subject. And do value the people who try and get a result from it. Because the people who can't finish their works and the people who can't get a result can be misleading.

Attempting is good and useful, if it is a beginning for good works. So there is no use of attempting to bad and disgusting things. If you throw yourself from the top of a cliff just for

fun, you will find yourself croaked without getting how it feels.

If you hang yourself and push the chair under your foot just for fun, you can find yourself croaked without getting a person who will save you. Once upon a time, the big brother of a young man working with me had tried to suicide and then he passed on the other world by distressing his family. Can his parents, his siblings and his relatives ever forget this awful event?

THE PSYCHOLOGICAL STABILITY

Humans are entities just like the other organisms. But they are the most excellent and the most sophisticated among them. This is valid, not only for their mental aspects, but also their psychological sides.

A human has various positive and negative feelings such as hope, joy, courage, patience, sadness, bashfulness, self-despair, furiousness, phobia, zealousness and so on. All these feelings are not unnecessary and vainly. They are helpful, if they have a balanced integrity. None of feeling solves everything by itself. For example you can be a brave man. Let's say you are so much brave that you can hurl yourself in front of a speedy car in a street. But this foolish movement extinguishes your life. Hence the point of having too much courage can be a border for stupidity.

How Can A Balanced Psychological Development Be Promoted?

The psychological development begins in the pregnancy with a healthy, regular and sufficient alimentation of the mother. The conditions prevailed during the childhood are also effecting factors. The personality of a child **gets through with** almost first five years. Many habits and character build in this duration. There is also a hereditary aspect of the human development. The child who was born with hereditary factors from his parents scales down or up these factors, depending on the conditions running in the atmosphere he lives in.

Scaling up or down the psychological values firmly depends on the environmental conditions. Maybe most of the basic and hereditary factors can't be changed and eliminated completely, but they can be rebuilt and directed.

“Wish and interest” are key feelings for the most works. Firstly there must be enough stimulators to build wish and interest. The most important requisite creating the will is “knowledge”. In general, a person doesn't know conciously what he/she wants.. Knowledge can show what it is and how we can get it. Tempting depends on interest at first. Interest is possible by recognizing and enjoying the lights which are mirrored to our perception mechanism.

It is just like wavelenghts broadcasted by a radio transmitter, being detected by a radio receiver and then reflect to our ears as a sound. The thing receiving the broadcast is not the size of the radio transmitter but having a receiver in a relevant frequency range. First of all we must have a “will” inside us to listen this channel. Then this “will” must turn into an interest and the interest must reflect us as a knowledge.

In order to change negative behaviours and improve positive ones we should know which negative or positive behaviours we have. We should know what kind of improvement or change we want. And we should learn the way of accomplishing all these things.

The Forms Of Negative Psychological Behaviors Limiting Us Are As Below:

- Bashfulness,
- Being reactive,
- Lack of self confidence,
- Lack of affection and love,

Bashfulness:

One of the most important issues of the youth is bashfulness. Some young people unknowingly extinguish their life because of their timidity and bashfulness. Bashfulness strengthens the feeling of isolation. These kind of people live in the society just as a foreigner. They have a negative mood. They are infelicitous and introverted people. They don't share their problems with other people. So with their own hands, they close all the ways driving them to success in the life.

They can't share their own experience with the others. Humans do not know and appreciate them. Living in a world that nobody appreciates you makes you more bashful and this turns into a torture in the process of time. This defect is like a snow, covering the brain and freezing the language. It is like dreams that humans only feel inside but never come true because of not mirroring to the real life. So these people doom to being an ineffective and inactive.

So how can we overcome this negative property? Firstly we have determined the problem. We have understood its disadvantages. And if we learn the reasons creating it, we can determine how we will be able to deal with it.

Bashfulness is seen among the people who don't have self confidence, the people who have fear of making mistake and the people who are humiliated because of mistakes they made. Because this people are disparaged, burked, dumfounded and deported in his/her family environment. So his/her self confidence is broken down. Another factor is fear of losing value. Some people are overvalued and these people believe they will lose this value with talking. When humans can't know what and how they say something, their desire for saying and telling something is broken.

So it is helpful to rehearse and think on the matter before, if the persons are away. It is said that Cicero, one of the famous orators of the Ancient Rome, had been a stutterer who had a speech defect when he was a child. But he had a desire of atticism so much that he used to go uninhabited seaside and rehearse for hours by getting gravels to his mouth. And lastly he had been a far-famed and immortal orator.

Patience, determination and insistence are "sine qua non" (indispensable) conditions of the success.

In order to defeat the bashfulness never fear from reading. First read by yourself, then read for your relatives and friends. First read from a book, then read your feelings you write and the topics you want to tell.

Afterwards talk up at the solitary places in your idle moments as if you had somebody facing with you. Talk to muppets, talk to trees. Talk to cats and dogs. Discuss and talk to books. Believe me this will solve your problem and maybe you will turn into a person who everybody says "cut it out. I need some peace of mind".

Never afraid of being a person who others laugh at. Try to talk courageously. If your words are not taken into account and others mock about you, keep talking by mocking about them. Make saving humours, and get the details about the topic. Never keep clear of being a person who nobody appreciates and listens to you. Many a time you will see that you are wrong with thinking like that.

Even if nobody appreciates what you say, you should appreciate yourself. If a person does not appreciate himself, nobody appreciates him. If a person knows his/her value straightforwardly, others also will recognize that.

Some people have a passive spirit. And some people have an active spirit. A person who has a passive spirit dwells as a lazy, slouchy, coward, timid and ineffectual. Nobody likes passive people. People do not get in with him or they get in with him just for benefit. A passive man is far from success. He dooms to losing all the things he got. These people don't like working. They evaluate work as a fag. They don't enjoy their life. Their existency or inexistency are not important even for themselves. So let's leave this topic aside, and talk about the active people which we will harp on.

Being an Active Person

The Distinction Between Proactive and Reactive

There are 2 kinds of activity. The first one is the people who have self-activity. And the second one is the activity which developed as a reaction to the activity made by others. We call the first type people (being an active with self driving forces) "proactive people" and the second type people (being an active as a response depends on any factor) "reactive people".

Stephen R.Covey gives details the characters of proactive and reactive people in his book of "Seven habits of highly effective people". He explains that effective people should be proactive. Because effective people don't shape their life with external factors. They prefer the actions which are correct and valuable for their own future, which depends on internal factors. A leaf flying with the force of wind flies reactively. In other words, it flies with an external factor. Whereas a butterfly flies freely and independently on its own volition, not with the effect of wind.

Reactive behaviour **operates with** the principle of "reaction to reaction". To harm somebody who harmed you is a reactive behaviour. With this behaviour, both side lost. Teaching the correct thing to a person who harmed you and prohibiting him from doing a mischief are initially perceived as if you had lost. But actually it means that everybody wins.

So all the real leaders are proactive people. All the prophets had showed a proactive behaviour by teaching people correct, fine and beautiful things. They had an immortal effect on the society. And their effects still keep directing all the humanity.

In order to be proactive, we need to broaden our outlook, strengthen our perceptions and be respectful to different perceptions. Every event can be commented in a different way by different sides. And both side can be righteous in their own conceits. We shouldn't evaluate events subjective and narrow-minded. In an issue we firmly believe in our validity, we should know why others think different by listening their assertions and putting ourselves into their shoes. In order to do that, we shouldn't rush for making a decision. As a matter of fact the proverb of "the one who stands up in anger, sits down loss" explains this situation.

The result of a decision which is made with instant negative feelings can be chagrin. Let me tell you a story. One man joined the army after he had married. When he was in the army, **the balon went up**. So he was at war for a long time. Then he was held captive by enemy and stayed captive in the possession of the enemy for a long time.

After 20 years, he was released and set forth home. He didn't inform his family on his home-coming in order to make a surprise them. He cast an eye over inside, when he arrived the door of home. But he couldn't believe his eyes because his wife hugs a young man. So he heated. And he took the gun hiding in his pocket and says my wife dally with other men at my home when I were away. When he was about to pull the trigger, flashed by words of "do not decide without understanding exactly what's happen" of a sage friend from the army. So he pulls his finger from the trigger and knocks the door in exasperation. Seeing her husband who she missed for years, the women shouts happily:

-“Come here son! Your father is back”. That's the moment the man disenchanted and he understands that how he has behaved correct **not to shoot and kill them without understanding what's happen.**

So the realities can change in a minute or it can be perceived differently. We should know reality with both sides. Evaluating an event subjectively may be seem correct at first, but it is wrong when evaluated objectively. Proactive behaviour is a rational behaviour which prohibits making mistake and elevates making fair judgements. Whereas reactive behaviour is based on reflexive reactions. Instant flare-ups and furiousness can result in negative and disappointing consequences.

The point how we evaluate the life determines our essence. If we evaluate the life with certain principles and perceive the rules and principles of the life impartially and objectively, we allways get the correct. If we wear glasses made from ambition, our eyes see nothing except the ambition. We evaluate the life partially as if we were blind or hypnotized. We can't distinguish what's right and what's wrong or what's good and what's bad. This wrong and false outlook can be based on money, family or any other things. All the outlooks except science-centric proactive outlook limit and restrict us. Moreover they enhance the possibility of making mistake. Do not forget that there are thousands of grey tones between black and white.

SELF-CONFIDENCE

What Is Self-Confidence?

Self-confidence is one of the most critical determinants of personality formation. Of course it is also a prerequisite for the real success. Self confidence provides humans standing on their own legs without trusting others. It leads on his development and advancement. If we need to tell the self confidence in items, we can say it is a prerequisite of the items shown below:

1. A fundamental requisite of the personality formation,
2. Self-knowledge,
3. Self-esteem,
4. Self-regard,
5. Self-trust,
6. Self-sufficing,
7. Self-productiveness.

When Does Self-Confidence Begin To Build?

The feeling of self confidence begins to be built in the prenatal period. The psychological and sociological state of the mother-to-be forms the first development of the child. Dismay and stress of the mother effects her child thoroughly. Whether or not the mother-to-be's nourishment is enough also effects the emotional development of the child. The development of a child of an underfeeding mother-to-be will be slower and heavier than that of other children because of not been answered his/her critical needs. Any addiction of the mother-to-be such as drug or alcohol reflects the child and results in addiction of the child. Overacting, overstress, phobias and elation of mother-to-be effects the baby who is in the prenatal period.

At the time of bearing, social environment plays a critical role in getting self confidency. An environment including positive conditions contributes the development and fortification of the self confidence. Whereas an environment including negative conditions bangs up the self confidence. For example self confidence of a man who lives in a society in a state of war has a great shock and trauma. Imagine that a child living with a bomb scare or under stress of enemy attack. Do you think that this child will able to grow up healthy in an environment just like that?

The first 5 years is very important in child's life. Almost all the properties are acquired in this period. Then formation, maturation and development of these properties are left behind.

In the youth period, self confidence is either increase or decrease. This period is very important in the matter of development of self confidence. Because a healthy society and a healthy individual depend on the base of a healthy self confidence. Although societies that have no self confidence declare their independence, they actually can't get clear of dependency.

Youth And Self Confidence

The Period Between 13-15 Years Of Age (The First Youth/Physical Development):

The period between 13-15 years old which can be called the first years of the youth is vital for physical development. Because it is a transion period between childhood and adulthood. In this period, there is a rapid differentation. This differentation is realized so evident that persons can feel it easily. Girls and boys develop according to their physical traits.

They live a period of recognition and possession of their own genders distinctly. Hormonal stability is in a big activity and growth. This is a process of description of himself/herself as a young and experience of a transition to a new identity. In other words, young person is in a situation of gaining his self confidence both biologically and physiologically. Having abnormal biological and physical development affects his self confidence negatively. For this reason, activity of sports and nourishment should be carried out in a balanced way.

The Period Between 16-19 Years of Age (The Middle Youth/Emotional Development):

This period is vital for advancement and formation of self confidence. This process is just like a middle section of a seesaw. Increase or decrease of self confidence show itself markedly in this duration. Because this is a period of finalizing the physical and biological development emotionally and physiologically of which its first stage is almost completed. In other words, it is a process of feeling his own youth markedly and having emotional storms inside. He/she needs to have a very sound self confidence not to be whirled as a leaf, affected from the storms.

In our country, making a wrong decision in this period, a marriage age for lots of youngs, can result in a life with loss of self confidence.

If the persons with undeveloped self confidence do not have appreciation and importance of their families, they begin to search this appreciation outside. They have a high tendency of committing themselves to the people who appreciate them. In a situation like that, the young people with a lack of self confidence wants to go together by being lost in a world of which values they create. Or they doom to live an ignoble and distrustful future by being mixed into ill treatments of self seekers. In this process, they be addicted to bad habits such as drug, alcohol or cigarette. Or they show ill breedings because of feeling to group confidence substituting self confidence, which is created by group dynamics. Or they seek self confidence in wrong places in line with their sexual development.

In concise, this period is a turning point for the future. For this reason, families should take a bright view of their children in this period and behave in a way that bring them in self confidence. Parents should advert that they appreciate their children. But this appreciation should be neither exaggerated nor disregarded. The young people in this period should avoid dependency and they should orientate themselves to positive activities in the search of self confidence. Particularly they should protect themselves from precipitancy and emotionalism.

They should know that this period with intensive feelings is transitional. And their mind and sense should precede their feelings. Because future is determined in these ages. The decisions made in this period can result in important outcomes in the matter of business, companion, livelihood, and environment. For this reason, you should make decisions not limiting and narrowing you, but promising a well-balanced development and future instead of making decisions which can extinguish your future. The decisions which take you from negative ports to the positive waters.....

The Period Between 20-24 Years Of Age (The Mature Youth/Mental Development):

This period is the stage of turning of youth into maturity. In our country, boys in these ages bear arms and girls get married. Military service is a phenomenon which can either develop or harm self confidence. The young's self confidence either develops or fails depending on the environment he is in.

The soldiers who are always scolded by their senior officers lose their self confidence. So they tend to believe that the best policy is “meet the case” or “act with herd instinct”. However the persons who discharged after participating successful operations back to home by having a more powerful self confidence. In the same atmosphere, we also see that the persons who participated unsuccessful operations and have negative experience lose their self confidence.

The problems of work and marriage begin in the youngs who have just discharged from army. The girls in these ages experience first rawness years of their marriages. This is a period that the young people experience all the aspects of life including bad and good sides in a little shy, timid and stunned way. So the billowy and glowing years of the youth are left behind.

Living these years with a healthy self confidence depends on how the previous years passed. If the previous years were filled with the activities improving self confidence, this period was highly beneficial. And also this was a period of big projects and investments made for the rest of the life.

Barriers To Self Confidence

1. Psychological Barriers.

A. Emotions Suppressed (Undeveloped courage, curiousness, attempt/undertaking, interest, love, hope): Some psychological disorders appear among the people due to suppressions confronted within the family or social life since the childhood. The positive emotions underdeveloped wither and waste away just like hungry flowers. For example an individual grown up in an unloving atmosphere or deprived of love in his/her environment can not have self confidence except he gains it afterwards.

Self confidence needs at least knowing self appreciation and self loving. Do you think that an individual who grown up in an unloving atmosphere, discouraged all the time, inhibited from harmless efforts, understood his feeling of curiousness as a sin has a self confidence? It is a vain expectation, isn't it?

b. The Intensive Emotions (Fear, shame, failing, satire, hesitation, self-despair, hate, pessimism): Suppressing, eliminating and exterminating the emotions need to be felt results in a loss of self confidence. Likewise some intensive emotions harm the self confidence as well. It effects the development of young negatively. We can liken these intensive feelings to excessive salt or butter used in a meal. As you know sufficient salt in a meal gives taste and health. Likewise we need some emotions in a certain degree to keep going our life. But filling up a meal with salt and oil makes the meal uneatable. In like manner, having an emotion of fear in a person increased very much prohibits his development instead of protecting him from threats and misdeeds. So it causes to loss of self confidence.

An individual who is afraid of walking, moving, talking and sharing feels himself ill. And an individual who is highly ashamed due to strong ethicism and religiousness is also not a healthy person.

How do you except that a person humiliated, disparaged and criticized all the time trust himself? Some humiliating and startling expressions such as “shut up, otherwise you will have a slap....; **thrasher comes from the heaven...**; Mrs Groundy's son do these and those

and why can't you do that? You are just an untalented and fool. You just bugger about. You are just a botcher. Mrs.Grundy's children are practical and expeditious. O You can not grow into a man" give nothing to the young. On the contrary, it takes what he has.

2.Sociological Barriers

A. Imperativeness to Inadequate Or Negative Social Structure: (Pressing, domineering and old-liner families, [hard rules]): There are also some sociological factors killing the self confidence together with psycholological ones. The effects of social environment reverberate to the psycholological structure of individual. The most important thing among the social negative factors is an unhealthy and unsatisfactory family structure. Particularly domineering and old-liner families believe that the generation next must live the same what they, themselves, lived before. So these kind of families obstruct their children's access and adaptation to global developments. **These families don't want their children having what they don't have.**

They believe that the family structure can stand up just with hard rules. Whereas the factors determining the family structure are love, respect and cooperation. So they unknowingly kill all these basic determinants of family structure. As a result of this situation, their children are deprived of self confidence and the feelings of mutual respect and fidelity to their families. These children put the blame on their parents. So they lose their love and respect to their parents.

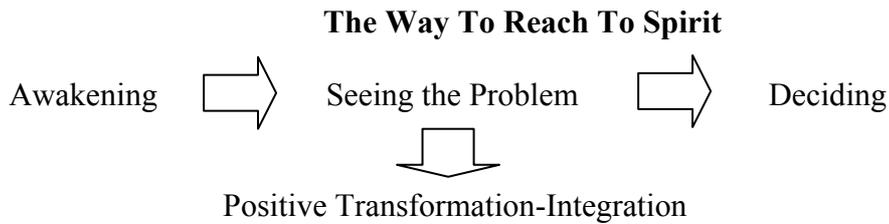
B.Belonging On A Family Which Have To Live In Poverty, Philistinism And Slump.

The situation forming the theme of "Avare" song, a common fate of eastern societies, makes individuals deprived of self confidence and development due to encircling and limiting external factors. At this point, the state which exists for serving its citizens and for protecting rights of individuals takes charge of handling this problem. If the state was far out the issue, it didn't fulfill its obligation, acted contrary to its own cause of existence and loses its legality.

C.Religious Education Centres, Based On Fear: Unfortunately centres of religious education in our country still don't have an appearance of rebuilding themselves. These institutions are behind the developing world. I don't say this truth as a person who is outside of this education. On the contrary I express it as a person who had an ecclesiastical education. If humans are scared with Allah's wrath when teaching the religion, a society which has no self confidence emerges. A human shakening all over and has a feeling of uneasiness about warping up by spiritual entities can't behave healthy. Instead it should be emphasized the "compassionate and merciful" attribution of Allah. The meaning of these terms are "the one having unmeasured and unending compassion and mercy". The compassion of Allah has passed his wrath. He is not the one who enjoys punishing, but he is the one who enjoys forgiving much. Furthermore his forgiveness reaches not only the people who love him, but also the people who declared a war against Him. The fear of Allah is just for protecting the people from misdeeds and hazards. In Arabic language, in order to express this meaning the word "ittika" is used. The meaning of ittika is "fear", based on protection and evasion. It is not a fear in everyday usage.

Of course ecclesiastical education is necessary for the healthy youth. But this education should be cleansed from inadequate and unprogressive mentality which confines the people in their dream world and sending them away the world we live on. Religious education should be participating, tolerating, humanitarian and scientific education instead of roting, pressing, and scaring one.

D.Pressing And Urging Schools: The same problems can be seen in other schools as well as ecclesiastical ones. If a state is founded on a particular ideology, it can show a tendency of subjecting everybody to a monotype education and identity. In such societies, education has forcing and pressing characters. In a country having such an education system, it is expected from citizens to show fidelity and tameness instead of development and productiveness. In a system seeing their people as a potential danger, self confidence of individuals can not developed. Continous worry, fear and doubt covers everybody. In such environments, there will be only losers, not winners.



Awakening:

Physical: Biological, Physicological, Kinetic...

Mental: Triggering out the mind, concentration, sensibility of perception, paradigm changing, empathical listening, imagination/dream,

Spiritual: Disliking the inactivity, rejoice in activity, zeal, expectation, tropism...

Seeing The Problem:

Every kind of seeing activity is a direct result of looking activity. If you don't look at the problems, you can not see them. In order to look at something you need to be vigilant and open your eyes. This vigilance doesn't mean just having eyes opened. It is the alert of your mind, your heart and all your sense. It is an observation of the environment. If we order them in items:

1.Anticipation: It is to sense something going wrong through anticipation, feeling and sensorial stimulants. A dignity of soul is needed for the anticipation. **Anticipation is not to perceive the problem with looking to externals only.** It is seeing the problem in depth, it is evaluating an observation as a whole.

2.Observation: Although observation is made by eyes at first, it is also an experimental detection together with a careful listening. Observation is more extensive and comprehensive than seeing. Seeing is made by a look. But the observation is to watch the same experience and its results dozen of times. In this situation, a comparison is made by looking to the case and events being watched. Then it is came out what the problem is and where the problem comes from.

3.Comparison: When making a comparison, the important thing is that two subjects compared with each other must have the same traits. A subject having the same color with the other subject doesn't mean that they are the same in all aspects. Every subject in yellow is not a gold. All the subjects hard are not a stone. Every thing soft and white is not cotton. All these things also have many other traits and properties. If we compare them with overlooking

this rule, we make a mistake. Thus we can't see what the problem is or we can produce problems which don't exist.

4.Evaluation: It is also important to evaluate all these things correctly together with anticipating, observing and confronting the problem. When making an evaluation, value judgements at hand should be correct. If they are incorrect, we never detect the problem correctly and we can't get a correct solution. You can't draw a flat line with a curved ruler. So how can we understand whether or not we have correct judgements. How can we measure it?

That's a very hard situation. Because judgements can show changes according to societies, conditions and time. Some judgements are objective, and some judgements are subjective. Objective judgements are same and fixed in every place. For example numerical ones are like that. The results of division, multiplication, sum and subtraction don't change. The numerical value of these operations are fixed. Whereas social and religious values can change according to societies and religions. Nevertheless all the people have some common values. The most prevailing values are the ones which are accepted by large communities and the ones which are at the center of the common values of economical, ethical, legal, cultural, etc.

Deciding: The last step in order to reach the spirit is deciding. At the end of the phase of "awakening" and "seeing the problem", it should be showed up a correct evaluation and ability of making decision. An individual should make his/her decision in accordance with his/her spirit. The people practicing decisions which was taken by others mean they don't open their own spirits to life. The people living unnatural doom to everything except success. We should consider on the items shown below in the process of effective deciding:

1. Figuring out the main problem,
2. Determining the possible solutions,
3. Evaluating the possibilities,
4. Choosing,
5. Practicing/Application.

Positive Transformation:

1. Weakness is the base of the power. (The development of the weapon technology is a direct result of fear. The hardships of walking and travelling make the motor vehicles invented. Illness is the cause of medical discoveries)
2. The wrongs are lessons which will be taken in the way of success. (Somebody had asked Christ "how did you learn all these correct things?" And Christ replied "from the wrong things" If you see the wrong as a wrong, you find the correct).
3. Use your creative imagination. (Allah had created the man, and given him a creative faculty of imagination, which never exist in the other entities. Look at the other creatures in the nature, lots of them have imitation, but no creative faculty. Animals, plants and nature have faculties of imitation, substitution, assimilation and variation. The man creates something which doesn't exist from something which exists. But Allah creates something which doesn't exist from something which doesn't exist.)
4. Motivation is the trigger of success. (If you motivate yourself and concentrate on something, and If you estimate result by concentrating on the matter, you are close to the success. But motivation is not easy all the time. Sometimes it needs warming and heating. If you keep insisting on and working away something which appears hard at first, be sure that you can get a powerful motivation on the days ahead.

5. Knowledge is a compass, turning negative into positive. (There are child deaths from diarrhea in lots of villages because of illiteracy. Whereas only a little knowledge is enough for stopping lots of these deaths.

Integration:

Integration comes after the positive transformation. It is the most intensive field of reaching and embracing the spirit. Integration means concentration and unification of all power of human entity on a single point as a whole. This concentration should be realized in items shown below:

1. Physical,
2. Mental,
3. Practical,
4. Concentration,
5. Motivation.

And now we try to give several practical hints about how we can get self confidence. We should keep these hints in our minds and, most important, we should believe in them.

How can you reach self confidence?

1. Figure out “**the essence**” in your spirit.
2. Settle for yourself,
3. Do not underrate yourself, do not repress and hide the power within you,
4. Beat your fears with love and power,
5. Imitation is suicide,
6. Show the courage of being yourself,
7. Use your choice freedom to the full extent.

If we do not have self confidence

You can think why we insist on self confidence so much. You can say why self confidence is important so much. Here are several situations you will face when you have no self confidence:

1. There will be an emptiness inside us.
2. You will be squashed under compressed feelings and fear
3. You create a fake world for yourself (mask),
4. You feel ashamed of everything,
5. You have difficulties on making a decision,
6. You doom to failure,
7. You can't make good organizations,
8. You can't get an authorization,
9. You will be passive all the time,
10. You will have difficulties on building a personality.

Self-Management Skill

Are you able to get the success and stability needed when walking towards a target which is consistent with your spirit? Or do you feel that you wander away from the target everyday.

Do you have difficulties on making a plan and program relating to the future ? Do you see the future as a chaos? Don't you know how you can regulate this?

Here is some practical proposals of solution:

- 1 First of all, arrange your values in an order
2. Write your aims/prepare your mission statement,
3. Evaluate your goals carefully. Do you really want to get them?
4. Espouse your goals,
5. Imagine you live in a world you wish,
6. Motivate yourself on your goal fully. Never think on the things which are out of your goals. And do not lose your concentration,
7. Accept your goals daily, take the steps required for realizing them and get your goal.

Value Rating:

1. Figure out 10 values which mean so much for you,
2. Grade them according to degree of importance and priority.
3. Determine whether or not they are correct and permanent by reviewing them.

AFFECTION IS SUPERIOR TO LOVE

A part of psycholological development of the youth consists of various feelings such as love and affection. That the reason why youngs are called “madblooded” (gazabo) in Turkey is maybe due to the blood circulation driving young into mad because of emotional intensiveness.

Have you ever fallen in love with somebody?

What kind of feeling is it?

How did this feeling start to orientate you?

Did you loose or find yourself? If love is an ecstatic emotion, it is a negative feeling. Otherwise (if it is an emotion, making you conscious), it is a positive feeling. Isn't it?

Affection is the base of life and happiness. But love is mostly a deadly shock of obsessions and compulsions. Most youngs unconsciously fall into whirlpool of love by being impressed with its illusive and temporary effect like a heroin. But afterwards this whirlpool will turn into a kind of halter for them. All the extreme and excessive things are detrimental for humans. So love is excessive form of the affection. Arabic people use the word of “love” for ivies that died off due to ramping a tree. Humans should not prefer being died off due to ramping a tree as ivies do. Instead they should prefer standing erect like trees, drawing water and minerals of the soil through its own roots. They shouldn't love somebody as ivies love the branches. Instead they should love somebody as trees love the soil.

In the book called “Kevir”, Ali Şeriati expresses his thoughts about love as below:

“...the one who teaches me that affection is superior to love is Allah. Love is a blind rapture and a connection stemming from blindness. Whereas affection is an aware connection and a result of clear vision.

Love generally drinks water from the instinct. All the other facts which do not arise from the instinct are of no worth. Whereas affection is born by the spirit itself. Affection also climbs all the places where a spirit can heighten.

Love is generally observed in a similar form and color in the hearts. It has a common qualification, aspect and form. Whereas affection has a distinctive appeal from each spirit. It has colors of the spirit itself.

Love is connected with the identity. It is affected from the advancement of the years and periods. Whereas affection lives beyond the identity, age and time. The hand of time can't reach its high position.

Love has characters of deluge, wave, exhilaration and turkey. Whereas affection is in a situation of full of placid, resistant, sedate and purity. Love changes according to physical range (proximity and remoteness). If remoteness takes a long time, love lowers. If the relation continues, it loses its value. Love can continue only with fear, hope, trauma, heartbreak, seeing and standing apart. Whereas these are not valid for the affection. Its world is thoroughly different.

Love is an one-sided exhilaration. It does not think who is the affection. Love is a subjective self-rapture. That's the reason why it always makes a mistake. **Love trips or be subjective in choosing the inanimato.** Even so it appears a love between two strangers. Two people don't see each other because of passing in darkness. They can see each other only after having struck by flash of love. When lovers look their faces of each other, they understand that they don't know each other. The inconsistency and strangeness which occur after the love are a lot.

Whereas affection roots in daylight. It comes into leaf and grows up in the shadow of the light. So that's why it always appears after the meeting. In fact, 2 souls read the familiarization lines of the face of each other at first. Being "us" comes after the acquaintance. 2 souls are not 2 people anymore and they possibly bear the feeling of being "us". This situation is so sensitive and so volatile that it can easily terminate. Afterwards they feel the taste, the smell and the warmness of familiarity from their manners of each other.

After this station, 2 comrades see with their own eyes that they have arrived spontaneously the endless desert of affection; there has been a clear sky of affection laying over their heads; the bright, clean and pure horizons of "faith" have opened up for themselves; they have felt an enjoyable and fondling breeze with amiable and cheerful affection and appeal in the togetherness of the messages of new inspirations of other skies and countries and the scents of nice and gnostic flowers of other gardens all the time....

Love is madness. Madness is just nothing but a muted and detrited mentality and thinking. Whereas affection passes beyond the mind with a powerful climbing and it takes "mentality and thinking" from the ground and send to the high summit of the birth.

Love creates the beauties that the beloved hankers. Whereas affection sees and finds the beauties that it hankers, in the beloved.

Love is a grand and strong deception. Whereas affection is an eternal, pure and hearty straightforwardness.

Love blocks the eyesight, but affection improves the eyesight.

Love always suspects. Whereas affection has a clear-cut faith thoroughly. There is no place for doubt in the affection. As we drink love, we are replete with it. But we are thirsty as we drink affection. If you protect love, it consumes away. If you protect affection, it refreshes.

Love is a domination to the beloved. Whereas affection is a thirsty of melting into the beloved.

Love is to search a taste. Whereas affection is to search a shelter. Love is an eating style of a hungry indigent. Whereas affection is finding an individual who speaks the same language in overseas.

Love is selfish. It wants just for itself. It is jealous. It adores to the beloved for itself. It praises him/her for itself. Whereas affection favours the beloved. It is not selfish. It wants for the beloved. It wants for him/herself. It loves him/her for him/herself. Affection, itself, is out of view.

The very best, I will give you the last word.
Love or affection?
You decide.

BIOLOGICAL AND SEXUAL DEVELOPMENT

Allah had created man and other creatures as two distinct genders. He had given them some traits which will keep their own generations. Therefore humans are born having one of 2 different sex. Naturally, they have characters of their own sex. For this reason, they have different sex organs and biological development.

Males are physically more effective. Whereas females are emotionally more effective and physically more attractive.

In fact, both genders are interrelated and interdependent each other. And they are just 2 parts of a whole, complementing each other. Hz.Mohammad, the prophet of Islam, says “they are just like 2 halves of an apple”. The world cannot exist with men or women only. The life goes on by coupling of 2 sexes.

A child cannot come into the world without a parent according to the laws in the nature. Among human’s natural and instinctive needs, there is also a “sexual contact” with the opposite gender. This is one of the physiological traits of humans just like being hungry, thirsty, happy and sorry. But this trait develops in the course of time and matures in the process which biological balance is kept. The development of sex organs also realizes in a duration which is paralel to this.

In the males, the sign of sexual maturity is ejaculation of the sperm cells, produced by the sexual hormones. This is usually realized by dreams. The sign of ejaculation in sleep is the feeling of a handful wetness in underwear. There appears a feeling of relaxation along with the ejaculation. In this situation, a male must take a bath according to Islam Religion. The case for taking a bath is conciously or unconciosly having been ejaculated with desire either in a sleep or in awake.

In religious glossary, the meaning of sperm is “meni” (seminal fluid). But it is not very fluid like urine. It is denser than urine. And it smells like a dough. This fluid is ejaculated by dreaming, masterbating, lovemaking or making eyes at somebody. It is ejaculated intermittently. There is also another liquid which is prevenient of this seminal fluid. It is called “mezi”. But having only this liquid ejaculated doesn’t require to take a bath. Mezi is not ejaculated at once. It discharges like a stream. And it is more fluid than meni.

A young man is ecclesiastically considered liable from the moment of having wet dreams. In other words, it is onset of the maturity period which mans are aware of the liabilities to Allah. A muslim in this age must fast in ramadan and pray 5 times every day. These are the most important duties ordered by Allah. This period is called “being responsible”. It means reaching a certain maturity both sexually and mentally.

The puberty for men is between the ages of 12 and 15 (but this period can be prolonged by the effect of certain geographic conditions).

The maturity of girls can begin in younger ages than that of boys. So the ages between 9 and 15 can be accepted as puberty age for girls. The sign of sexual maturity for girls are having breasts grown and periods. The period is a dirty blood ejected from vagina in the certain days of month (this duration can last between 7 and 15 days). Also it is called as a menstruation. If the girls in these ages are not informed and prepared about that, it can distress them psychologically.

So mothers, older sisters and teachers should inform them. It is helpful for the girls knowing that this is natural and every woman experience it. It is necessary for them in order to be a mother. It is just like a need of ejaculation for men in order to be a father. The girls who have regular periods know the time of her periods and prepare themselves for that. In old times, cottons and fabrics used to be accepted as shame and washed off secretly. Today sanitary towels are sold in every market. These materials provide more security in periods and there is no more problem for women any more.

A woman who can not pray due to her period can do her prayers afterwards. Actually there is no verse prohibiting prayers in the days of period. Since this situation is considered as an illness and stress for the women, it is offered a freedom and assurance for them. Just as in the verse that says “Allah wants things to be easy for you and doesn’t want any hardship for you” At the end of menstrual cycle, a muslim woman must take a bath. We call this bath “ghusl” (ablution) as a religious term. Allah orders both men and women to make ablution. Performing ghusl enables us purification and relaxation both psychologically and biologically.

Ablution is a prayer which needs to be done by every muslim after sexual intercourse, wet dreams, menstruation and confinement. It is a spiritual and physical purification.

Ablution (ghusl) means washing down the whole body from head to foot including mouth and nose after making an intention to perform ghusl for God’s sake. Cleaning up begins with sexual organs. The hairs of underarm and genitalis are depilated or shaved, if they are long. And then “abdest” (purification by washing certain parts of body before prayer) is undertaken. Namely; hands (up to and including wrists), face and arms (up to and including elbows) are washed down 3 times respectively. Then wet hands are wiped on the head. This is called “mesh” Then right and left foot are washed up to the heels. Finally the whole body is cleaned by pouring the water over the head.

In the ablution, the most important thing is cleaning up the whole body. But it is not necessary to apply this procedure as we told above. Everybody can clean him/herself however he/she wants. But the people who want to act formal can perform the procedure we told above.

It is not correct to take a bath naked among the others. Because animals do that. Even there are hairs and feathers of animals protecting themselves. So humans should have feeling of shame and a sense of moral. These feelings inhibit the humans to do the wrong things.

Sexual intercourse should be between married couples only. Boys and girls can feel inside this desire naturally. But they should not involve in such a contact before getting married. Because this is an extramarital intercourse and called “fornication”. Allah does not like the people who fornicate and whore. Extramarital intercourse harms the social order. It destroys the family. It

causes to the birth of misbegotten children. These children who are born without legal parents live alone and they corrupt. They will always be crest fallen and they will always have a heartbreak. Can you imagine that? When they are asked about their parents, they can not respond. This is a great unfairness and trauma for them, isn't it?

A pleasure for a couple of minutes gives nothing except a pain and sorrow which keep going lifelong. Moreover the prohibited intercourse are the source of many diseases including AIDS. Killing the babies in the womb due to necessities is called abortion. It is such a great brutality, isn't it? What about the young girls who died or being crippled at the moment of surgery?

It is much more important for a young girl to protect herself (not to incline to fornication) comparing with the guys. Because a flighty man can debauch a young girl just for a pleasure which takes a couple of minutes and then walk away. But the young girl bears evidence of this negative case all her life. An unsoiled man does not want to take such a woman to wife. And the others only want to abuse her. So young girls should try to keep her pudicities. And they should not glamorize themselves with her attirements, if they don't want to be captive of evil-minded guys.

So Allah orders muslim women to cover themselves up. He ordains them to get out of looking on the prohibited things. He ordains them to be natural in their walks and talks. In addition, He orders the muslim men to keep their pudicities, get out of the prohibited things and not to incline to fornication.

There is a misunderstanding among the illiterate people. They accept that girls should protect themselves (from fornication). But they do not have the same thoughts for men. Brothels are kept open for men. And people take this normal. Even some people encourage guys to go brothels **lest** they shouldn't have a sexual experience. This is a terrible mistake. A man gets only illness in these places and learns that extramarital intercourse is normal. Whereas the correct thing is teaching boys and girls to control their bodies and feelings. And we provide them an environment that will fill their natural needs in its natural atmosphere (marriage).

The correct thing is to match young girls and boys in due time. Marriage is a liability. To burden this responsibility on the youngs who **are in the age of handling responsibility** can handle it by leading and helping is among the duties of elders.

Complicating the marital conditions can cause to **aberration** of the youngs. So the marital conditions shouldn't be complicated. Attempting to marry a girl with rituals like "Baslik Parasi"* is a grand mistake. The foundation of a peaceful family can't be laid like that.

Also it is not correct not to let the girls and boys **who have age of consent know each other**. The youngs should know each other and act careful in choosing his/her prospective spouse. They should make a decision according to common points they have. Because life won't go on with watching each other's physics only. Couples who will live together should love, respect and esteem each other. Couples ill-matched pay for their wrong choice by living an unhappy life.

* **Baslik Parasi:**

NOBODY UNDERSTANDS ME

That's one of the most important problems we have: lack of self-expression. Nobody wants to understand our feelings, needs, expectations and thoughts. Everybody takes his/her own way. Maybe we act like that too. But we have got so many things which we want to share with others, if we could express ourselves or if they could understand us.

We know everything about us **due to evaluating events with our own perspective**. But others only see our attitudes reflecting outside. **They give judgements according to the effect which our manners impress**. This is a fact.

We give judgements for the others alike as well. We can't know their insides and we can't penetrate into their brains too. Their manners, words, looks and expressions affect our thoughts relating to them. Others speculate about our intentions. In order to understand other's intentions, we also speculate on them. But prediction can't **disabuse** everytime. Every moment of life is not the same. Many a time, environmental conditions affect our mood. In a moment which we are upset, thoughtful, nervous or stressful; we can make wrong decisions. Others also can be wrong about us in a similar way.

Sometimes we can't understand ourselves either. It appears some worms which eat up our interiors. We merge in mixed thoughts and feelings. We can't know what we will do. If we are not sure about ourselves and if we can't know what we will do 5 minutes later, we have no right to expect tolerance from others. First of all, we should understand ourselves. We should know what we want and what's our purpose. Then we should think how we can express ourselves to others. We should find out how we can tell the problems relating to outer environment.

Communication Problems:

Most youngs search out themselves in mixed feelings. They can't get across a healthy communication with themselves. There are a lot of conflicted feelings and thoughts in their minds. The coil of mixed feelings in their hearths is a kind of a gordian knot.

Human is an existence interacting with each other. Actions make a pressure from outside to inside. In our soul, these actions refract or reflect by leaching from a drainer. If our interior mechanisms are not powerful and sound, actions stun us as powerful sun-beams strike. It causes to lose our balance. Therefore we need to have a healthy inner-control mechanism which takes into beneficial elements but throw away detrimental ones by filtering the effects coming from outside.

Inner-Control Mechanism

The most important part of this mechanism is willpower. Willpower is the talent of being free agent and being at the back of decisions made. This talent is more developed in the persons, given a chance of choice and used this chance freely without getting help from anybody. Think the kids who can't stand on his/her own feet because of getting help all the time. When they are grown, they will suffer from weak willpower. They always look for somebody who will help and lead themselves. They have discouragement in making a decision.

a-Willpower

Weak willpower arises from the lack of courage for attempt and the feeling of avoidance from the responsibility of taking the consequences. So the way of strengthening volition is to develop the feeling of courage and responsibility.

We should be aware of our own responsibilities as a young. For example we should give up cumbering our parents raised and brought up us and expecting support from our parents all the time.

If we expect from our parents fold back our own quilt, it means we make a mistake. If we expect all the things ready on the table without helping our mother, we commit an error. We can put the tea on oven, which we will drink. If we can't cook well, I am sure that we are not so hard-hearted that we can't help our mother to wash the dishes. Or else do we expect that others should pick up our room we mess up? If so, we are not aware of our own responsibilities.

Firstly, we prove ourselves to our parents who think much of us. To date, they may ignore and disregard us. Maybe we are wrong. Maybe we couldn't know how we manifest ourselves. Show your parents that you are with them in all respects. They will notice you. Do not exaggerate the works you do, just be yourself. Aspire to the duties you can perform with the feeling of responsibility. Never give up, even you get an unsuccessful result. Search where the fault stems from. Do not make the same mistake again.

Sometime or other you will notice that you advance, you have more courage, you perform new and more important duties. Every step is a source of courage for the next. But take your steps sporadic and patiently. If you try to ascend the stairs with a rush, your strength will consume away early, you will be tired, you may stumble and even you may give up climbing. So "only the actions fewer but permanent are acceptable" as our prophet said.

b.Discretion:

The more powerful volition you have, the more success you have. But the key of correct and suitable success is discretion. It is the skill of discriminating right and wrong. This is a drainer in the inner-control mechanism.

At this point, people are generally affected by their own environments. The environment encircles human as water encircles fish. In human brain, first aid and leading come from human inside again.

A baby instinctively feel that he/she is hungry. His/her stomach transmits this stimulus to his/her brain. The feeling of starvation formed in the brain show itself to outer world as crying or weeping. Then his/her mother notices that and breast feeds her baby. Finally baby's brain understands that this is a working way, so he/she uses the same method in every case he/she is hungry.

Naturally, he/she uses this method to satisfy his/her other needs too. Baby signs by weeping she/he has got a problem. In a short time, baby settles into the one who feeds him/her and satisfies his/her needs. He used to smell her scent. His/her eyes search for her. When he/she finds her, he/she is happy. Because he/she knows that his/her problems are solved when she is

with him/her. He/she has no fear when she is with him/her. When his/her mother is absent and his/her needs are not satisfied, baby understands the difference between her existence and inexistence. His/her willpower develops day by day. He/she tries this power on different subjects and objects.

Actually, the discretion of a child is very natural and honest. A child immediately notice his/her parents telling a lie and argue against them. Because child knows they have always been taught that “telling lie is not a correct thing”. But child’s social environment and his/her parents also teach him/her telling lie. When the child notice that they insist on telling lie, his/her negative approach to telling lie begins to weaken and he/she believes telling lie is not important so much. In addition to that, the pressure on the child strengthens this situation. For example think a child who broke down a glass accidentally. When he/she is asked “who broke the glass”, he replies: I did. But a startling look or a slap scares and terrifies him/her. So when the same event occurs again, he/she will say “I didn’t break the glass”.

In family environment, it is consistently told the child what’s good and what’s bad according to their own cultures. It is taught him/her what’s wrong or what’s correct. At first, a child can ask some questions about Allah naturally. If it can’t be given satisfactory answers to him/her and if it is told that asking questions about Allah is not a correct thing, the child give up asking and thinking about Him in the course of time. Since he/she knows that he/she can’t get answer for his/her questions. So the inquiring and formative aspect of the child is inhibited unknowingly

Willpower is based on comparisons: good and bad, white and black, day and night, big and small, correct and wrong, existence and inexistence..... A child keep driving on his/her mental development along with biological and physical one. But every culture has its own sacred values accepted as a taboo. There is no need for these sacred values to have a religious content. For example it can be a value relating to a gallant died for his country. When a child tries to make appraisals about this gallant, he is banned of this and given a fixed idea of shame, sin and forbidden for making appraisals about him. So child loses his/her courage due to this reaction. He accepts his/her elder’s evaluations instead of his/her own evaluations. Because he/she doesn’t want to break his/her elders hearth, annoy and distress them. So he/she follows other fishes by ignoring the net prepared for him/herself in the waters ahead. When he/she notices, the die is cast and the sea is behind him/her. So he/she tastes only the salt of fry-up, not the salt of seawater.

The Power of Estimating Result (Foreseeing)

The other part of inner-control mechanism is the power of estimating the result. Foreseeing is a control skill. We can understand what kind of result will occur by inspecting similar ones which were occurred before. Future should be evaluated by looking at the past. Because the past is the mirror of future. The past is sum of experiences. The people who use these experiences march on the way which goes to the success. But the people who ignore this flounder because of making the same mistakes over and over again.

When you do a work, do it by thinking its result. This is called “having a long view”. In a forest, the people who try to walk worm by clearing the barricades that they face. If they have a compass at hand or they know the methods of direction finding in the nature, they can arrive the point which they want in a short time. On the other hand, they may march up the correct way. Even if there is a cliff in front of them, all the efforts they exert will go to waste. But the

one who can see beyond the forest by climbing up a long tree can estimate whether or not his/her way is correct. That's the power of estimating result.

Try to look on the events from a broader perspective. Actually, try to look on yourself extrinsically. Then you will know yourself better. While a footballer in a stadium is playing by indulging himself in the ritm of game, he cannot estimate exactly which teammate can score when passing the ball. But the people who watch the game from outside can make more accurate decisions and estimate what should be done at that moment.

In the works you do, think rationally, practically and work systematically in order to estimate the result. Daydreaming relating to the future is not the power of estimating result. Let me give you an example " Somebody gives you a book to read and you have a week for returning it. The book is about 300 pages and you **think of reading it at weekend and then returning it**. But you don't touch it that week. On your mind, there is an idea of reading it at weekend. Do you estimate the result? Of course you don't. Your estimate is an illusion. Because let's say you read one page in 3 minutes. You got to lay over and take the air in every 30 minutes. You need to interrupt your reading at least for an half-hour. So you can read only 10 pages in 1 hour.

If you read 10 pages in 1 hour, you read 300 pages in x hour. Hence we will get 30 hours for x. So a duration of 15 hours will takes 30 hours in this situation. Supposing that you can read only 10 pages in a day, then you can just read all the book in 3 days. If you think to read it at weekend, be sure that you will return the book without reading 1/3 section.

So you should make your plan and program by considering both internal and external contiditons. Feeling the happiness just by imagination is not enough for the success.

THE EXTERNALIZATION

Using our inner control mechanism healthy ensures us to know ourselves and have success and stability in the works we will do. It will yields 50 % easiness in solving communication problems and introducing ourselves to others.

We are in the world which is outside of us. We keep living in a social environment as fish lives in the water. The social environment encircles us. We can be effective in the external world in proportion of our inner effectiveness. This effectiveness has a direct association with our own power and talents of control, adaptation and comprehension.

First of all, we should know what we want from the external world. We should establish what the others expect us and how we satisfy these expectations.

The externalization is based on the reasons shown below:

- 1-Introducing ourselves,
- 2-Being effective in our environment,
- 3-Getting out of conflict,
- 4-Making beneficial efforts,
- 5-Defending ourselves against potential threats,
- 6-Sharing affection and happiness.

The chance of realizing these reasons is associated with our spiritual accumulations. If we know and express ourselves enough, this problem has already been solved. If we have a proactive personality, we can be effective in our environment. If we adopt an approach which is rational, balanced and problem solving, we can get out of conflict. If we have enough accumulations (experience), we can make helpful and beneficial efforts. If our ability of predicting the future is developed and if we use our control mechanism on time, our defence against potential hazards can be powerful and we can get over these hazards without getting injured much. If we know our duties, our agābeylities and why we live in the world, we can be more successful on the subject of sharing affection and happiness.

The externalization needs courage, tolerance, knowledge and interest. Everything comes to maturity in a process. The unripe fruit that is detached from branch is acrid.

Dear youngs, your own inner world is very rich and endless. Just know how you use it. But the source of inner wealth is outside, not inside. The air, filling our lungs is essential for working of our heart. That the blood pumped by our heart to our brain results in mental activity in brain cells depends on the oxigen which we inhale through our nose and mouth.

In order to make our own inner world rich, we should discover the wealth of outer world. Every new thing we find and learn turns into energy in our inner world, giving us action. So keep our eyes and ears open. Look on the things in order to see and understand. Do not listen the people just to have a nice voice in your ears. Instead be all ears and listen the people's words in order to understand and use. Sometimes people think that they talk to each other and discuss mutually. Whereas they always shout each other. And boths sides feel just their own angers. They never understand what the opposite side says and wants. Just they picks the

words which make themselves more angry from the expressions of opposite side. The mutual talking with high volume can't be used in search for solution. It is used for creating a conflict setting and arranging mutual offensive positions.

Be careful, in fact both sides generally talk in order to impose their own ideas on the opposite side when talking for a mutual agreement. Both sides hear nothing except their words, so there is no agreement and understanding in the result. The dialog don't yield a succesful result. Because it is not a real dialog. It is a mutual monolog.

Whereas in order to get a productive result, efforts of understanding each other and sharing each other's thoughts yield results which will make both sides happy.

Parents recall their own childhood or puppyhood, when they talk with their children and listen their problems. They start to enthuse about how a super young boy or girl they were. They hold themselves up as an example without caring its time, place and conditions. But the receiver buttons of youngs are already off for their parent's talkings, starting with "when we were at your age,.....". And the children have a grouch on their parents by saying "I won't be a parent like you, when I grow up. I will listen the problems of my children with an empathy and I will be more tolerant". If only the parents had put themselves into their children's shoes and if only the children had put themselves into their parent's shoes. This would be a solution for both sides.

You want pocket money from your father not in order to be humiliated among your friends. But your father thinks whether or not he will able to pay electric, gas, water, telephone and shopping bills with the money left in his pocket. The young only thinks how much money he will get from his father. Whereas a self-conscious young thinks both his own situation and his father's financial situation. He searches out the way how he can contribute his father or home budget. He seeks for a job or work which he can earn his own pocket money.

PROBLEMS WITH FAMILY

The youthful period is the years that humans discover themselves. The youth is the spring of life. It is a time section which the most crazy feelings get rough just like wild waves. While parents live their everyday life in a monotonous and sedative way, they are uninformed of the new quakes the young feel.

If the effect of families are powerful, the people who have a weak will can't show a great change in this period. But if the effect of family is weak and the effect of friends are powerful, young people begin to be affected by their friends. The people who have strong will begin to freely use their experiences theretofore accumulated.

Today there is a conflict between generations. The young people are being neglected in the rapidly developing and changing world. The migration to urban areas and the difference between the rural and urban life show themselves especially between young and old generations. The elder people who want to move customs and traditions of rural life to the cities and the young people who know urban values and benefit from possibilities of the city life mostly can't reach an agreement.

A young person wants to forget his troubles and his village in the gleaming atmosphere of the city. He doesn't want to be excluded from the city life. The charming of city fascinates him. Keeping alive the customs and traditions of his village seems nonsense for him. But the elder people don't think like that. They want to keep their cultures alive, combining them with the possibilities of the city. So they have lived far from the cultural and social activities of the city.

The urban and rural cultures are 2 different cultures peculiar to the nature of human beings. These cultures are formed by the living conditions. In rural societies, people live in a way that all the people know each other, guard each other and share their joys and sorrows. But city is sometimes a centre of bustling, and sometimes a centre of losing and earning more. Whereas cities in the developing world are the locations of various activities living together such as technology, industry, trade, culture and art.

Today 6-7 billion people are living on the earth. Most of them live in the cities. Because facilities and infrastructure of cities are more developed than that of villages. In Turkey, the sixth of whole population is living only in the province of İstanbul. And 20 million people are living in big cities and the other cities. This rate has been increasing in favour of cities day by day. So to say, villages are deprived regions. Families prefer the cities in order to offer better education for their children. The rural life, based on mostly on agriculture, is carried out with primitive technology. The balance between the world population and arable soil has been broken down and there is no more arable soil that is enough for the whole population. For this reason, people tend to migrate to the cities.

It seems that the process of urbanization keeps going on from peripher to the centre at the moment. But after a certain period of time, this trend will tend to be from centre to the peripher. In that time, the conflict and distinction between city and village will diminish. Now let's set this opinion aside and try to see what we can do for the young people **on the subject**

of peaceful and harmonious life with their families.

Parents want to protect their children. Their hearts don't consent to hazards their children may involve in. So that's the fear, laying under their intervention to the young people. Young people should be tolerant about the worries of their families. And even they should benefit from them. Parents are rightful in their fears, aren't they?

Today we have an awful degeneration all over the world, especially in the developed countries. Young people are on the turn of drug, alcohol, gambling, rebellion, prostitution and lack of control. Instead of enjoying life, their life turn into nightmares. The reason of that situation is the young people of western countries, grow up without religious feelings. The young people who grow up in strict materialism and have no ideals became mentally depressed. Because they didn't have goal of life. They didn't have any sacred value. In their children's opinion, their parents lost their own respects. They were just a means of childbirth. And parents believe that their children were just a fun and avocation for them. And they wanted to get rid of them at the proper time. But the children who are separated from their families didn't care for them, when their parents became elder. So the older people have to live in nursing homes not as a human but as an animal in a way that deprived of affection and interest. They waited for the death, which deprived of affection, interest and compassion.

Peace within family is only possible with mutual respect and tolerance among the members of family. The members of family can have different ideals, goals and outlooks. But all these discrepancies don't require fight and hostility. Because fight and hostility are detrimental for everybody. In this situation, everybody loses. If all the people had been noticed this reality, history had been filled with happiness and development instead of destruction, poverty and cruelty.

Peace firstly begins **in the inner** world of an individual. Each individual is like a world. If there are an imbalance and a lack of harmony among the body organs, lack of peace will be occur. The lack of peace turns into disease and then this disease transforms into a trouble. So when a gangrenous organ are dissected, it will effect the body negatively or harmful viruses will destroy the whole body, causing to death. This scenario may emerge **in families in form of broken families, and in the world in form of destruction of the nature, humanity and finally the whole earth.**

So we should provide peace first in our soul, then in family and finally in our social life with a mutual respect and tolerance.

We can determine the darkness or lightness of future... First of all, we understand ourselves, know the world and express ourselves. We offer our knowledge and skills. And **we be** the person who corrects, not break down.

Our point of view **should be** compassion and love instead of hate and grudge. You will notice that there are many thing, deserving affection....

I MUST LIVE THE YOUTHFUL PERIOD OF MY LIFE.

The youthful period is really the best years of a human life. And every young has the right of living this prime period.

Sometimes elder people are jealous of young people. And they don't understand the young people because of having no more energy and enthusiasm. Elder people are so busy that they can't have a time even for affection.

But the young people and the youth period are not like that. There are honesty, transparency, love, hope and sharing among the youth. Also youth are the spring of hopes and the time of blossom. Even the hopes coming into leaf begins to wither up when humans reach to maturity period. In the elderly, these hopes resemble the dying herbs. So they wait for another spring to blossom.

In the spring time; blossoms, flowers, trees, grass and plants accompany the revival and rebirth of the nature. In the puppyhood, this process is very likely the same that occurs in nature in the spring time. So a human is like a sapling, preparing for bearing fruit, when he is young.

What do people expect from life?

What is the goal which humans sacrifice everything?

Just in a word; it is the happiness.
So spring is the season of the happiness.

But happiness depends on inner peace. The people who don't have inner peace can't be happy, even they seem happy. Sometimes a young person makes wrong decisions. So he may destroy the spring of his life, while he wishes to be happy.

How is it possible?

It is possible with an unconscious preference,

Involuntary tendencies,

Addictions,

and pressure.....

Human may prefer wrong things in order to eliminate his/her curiosity and to enjoy life. He/she just wants to try and see what it is like. He/she wonder that how a feeling he/she will get and what kind of attention he/she will draw, when smoking. At first he/she pulls a smoke, then involuntary tendencies follow this. He/she smokes one after another for the sake of friendship, then addiction occurs. His/her smoking begins to become more and more frequent. Smoking is not a prefer anymore, but a need and addiction.

The spring of life turned into a tree whose leaves became dry due to the fire under it. His/her windpipe has been a sooty stove pipe and his/her lungs has been a pitch tank. So cigarette is no longer smoked for happiness, but for sorrow and stress. Because happiness has already been forgotten

One of the wrong things, destroying the life of young is affection and esteem. In other words, it is love.

Love is a form of affection, turning into **dependency and a volition deactivated**. This is also called as "melancholy". In general, the reason of this situation is unconscious preferences.

A young boy loves a young girl. This love sometimes depends on such a little detail that this detail may be her hair, eyebrow, eye, nose, voice or the brand of shoes she wears. The young generally likes just one aspect of the girl and ignores all her other aspects. This dependency is like a seed, sown in his mind at first. Then it is irrigated by thoughts in every moment. It grows up in a very short time and eventually it turns into a deep-rooted tree that covers up all his horizon. The fruit of this tree is sweet at first and gives happiness. But this sweetness is transitory and illusive.

The young man builds a palace for his darling and himself. And he lives happily in this palace as a king.

But when he face with the real world, either he can't declare his love or he can't get a response. She has no appreciation for what he feels. His love is vain.

He enslaves himself to the person who has never seen, known and understand himself. instead of seeking for his own value in his own inner. In fact, every negative answer coming from her shouts at his face "vanity of his own value". His eyes go blind because of his unsighted love being formed a tumor in his brain. He is unable to see the consequences that lie ahead. And eventually he takes his own life in order to prove his love or save his pride remained underfoot of the young girl.

Whereas love, respect and interest are mutual. All of them should be moderate and in a harmony. It is a foolish thing to adore a person who can't understand your great love and a person who don't love you. First of all, endless and deepest love may be only for Allah. But even the love for Allah is not far from the logic and unconsciousness. He is the unique source of our existence and He is the owner of everything. So only He can deserve such a kind of love.....

Nobody and nothing deserve the **supreme** sacrifice except Allah. Because every thing belongs to Allah. The most honourable creature in the universe is human. All the human beings are equal to each other in the presence of Allah. The thing which makes human more superior is his sincerety and prayers to Allah.

While I had been given such a great merit by Allah, why don't I notice my own merit ? And why do I sacrifice my own merit to a person who don't appreciate it ?

If the person you love is really valuable, he/she notices your interest and responses it. But at first, you should know whom and why you will love. Being obsessed a certain physical trait

(his/her nose, look, eye, face and etc.) may cause to taking a wrong decision which will make you unhappy for lifelong.

First of all, evaluate the person whom you love as a whole (his/her thoughts, beliefs, expectations, knowledge, and his/her ethical, religious, physical and social aspects..). Then you should prefer the person who close to your conditions and outlook. You should wait for perfection which is equal or close to your perfection. It should be a balance or equality on the issue. Otherwise you may experience unhappiness in your life. If 2 scales of a balance are not equal to each other, one scale will up and the other one will be down. That's the law of life.

Alcohol, gambling and drug are among the addictions which destroy the spring of life. They are attractive at first. But they are just a source of badness and wickedness which a clever man should be far from it. So they are just like an octopus. If you give your hand, it tries to get your arm. And if you give your arm, it gets your leg. At last, it circles all your body and destroys your whole life. Your dreams of happiness turns into a nightmare.

Alcohol, gambling and drug.....All the tree is like a swirl engulfing human itself by the effect of social environment. So if these addictions exist in your family, get your measures accordingly. Think on loss and profit your family has in return for these negative addictions. Think the risks which they will face in the future. Let their situation be a lesson to you..

If these addictions exist in your circle of friends, change your friend-environment. Find honest, reliable and high-principled people as a friend. You do not have to share all the things with ill-mannered people because of being in the same environment. Make your choice on your own. Do not doom yourself to other's choice.

Do keep in your mind that there will allways be hunters who want to trap you. Do not be a bait for them. Use your mind. Be determined. Be resistant. Be vigilant. Today drugs are being marketed by the gangs being in the vicinity of schools. They select the children of rich families as a prey. They close these children within the relations of friendship, and they secretly add drugs in their beverages and foods. Thus, they render them addictive. In order to accomplish their goals, they use the opposite sex as a bait.

So keep your eyes open. There may be a swamp in front of you.

Keep your eyes open. You may be at the edge of a swamp. And you may have a chance to get out of it. If you can't do something on your own in this matter, apply immediately the persons and institutions who/which will be able to help you. Better lose the saddle than the horse. The life is for living, not for dying. So live the youth period of your life healthy and happy.

The shield which protects human from every kind of badness is the volution of human and the submittance to Allah. If you submit yourself to Allah, badness can't approach you and the badness which has already existed leaves you immediately.

Allah orders "the prayer protects human from badness and immorality". So do your prayer 5 times a day and take a refuge behind Allah. Allah will protect you.

Believe it with all your heart. Do evaluate well your youth period of life. ...Do develop and improve yourself. Do prepare yourself for the future.

There are always a summer after every spring and a winter before every spring. The people ploughing fields, sowing seeds, irrigating fields, adding fertilizer and clearing wild grass when spring is sprung are the people who get their crops. The people, dreaming of getting crop without doing all these things are disappointed.

Do live the spring of your life. Do not destroy it. When summer appears, sow the seeds you will get. And fill your lungs with oxygen as much as you can. Get your mind clear, get your heart relax, and get your energy boosted. Never discontinue the exercise. Be energetic and dynamic all the time. Do not doom yourself to darkness. Go out, walk around, sightsee, and live the spring as much as you want. Taste it sip by sip in all clear and the most natural way.

May your future be bright. Believe and live it.

WALKING TOWARDS THE FUTURE

Have you ever been in a factory?

In the factory, there are production lines which various stages of manufacturing are occurred on. While the goods which will be manufactured proceeds towards the place where they will get their last forms, workers wait for arrival of goods towards themselves in order to make finishing touches. While the goods which will be manufactured are standing on a fixed position, manufacturing process is driven towards the process units previously determined through the production lines working under them.

So life is like that. While a young is standing erect on his/her foot, he/she notices that the point where he/she stands on is left behind because of the railway called "time". Every day is a staging-going on the way to the future. In fact, we don't move ahead towards the future. On the contrary the future moves ahead towards us. And every day takes us to the back.

Our prophet says "the one whose two days are equal suffers from loss". Because if we met the future at the place where we are, we would go to back. For this reason, we should prepare ourselves for the future. The future shouldn't take us to the back, instead we should take the future beyond the bounds.

Today most of us are the young people, being in the development period. And we have no responsibility except ours. And people watch us as if they were watching a sport event. They are looking our training before the game. We are warming up for the moment. We are just shooting by ourselves. We are flying in order to get the ball. The face expression of people watching us are highly positive. But it is clear that they are waiting for our success within the game.

If our spectacular passes, shoots and fakes work and cause to scoring in the game, this makes our supporters happy. But if we can't show a good performance against rival team within the game and if we are defeated at the end of game, this will make the people who support us sad and the people who clapped us will boo.

Our success in the game depends on good training, regular exercise and concentration. So our success in the life is very likely the same that occurs in our success in the game. In order to be successful in the life, we should be get ready for the future consciously.

Most youngs find themselves in the past without getting the opportunity of learning how the future will be. They are caught by the future without preparation, plan and program. In such a case, the future throws them among the dusty memories of the past. So these people will be busy with thinking on how the time is passed on so quickly.

If we don't want to miss "the train of time", we should care for it as a human. Furthermore, we should wait for it. We should inspect how and where it comes, and what kind of people there are in it.

In our walking towards the future, our walking should be correct. So there are some rules of a

correct walking. We should know that rules in order to have a correct and appropriate walking towards the future.

a. Time Management: Time is very important. It never makes a mistake. It keeps working by doing his job all the moment. In every second, it takes a step. 60 steps in a minute; 3.000 steps in an hour; 86.400 steps in a day; 604.800 steps in a week; 2.419.200 steps in a month; and finally 29.030.400 steps in a year. So if you are over the age of 15 at the moment, you took at least 435.500.000 steps. If you sacrifice everything you have in order to back one of these steps, you never succeed it. Only you can consume the steps ahead just by closing your eyes.

Most people don't know and appreciate the value of time. The thing which nobody appreciates resembles the gold which is found by a cock in the dump. The cock looks under the gold in order to get a food piece by scratching and scrabbling it with its beak. If you are not in pursuit of food pieces just like a cock, you can't overlook the time that has golden value.

Time management means being aware of the time. Think the passing time as a ball. If you shoot it towards the opposite goal line, you will score and get a point. But if the rival team players get the ball, they may score in your goal line.

You need a plan in order to send the ball towards the opposite goal posts the same way you need time in order to make it valuable. ?

Time Planning: It may be on the basis of daily, weekly, monthly, periodical, annual and long term. All these periods resembles the waves encircling us. We are just the center of all these things. The circle closest to us is second. Then minute, hour, day, week, month, period, year and years follows it respectively.

Every morning, humans wake up for a new day. **If they plan for that day, he can do many things in a regular way.**

For example, some people have lots of works. But they also have plenty of time to finish these works. Still they can't do it because of just thinking, never planning. Do you know that? Let's say you will call your friend and ask how he/she is. But the number is not stored in your memory. You wrote it somewhere in a notebook in your library. This thought flashes by and then goes out of your mind as long as you don't make a plan for finding the number and then calling him/her. In every moment you recall it, you look around and search your library to get the notebook which you believe the number in it. But there usually will be some **intervening** works which will efface it because of not having a determination in this matter. Either the door is knocked, or the phone is rang, or a program begins in TV, or your mother calls you, or the dinner is ready... So you couldn't call your friend despite one year passed. Then the friendship loosens as the time passes. The process of forgetting gains speed. So it is like a ship which sunk in the sea. You look it on the top. But you feel as if you couldn't save anybody by giving your hand.

You can manage the time by making programs. Before making program, I want to remind you very important rules which had been stated in the verse of "Asr" in the Koran.

"Asr" has 2 different meanings: one of them is epoch, and the other one is eventide (a time between afternoon and night). In its first meaning (epoch), it represents a very long time.

Whereas in the second meaning (eventide), it expresses a very short time. So the programs will change accordingly.

By swearing on the Asr, Allah reminds us how this time section (Asr) has a great importance. "By eventide, everyman [feels] at a loss." Time elapses to human's disadvantage and humans always become a loser. Then this short verse is finishing with the expressions of "except for those who believe, perform honorable deeds, encourage truth, and recommend patience". We understand that very important principles had been stated in the verse. If we don't want to see ourselves among the people who lost themselves in the course of time, we will

- 1) believe,
 - 2) make a correct work plan,
 - 3) control each other (or ourselves),
 - 4) put the plan into practice patiently
- for the time plan we will make.

Belief is a driving force for everything. The things done without belief become unwilling and reluctant. It shouldn't be waited for success from such things. Firstly, the success begins with belief. It keeps proceeding only with belief and working. We can get it with patience. Working in uncontrolled and unprogrammed way resembles an arrow, missing the target. It never gets a favourable result.

If you want to set off a journey from İstanbul to Ankara, first of all you will decide it. You should know when you will set off, which vehicle you will ride in, how long the journey will take and whether your arrival time is appropriate or not.

For example just setting off is not important in order to arrive to Ankara. You have to ride in a vehicle which will take you to Ankara. If you ride in a bus or plane or train, you need to arrange yourself according to the departure time of these vehicles. If you go there 5 minutes late, the vehicle can be departed without getting you and you will be late to the place where you want to go. If the next vehicle is departing 1 hour later, your 5 minute late turns into an hour late. If you ride in a bus which will take you Ankara at midnight, you will have to wait in the terminal when you arrive there. So we consciously or unconsciously make a plan even for a simple journey. Otherwise we can't get the result. If you ride in a bus to İzmir instead of Ankara, the place where you will arrive will never be Ankara.

The Correct Planning: Getting a favourable result from a plan made depends on a correct plan. The correct plan is also a realistic one. It is not imaginary. The people mostly make various plans in their dream worlds. But none of them becomes fact because of not matching with the real world and living conditions. Most of them are deprived of time management and time planning.

When you are making a daily plan in your dream world;

You can go and come back your school, you can play a football, you can set aside time for reading, you can go to one of your friends for visiting. You can take a walk on seaside. You can do all these things between 9 a.m. and 21 p.m. But the external conditions may not be in accordance with your program.

You go to school between 9 a.m. and 15 p.m. Coming back takes 30 minutes. You will eat something and rest when arriving your home. Let's say sea is close to your school. You can

take a walk there in your lunch break. After coming back your home, you can play football with your friends in a proper time. But you will be tired and hungry after the game, so you can't go your friend who stays far from you. Moreover you may need to eat something, make your homework and rest a little bit. Also you may not have an opportunity and desire to read the book you planned to read.

It seems to me that the proverb of “don't count your chickens before they are hatched” had been said for the people who cast account dreamy. If you work out a calculation advisedly, your account will be correct more or less.

The important thing is to make a timing correctly by considering every kind of conditons. When saying every kind of conditions, we mean social, economical, physchological, physical, biological and the other ones.

If you make a plan to build a home, you can imagine a palace in your dreams. But just set the palace aside, all the money you have can't afford to build even a house. So you can need to be contended with a slum house.

In order to build a house, you have to find a vacant lot and get its title deed. The house you build, the size of land and the zoning status need to be consistent each other. For example you have got a 400 m² land. And it is subject to 20 % reconstruction permission. So the foundation of your house will be 80 m². You will have your project done according to this size. If you make a multi-storey building without knowing the **flat situation** permitted by municipality, all your money and effort may be wasted. Municipal police can come and insensibly take down extra flats you did. You should think both your purchasing power and soundness, durability of the building materials. Being stingy about the building materials in order to make a multi-storey building at a low figure may cost your life. You will take into consideration the distance between the house you build and your business. It is important that how you will go and come back your business. You can build a house, but you can't be able to stay and live in it. The conditions and physical surrounding are very important. The way and security of your home, the electricity, water and phone are also a problem. In short, the extremely luxury house which humans create in their minds and the house which the real conditions form never resemble each other. But we should evaluate our imaginative power to the full extent in order to use the means profitable and optimum.

The correct planning is very important and necessary in the matter of laying our future on a sound base.

The Correct Application: The correct application is very important as well as the correct planning. If a working whose details are thought over can't be applied correctly, you can face a result that wastes all your efforts.

We can explain this by giving the example of house again. Think that all the building material, plan and project which were picked or done with a great care are submitted to an unqualified people. You can guess the result easily.

You can face a result which will waste all the efforts and materials. This results from misapplication. A worker who can't make a proportional mixture from sand and cement can waste both the material. If you give all the painting material to the person who don't know the house painting, the house will have a seamy and an eyesore view with lithochromatic touches

and smudges.

I think you got the importance of the correct application as well as the importance of correct planning.

We have offered some introductory information on the preparation for the future. Now I want to handle this topic more practical and professional way.

1. Discover Your Character and Abilities: Every human has unique traits, different from others. People can have different psychological, physical, mental and social characteristics and abilities. If these traits are evaluated and processed, the important steps on the way to success would be taken.

Some people can have a more powerful numerical intelligence. They show a great interest to mathematics.

Some people have a more powerful verbal intelligence.

And some people have a more powerful social intelligence.

Some people are inclined to abstract thinking. And some people are inclined to practical thinking. Some people have a powerful memory. Some people have a powerful thinking ability.

Allah had created humans in different personalities and capacities. This prevents the monotony of life. If all the people had been created as a leader, nobody could have obeyed the other. Whereas the diversity of character and capacity introduces the various colors of life and causes to complement each other.

Do know yourself. Determine which characteristics you have. If you know your interests and skills correctly, you can have a profession which you will quite agreeable to work all your lifetime. You can improve and train yourself in this profession in a planned way.

1. On the professions you are interested in, get information from the experts. If you want to be a teacher, talk to your teacher. Be acquainted with teaching and learn its bad and good aspects. At first, the young people show interest all the professions by imitating someone. The children want to be parent. Because only this concept is clear in their ideals. Then they discover the professions of their parents. So they tend to interest their professions. Then they imitate characters of movie or cartoons, affecting themselves on TV. Uncle physician who comes and cures his/her ill mother can affect child's whole personality. The professions tempted by parents can stick in child's subconscious. The child who begins to attend a school takes his/her teacher as a model. His/her teacher can satisfy child's ideals according to his/her place in the child's world. The career choice in the childhood is made unconsciously and this choice is transitory. The real choice is the one which is made in the youth period. If these choices are based on the imitations, they may be transitory choices that don't match with the character and *agabeylity*. Otherwise the choices will be appropriate and permanent.

When choicing a career, think on the details and its tangible and intangible sides. Particularly, the profession you choice should be beneficial for the humanity. It should be intended for future, it should be promising and it should be in accordance with your financial

situation. Namely, it shouldn't be a profession which you will give up due to financial difficulties after struggling for a long time. It should be a profession you can follow out.

It should be in accordance with you psychologically. For example, a person who is afraid of seeing blood shouldn't pick the profession of a doctor. Although profession of a doctor is among the popular professions, it needs hard working, courage and self sacrifice. If you are not the person who doesn't want to be awakened by somebody saying "o doc, we have got a patient whose medical situation is very critic, come on here urgently", you had better prefer a profession that suits you. If you like talking and shopping, you can prefer the trade.

Do meet the people performing the profession you interest, talk to them and learn the problems relating to their professions and make your choice by evaluating all the aspects of this profession.

THE WAY TO SUCCESS.

The success is a conclusion which people should expect at the end of every kind of job. But it must be known that there are some steps need to be taken in order to get a success. The success dooms to remain as an imaginary conclusion as long as the required steps don't be taken. There are some steps which need to be taken in order to make success a reality. What are these steps?

1.Know and Trust Yourself: Knowing yourself doesn't mean knowing your name and surname, your birthplace, your height and weight and the colors of your hair, eye and skin.

It is knowing how long you can run in a marathon race in order to be successful. In other words, it is establishing a connection between the job you will do and yourself. It is discovering your own power, durability and capacity. Knowing yourself well enough makes your self-confidence boosted.

Let's say a man intends to climb up the last flat of a 15-storey building. If he climbs up by regulating his energy accordingly, he won't consume all of his energy when arriving 15th flat. But if he tries to climb up every flat with a rush, his strength and energy will exhaust even before arriving the halfway. In conclusion he can't climb up the target, or his heart throbs and he is out of breath when arriving the last flat. So he will lose his self confidence for the next climbing.

Do something which makes your self confidence boosted. If a man is hesitating on doing something, the reason may seem unwillingness at the beginning. But the main reason is the fear of failure. Whereas the success is possible with desire, effort and working. The planned work brings control. The control enhances self confidence. The desire comes into being with love and interest. The fear is beaten by patience and determination. The fear catches you, if you run away. Do not be a slave of your fears.

The first way to beat the fear is the faith of Allah. The one who trusts in Allah always feels his support. And he understands that Allah protects him. The biggest supporter of the man is Allah. Allah gives human power and force. He supports him spiritually. He sends him relief with unexpected ways. Just so human knows Allah and believes Him heartfelt. That's enough. A person who devotes himself to Allah fears nobody. Because Allah is the One who has the power and force over the all things. The people whose protector and helper are Allah never knows what the fear is. Allah gives the people who trust Himself a success and trust

2.Be a Believer: The belief is the key of success. The one who believes to be successful with heart and soul gets the success. Because the real belief is like a bullet. It passes all the barriers ahead by piercing. Whereas disbelief is like a candle. It melts even in a small barrier.

Just look around. You can see the people who get tired of the life and don't know why they live. You can also see the believing people who work wholeheartedly and adopt the success as a rule. So who will win at the last. What do you say?

A believing man is like a marathon runner who runs tirelessly in order to arrive his target. He will arrive the finish line and get the medal eventually.

Indeed, the belief is a power supply, overturning the mountains. With a belief, there is no difficulty which can't be passed over. Because the belief is the most superior driving force which gives human love and energy throughly. An railway locomotive which has a self-driving force internally could draw many waggons that string along it. It passes over the mountains and hills. So the belief is the locomotive of human volution. The physchological structure of human depends on the belief. The people who have a weak belief get tired in a short time and give in easily. So their targets only remain as a dream. The thing laying under the various problems such as fear, desperation, reluctance, shyness, weakness, sadness and forgetfulness is disbelief. The man who doesn't believe in success can't taste it.

3.Be Conscious. Knowledge is the enemy of the darkness. Darkness brings fear and timidity. It prepares a suitable atmosphere for making a mistake. The light is the source of peace. And the knowledge is the source of the light. The conscious is the feeling of knowledge.

The success is not a point which is gotten by chance. It is a summit which human can reach with the conscious. So learn even the finest details of the things you want to succeed. But never be a know-all person. Because there is certainly one person over the people who think that they know everything. Knowledge is like an endless sea.

First of all, you tend to see all the things with their beatiful sides. For example when you look at a man, you perceive his physical traits at first (his head, his arms and legs, his trunk and his height). Then you perceive his clothes, his accessories, his deffective and effective sides. You begin to see his physical details by approaching. Afterwards, you notice his glasses, his baldness, his squint, his hair turning white, his eyes resembling green and his pimples on his face. Although living with a human for a long time, there still can be many features you don't know about him. Someday you can live a trauma from a person who you never expect, and say "You too, Brutus".

So knowledge is an endless sea which is highly variable and extensive. The victory belongs to the person who favours knowledge. And never forget that the person who tries to hide his philistinism with knowledge just cheat himself. Philistinism is not a disease which needs to be hidden. On the contrary, it is a disease which needs to be escaped. Knowledge is the medicine of this disease. And the conscious is the medicine, turning into a cure.

The conscious is to sense what you do. The life is not cheap and worthless as much as being spent unconsciously. So know the real value and worth of every thing. Do not take your steps unconsciously. Do know where you go, why you go and what you get. When you behave like that; you will do the correct things, you will be able to control yourself. Every day, you will take one more step to the success.

How Can You Be Conscious?

1. Start to work by making a general evaluation and search on the subject that you want to be conscious at first.
2. Collect the data gradually relating to the subject.
3. Classify the data you collect.
4. Put the data you clasify in order of priority. And work on the one whose priority is the highest,
5. Compare the data you collect with the others and control it with the other sources. Make your knowledge clear by discussing the subject with the experts or your friends,
6. Make an application plan,

7. Apply it according to your plan.

4. Be planned: When we observe the nature, we see all the things exist in an excellence plan and program. This plan and program are necessary for the continuity of the life. There is a chronic state for the life. That's recycling.

In the spring time, a plant begins to develop from its seed under the soil and appears by piercing the soil gradually. Let's deal with a tomato seed. If we sow tomato seeds to the soil or if there are still some tomato seeds under the soil remaining from the last year, they will develop as a tomato plant again and it gives tomatoes on the next year. But if we didn't sow the seeds of tomatoes and if we pulled up all the seedlings in autumn, we wouldn't get any crop in summertime.

The minerals that exist in the soil and necessary for the life are essential for the developing of the plants. These minerals bring out the plants. The plants are a source of food for the animals. The animals eat these plants. So they consume the minerals in the soil. But these minerals return to the soil as a manure in the form of animal excrement.

In the daytime, the plants emit oxygen to the atmosphere by absorbing carbondioxide in a sunny and clear air. In the nights, they absorb oxygen and emit carbondioxide. What if they absorb oxygen and emit carbondioxide all the time?. Or what if they absorb carbondioxide and emit oxygen all the time? It is clear that the balance of the nature will be broken.

So all the time, nature persists within a plan and program. And the human instinctively obeys this plan and program. The life doesn't go on without the activities of eating, drinking and sleeping. But as an existence having an ability of choice, a human can either break this rule or turn it into a more convenient situation for himself.

The plan and program of all the existence except the human had been directly determined by Allah. But the plan and program of the man had only been partially determined by Allah. Some parts of them had been left to volution and desire of the man. If a man makes a correct choice on this subject, he gets a healthy and happy life. Otherwise (if he makes a wrong choice), he dooms to live an unhealthy, diseased, problematic and unbearable life.

For example the people who don't perceive their puppyhood as a preparatory period for the future and the people who don't make any plan and program in this subject catch out. They remain broke, homeless, unemployed and friendless without understanding how the passing years waste themselves. **They rue the things they did thus far.** But their repentance is useless.

The jobs which are suitable for their energy and strength and in their childhood turns into activities which is hard to learn and work for them. So they can't gain even a profession.

The important victories which goes down in history had been achieved through the plans of clever and wise commanders. Many a time these plans enable minorities to bear down their outnumbered enemies easily.

A. How can a daily program be made?

Every plan which is made has the components shown below.

- a) Time,
- b) Place,
- c) Persons,
- d) Conditions.

If you want to make a daily business plan, think what you will do at first and then write all the jobs you have to do and their details by getting a paper and pencil or a databank, or using a scheduling software on your pc. Then think and check out whether or not there is something left you forget.

Engagement books, diaries or organizers that you can buy from a stationery store will facilitate your jobs. So you will be able to make your daily plans in a regular and systematic way. In these materials, there are ready parts which you can write your daily jobs in an hourly basis.

Preparing a daily program one day before will facilitate your next day's works. So every evening before sleeping, write the details of the next day's works as shown below:

- what you will do,
 - where you will go,
 - which people you will talk to and,
 - in which hours you will do all these things.
- When you get up, check your notes out in order to review and apply them and think whether or not there is something you forget. If there is a missing point, complete it.

What is the goal of making a daily plan?

It is to use time more conscious and to do bounden duties in correct time, correct place and correct way.

It is to save time, to keep our jobs under control, to protect ourselves from mess, and chaos. It is to increase our walking rate toward the future step by step. It is to own the future with a controlled way.

So we should know discriminating the necessary and unnecessary jobs or important and unimportant jobs and regulating them according to their priorities. Mostly we place the activities which have less value in terms of necessity and importance into the first place. And we neglect the ones that we should give weight. So our life drains away with a load of vain and worthless efforts that detain us.

How can we determine the level of importance of an activity? How can we determine the importance order of a job?

The level of importance of a work is determined by comparing **its loss and its profit**.

For example let's say you will enter the university exam after several days. The career choice you will make is very important in order to succeed the exam. But you have some hesitations relating to this choice and your teacher wants to help you on the subject. So you will think about visiting him. But you also have to participate to the meeting of a sport club which was founded by your friends in your neighborhood. If you don't straighten your face in this subject, your friends can impede the activities of the club by ignoring them. So what should you do?

Of course you should prefer talking to the teacher who will inform you about the university preferences. Because you can put off the sport club's activities to a later time. But you can't postpone the hour of university entrance exam which thousands of students will take. One of them depends on you and has a less importance relatively. And the other one is an activity which will determine your whole life. Maybe you will make a correct university choice and pass the exam owing to the information you will get from your teacher. But if you ignore the information which your teacher will give and take out time for sport events, this will be a barrier for passing to the university education. **You will be uneasy due to not having a profession despite of getting older.** And you will be deprived of financial means which will afford sportive activities. So in a situation like that; making a correct decision, making a correct plan and applying them will be able to secure your future.

There is one more subject you need to pay attention when making a plan. It is time slots. The hours of sleeping, eating, working, and resting should be regular for your health. A human needs to restore the energy he will spend and consume the energy he stored. If this energy is obtained from the gasoline of an automobile, we should consume this gasoline in a way that it will take us where we go and back home again. If we consume the gasoline for the purpose of showing off with our car, it fails to work and it will stop. We become wretched. In addition to this, what if we have no money in our pocket to buy gasoline on the road ?

THE YOUTH IN THE CENTER OF PERSONALITY AND IDENTITY

In the last part of my book, I want to share the speech I made in the “Youth Night”, organized by “Adım Youth Club”. Because my speech had concise nature of this book....

“Dear Youngs,

Are you making the finishing touches in order to participate to the life actively and productively?

Are you preparing for the future?

Or you preffer to be burried into the past?

How do you perceive yourself? A leaf, affected by the wind or a skipper, steering the rudder?

I think you are aware of the integration of your personality with the identity in these days.

Your identity and personality are your future.

Your future will be productive and bright only with a healthy personality and a correct identity.

For this reason,

Today is the time of revising your identity and personality.

With the words of Hz.Ali, “men arife nefsehu, fe huve arife rabbehu”. That means “the one who knows himself also knows Allah”.

I know that you have lots of problems. You are facing with many problems cultural, political, economical and social in your home, in your school, or in your social environment.

You didn't create these problems. You found yourself in the center of these problems. Everbody are looking at you and expect you doing something about it. You are also expect yourself to do something about it. But you generally believe that you can't show the real performance you should show. Do not worry and do not waste away yourself with stress.

If you believe it, you will succeed. But do keep in your mind that success is only provided with a sound personality and a correct identity.

In the life, the aim of everybody is happiness. But everybody connects this happiness to some conditions. And they achieve their purposes just by having these conditions fulfilled.

There are 2 types of happiness:

- 1.Imaginary/platonic happiness,
- 2.Real happiness.

You need no identity and personality in order to get the imaginary happiness. Announce

yourself a king in your world of imagination and enjoy yourself. But never wake up. Because if you face the facts, your kingdom vanishes as a soap suds. Then your happiness turns into unhappiness. And this unhappiness becomes a nightmare, falling down you.

The real happiness is not like that. It wants consideration (self-sacrifice), it wants a powerful personality and identity.

Yes, dear youngs,

In order to get the real happiness in this and next world, the point where you stand on with your personality and identity should be sound.

So let's try to answer the questions of "how are the identity and personality formed?, How can they be developed? And how can their soundness be enhanced?".

The identity is the sum of the merits we have. **It is to be set in order these merits by us.**

The formation of our personality mostly depends on the development relating to our interiors. In the formation of our identity, the external world is more effective.

Above all, the one who will appreciate ourselves is us. Before expecting it from others, we should know ourselves and determine our real value without any exaggeration and humiliation.

We should find and see the elements which are peculiar to us. And we should get the values which will develop and improve us on our march to the future.

Right. How can we succeed this?

The first thing we should do is,

To pick the correct paradigm and to be a proactive human by noticing which paradigms we use.

What is the paradigm? It is our mental sensations which show our inner world how the outer world is. We see with our eyes, but comment them with paradigms. Everyone has a different paradigm and everyone evaluates the world according to his paradigm.

The paradigms generally are formed and settled in the subconscious according to the environmental conditions. According to the atmosphere people live in, humans have various paradigms that has different centre points such as family-centric, money-centric, religious-centric, group-centric, fun-centric, social status-centric, enemy-centric paradigms and etc. But in general, most of people don't know and evaluate their paradigms consciously. Particularly, the majority of the people live a reactive life.

What Does The Reactive Mean?

It means the development of every movement you did as a reaction to a stimulator. The reactive people act only when external stimulators sends forth appropriate signals. These people completely depend on the external factors. For example some people are pious and have a religious identity. **But these people's religious feelings appear when the assaults**

against their religion occurs and disappear when everything backs to normal. That's a direct result of their reactive structures. In fact, reactive development is a reaction psychology. An action is needed in order to show a reaction. In concise, no stimulators (negative or positive), no personality.

Dear youngs, you should have a proactive structure (not a reactive structure) for a sound and healthy development.

So What Does The Proactive Mean?

It means to get a driving force from inner dynamics (not outer dynamics). That means not to be a slave of others, but to be a master of yourself. In proactive behavior, the factor that determines all the actions and behaviours arises from inner world (not outer world). That's, the very same of the leadership. This is a product of a developmental and **strengthening** mentality which **thinks that there is definitely a way out in any case.**

Dear youngs, your first qualification, the first building block of your personality should be a proactive spiritual structure.

Live your life by saying "I want it like that" and never say "the other people want it like that".

Being a proactive is like being Hz.Abraham. Although being in young ages, he could **understand** vacuity and vanity **of idols and he hadn't deify idols and spontaneously grown away from the people who worship to idols in a society which all the people was an idolater.** Hz.Abraham had known inclining to Allah, master of the universe. He had laid a foundation of a society out of nothing. So the Koran says about him "He was a community alone." Namely, he was a leader who **brings** forth a society from the rough" In the age he lived, **Hz.Abraham was a proactive person who had made his name mentioned down the ages with the missions he had accomplished.**

Another example is Hz Joseph. He was also a proactive leader who had never discontinued positive thinking and preparing for the future in spite of all the difficulties. Just think it,

What would you do, if you were him?

What about if your brothers had excluded and thrown you into a well...**Then a group of bandit came and sold you somebody. The people who bought you employed you as a slave.** Furthermore if they had withered you in a jail.

So you would slash yourself with a razor-blade by listening "weepy songs" and curse your fate. Or you would think of being a prime minister of Turkey. So Joseph was such a proactive man that he had known to turn the worst conditions into his own good. Also he had stick to his own principles and rules when doing all these things.

Also remember Hz.Mohammed. Wasn't he busy with laying the foundations of a new society when the unbelievers in Mekkah had drawing their swords from its sheats in order to kill him?

Dear Youngs,

Our personality takes a shape in line with our habits and characters.

We ourselves should shape our habits and characters for a proactive personality. We ourselves

should mature them and change the negative ones. We make a habit of something at first. Then this habits become our character. The formation of habits is based on knowledge, interest and ability. Integration of these 3 factors results in acquiring a habit. So in order to get the correct habits, we should use our knowledge, interest and abilities well.

In the life, we should be active instead of being passive. **We should detachedly use our choice between the reactions and the motives.** We shouldn't say "I can't do it" for anything. Instead we should say "Let's look. What can I do". We shouldn't be afraid of taking the initiative. We shouldn't avoid liability. We should try to fulfill the responsibilities we undertake.

Dear Youngs,

Responsibility is a heavy burden. But this burden strenghtens the human. Because irresponsibility brings laziness, and laziness brings the death. Or irresponsibility brings dependence, subserviance, humiliating and abasement. Responsibility brings initiative, independence, control and acquirement.

Actually, the words of our prophet "the one who has the same 2 days is in loss" are a summary of this subject.

If the first condition of ego development which is on the way to success is having a proactive structure, the second one is "starting a job by thinking its end". In the book of "7 habits of highly effective people", Stephen Covey defines some golden rules for personal leadership and changing. He reminds us the rule of "starting a job by thinking its end" as a second rule. He says "everything is created twice." One of them is in our mind and the other one is in the nature. **Indeed whatever we do we need to shape and form it in our mind at first.** If this mental creation is being made by thinking the end, it will also have an autocontrol system within itself. This means that all the jobs we will do shape within a plan and program. But this plan and program shouldn't be **afaki**. Instead it should be prepared by thinking its end. Otherwise either you engage a business which is impossible to be fulfilled or you will get a result just the opposite of your expectations.

Dear Youngs,

First of all, we should live a life by thinking our own end. **We should live a life.....** We can engage a business by preparing the **rules of life we will live as a mission declaration special to us.**

What Is The Mission Statement?

The mission statement is our own personal rules and regulations. It is our own constitution. It is establishment of our own personality and identity by ourselves **proactively.**

We will show the ability of being honest to ourselves with this declaration. This declaration will also strenghten our belief of rule-centric thinking and living. It will help us on the subject of "starting a job by thinking its end". It will allow us to control ourselves from time to time.

For the mission statement, there is no need having a detail as much as a nation's constitution has. **This should be a poem of rules in 1 or 2 pages, encircling our whole life.** Of course it should always be open to renewing and developing.

If we need to give some examples about the rules relating to the mission **statement;**

“Be successful in your own home at first.
Ask God for help and deserve His help.
Be a hard-liner on the honesty.
Do not forget the people who you interest in
Listen both sides before making a decision.
Take counsel with other people.
Defend the people who are absent there.
Be open-hearted and determined.
Every year, get a qualification on a new subject.
Plan the tomorrow’s work from today.....and so on.

Every people have a centre which is basic for their outlooks. What should this centre be? And what’s the centre of your outlook? Have you ever think about the point that is critic for your outlook?

Some people are family-centric. They do all the things for their families. They have their families in the centre of everything.

Some people are ego-centric. They do all the things just for themselves. They see themselves in the centre of everything.

Some people are delight-centric (hedonistic). Some people are friend-centric and some people are enemy-centric. For the enemy-centric people, the basic thing is the behaviour of their enemies. Some people are religion-centric, some people are business-centric, some people are food-centric, some people are property or money-centric. Everybody comments the life according to his own centre. In the life, there are a relative meaning and importance of everything. But which one should be the centre? Family, me, delight, religion, friend, enemy, business, spouse, food or money?

Just at that point, I want to say that the most correct centre is the rule. Namely, **the outlook of a person who is proactive and get busy by thinking the end** should be the rules and principles. Each of the centre we have told above is a value. Of course, these values should have a **placement and an arrangement** for everybody.

Dear Youngs,

You should use your whole brain in order to determine your rules and the mission statement. Most people use only a little part of their brain power. Because they don’t know how they use and develop it. The improper use of brain causes to getting abortive decisions and opinions which are not inclusive and encircling. **The ability of judgement and thinking ahead (preconception) remains inadequate.** So we should know the effective and comprehensive ways when using the brain. If we need to give several example in this subject, as you know the brain has 2 lobes: right and left hemispheres....According to the studies **made by experts**, these 2 hemispheres have different functions.

They say that the most people use the left hemisphere basically. This hemisphere is generally involved in logic and talking. Right hemisphere has powerful intuitions. Also this hemisphere is the creative one. In fact, we live in a world which the left hemisphere is dominant. In this world; measure, logic and words have a great value. Intuitional, developmental, artistic and naturalistic aspects are in the second plan. For this reason, it is easy to manipulate societies by a mass media. Then a consumption society and a crowd moving with herd instict appear.

So what can we do in order to make our right hemisphere more productive?

Broadening your point of view: You know the cameras, having zoom. When the camera is approached to a certain object, the details become so clear that we forget what the object we zoom. Also think just opposite of this. When you pull back the camera, you perceive everything as a whole. So that's broadening the point of view. Namely, it is to evaluate event and time as a whole **instead of losing in the depth of them.....**

Visualization and ratification: This technique is also **one of the ways**, working the right hemisphere. **Try to feel or prefigure an experience which you may live afterwards before living it. Visualize that event before its occurrence by imagining. Change its negative features into positive ones.** Correct the potential defectiveness and hitch. **Assure that this practice done by** being evaluated with a broad point of view will prepare a more healthy future for you.

Determine well your role and target in the life with the mission statement you will prepare. Because your identity will be based on this mission statement. You have got an identity as a member of your family. You have got an identity as a parent. You have got an identity in the social structure, which is in conformity with your mission. In the cultural atmosphere, you have got an identity. And also you will have identity as much as the number of activity you perform in the other areas of life. Your identity is directly proportional with your activities.

Dear Youngs,

Our another personal rule: prioritizing the rudimentary works.

That's a very important rule. For the most works which we do, we don't pay regard to their priority order. Instead we pay regard their urgency order. Prioritizing the rudimentary works constitutes the spine of plan and program we will make. But if we don't **have any information about the time management, we possibly** yield precedence to unimportant daily works. And we think that we give a priority order.

We can divide the time we will plan into 4 parts:

In the first square: The works which are urgent and important: crisis, dominant problems, and time-limit projects.

In the second square: The works which are important but not urgent: measure, having an affair with somebody, investment, watching new opportunities, planning and resting.

In the third square: The works which are not important but urgent: interrupting things, some callings, letters, reports, meetings, and popular activities (daily comments, sports, politics, high society and so on).

In the fourth square: The works which are not urgent and important: intervening things (instant things), canteen, cafe chats, activities and games.

So the ultimate square we need to emphasize should be which one?

In which square should we spend the most of our time? Of course it is the second square.... Because the works in this square will enable us vision, perspective, balance, discipline,

control and the minimum crisis. But the others will enhance our stress level, **cause to invoke a curse on something behind every day passing, make us a slave and prisoner of every day as a chameleon and characterless**, or change us into a vagrant who bothers about nothing.

We should learn to say “no” in order to make the time management more productive. Because we always face with many factors which take us away the plan and program we made. For example, one of our friends **who we can't offend may prevent us from cardinal thing we should do by ignoring it**. In a situation like that, we should say “no” with a polite manner, which shows that we do not **abandon** our own choice to others.

The plan and program in the second square which we will make are weekly. At the first day of the week, we should make the program **of how we spent that week**. Making a plan for the week and foreknowing the things we will do all week give human the feeling of dominating the time he lives in. But the most important thing is able to see the bounden and unfinished duties as a whole and to be aware of the step on the way to the future. Furthermore, this practice is an igniting mechanism (striker) in order to get a speed on the way to the future. In every night, we will think and evaluate whether or not we perform the **bounden** duties by reviewing that day's program. If we don't do them, we will be able to see their reasons and think about how we will pass over these difficulties.

Dear youngs, living in a preprogrammed way naturally doesn't mean turning into a robot. There will certainly be a field, including instant potential developments and important duties in your weekly or daily program. In other words, this program will be prepared in order to be a compass for you instead of encumbering you. It will protect you from chaos, indecision and uncontrolness.

The programs you made should be appropriate to your proactive personality and your own mission statement. Pay attention to this.

And the most important thing is to learn self-control. First, explore your paradigms and your point of view, then direct yourself to the rule-centric paradigms.

An healthy identity is only possible with a relation, based on a sincere and mutual understanding with the society we live in. There is no need for an identity in the wild and remote places. The identity is important and necessary in the social life. With the id card, the other people will understand and know who you are.

The point we have ever emphasized was personal development and personality which is specific to you. In other words, it was the declaration of independence in your own **inner** world. But the subject of identity needs the principle of interdependence (we will discuss this subject later).

There is no need for an id card, when you are alone. But in the society you live in, you will certainly have an identity card, distinguishing you from other people. This identity will depend on your personality. It will be a definition which suggests your social value, your individual distinctions or your joint aspects as a result of social reflection of your personality.

We have said that such an identity needs an interdependence. At this point, there are 3 basic rules we will obey in the relations with people. These are;

- 1.The rule of mutual benefit,
- 2.Empathic listening,
- 3.The formation of synergy.

If we summarize these rules shortly:

The rule of mutual benefit: People usually consult their own interests and work for themselves. But finally a conflict occurs and interests and benefits of both sides turns into a loss. When one side tends to give harm to other side, the loss will be mutual.

Nobody can win in this situation. In this paradigm, people intend to repeat the same indiscretion over and over. So what kind of paradigm is this, driving the people that course of behaviour.

This is the paradigm of absence, the paradigm of scarcity. It is the paradigm of plunder. This is the paradigm of people who **think that everything will be consumed and they will remain hungry and bare so they should snatch at all the goods and foods of others.** This is the paradigm of consumption, not the paradigm of production. This is the paradigm of owning everything without paying its price. But the result of this paradigm is just a permanent loss. Some smart entrepreneurs who analysis this paradigm successfully take an advantage of this ambition of the people

Whereas if people practice the principle of mutual profit and benefit from warmness and happiness of trust, the production will boost. And the things being thought inadequate will abundantly suffice requirements of all the people. Here's an excellent rule for you, which makes you successful in the social relations. Be faithful in your social environment and show the people you also look after their interests as much as they do. Then, witness the birth of a great power.

The Empathic Listening: In the affairs of human, one of the most important subjects is listening each other. This seems very simple, but it can cause to deadly fights and wars out of **nothing due to the development of relation between listening and talking in a way that disregard the principle of mutual benefit.**

I don't know whether or not you mind, if I say we mostly don't know listening the opposite side?

There are 5 forms of listening:

1. Ignoring,
2. Pretending,
3. Selective listening.
4. Attentive listening.
5. Empathic listening.

Although the word of "empathy" associates the word of "sympathy" in our minds, their meanings are not the same. In the sympathetic listening, there are dependance and resignedness.

In the empathic listening, there are understanding of judgements of the individual to whom you are listening, **evaluating the events with his Outlook and finding out his paradigm.** Empathic listening is **trying to understand** deeply the opposite side both emotionally and mentally.

So how many people who listen to you with empathy are there? And how many people do you listen with empathy?

In the empathic listening, you get the message through not only words and but also non-verbal behaviours, including body language.

According to the experts, the communication consists of:

10 % the words we say,

30 % our sounds,

60 % our body language

Create a synergy. And now you will say “we know the energy, but what’s the synergy”.

With a simplest definition, synergy is a thing making a whole bigger than the sum of its parts.

As emphasized in the sentence, said by our prophet “The mercy of Allah rests on the believers”, synergy yields much more power than that of sum of individuals one by one.

In the mathematics, 2+2 makes 4. But according to the law of synergy, 2+2 makes 6, sometimes 8, 18 or even 180. Synergy is in the essence of the nature. The sprout, splitting the rock is a synergy. A seed, dropping on the soil is a synergy. So if we can move this synergy from the soil to the social life, we will see that we have much more power **than that of available**.

Economic, cultural, social, politic and other formations, shaped by the people **coming together with synergy** can **yield/wield** power on the whole society. As a matter of fact, **today they do**.

Synergy: is a fact which is developing, advancing and growing in the atmosphere of cooperation and trust. **Gain also enhances** when synergy grows. There is no need for eliminating the difference in order to create a synergy. It enables to perceive the difference as a source of wealth. **Synergy produces new solutions in a moment when everybody thinks all the solutions exhausted**.

Everybody has a hidden synergy in their **inners**. **There are such moments that you see all your fatigue vanishes although being very tired**.

Dear Youngs,

In addition to all these rules and principles relating to personality and identity, I want to finish my speech by reminding one more principle.

This principle is the rule of self-renewing. But what kind of renewing? Physical, mental, social, emotional and spritual renewing. Stephen Covey calls this “sharpen the axe”.

He calls it like that by thinking as below:

Let’s say you meet a person who try to cut a tree in a wood.....

You said “what are you doing” He replies impatiently:

-Don’t you see it. I try to cut the tree with an axe!

You shout “You seem tired. How long have you been doing this job?” The man says;

-“I have been doing this job for 5 hours at least. I am very tired. This is a tough job.”
So you say “have a short break and sharpen the axe. I am sure that you will cut the tree faster”.

The man says.....”I haven’t got any time to sharpen the axe. I am busy with cutting the tree”.
Whereas you can’t cut a tree with a blunt axe.

So the last golden rule is taking out time for sharpening the axe. In other words; revising, renewing and updating the rules, the life and the paradigms.

Truly, humans need to renew himself from time to time.

In order to be renewed, there is no need of **withdrawing and resting** as a commander in front of the soldier. Instead there is a need of predicting the future as a guide on the top of a hill. Islam calls this “itikaf” (shutting oneself in a temple). This worship, done by our prophet particularly towards the end of Ramadan is an indicator of **the conscious of yearly renewing**.

The human body can waste away in all aspects. We can eliminate this just by renewing. Particularly, the period of youth needs renewing both physically and mentally. For this reason, we should make exercise. The soundness of the body enables to renew the mind. Relieving the blood circulation yields various benefits such as excreting the toxins out of the body. Reading a book and showing interest to different subjects are beneficial for mental renewing.

Yes dear youngs, you will keep the future. In order to own this trust, you need a powerful personality and effective identity. You will find the strength you need in your clear blood. Just be yourself. Do not live as a copy of others. Instead live as yourself.

Be proactive just like Abraham and Joseph.
Start a job by thinking its end.
Prepare your personal mission statement.

Prioritize the jobs having **high priority**. Do work in a programmed and planned way.

Act with the paradigm of abundance instead of the paradigm of absence. Be productive instead of consumer. Do not **consult only your own interests but also mutual benefits**.

Listen to the people with empathy. Try to understand them, at first. Then try to be understood....

Be sinergetic. Create a sinergy around you.

And always sharpen the axe. Renew yourself.

I wish the Most High gives you strength on your walk to the light.

I greet all of you with love and respect.

God bless you.

Saban Piris

5 May, 1999
Kayseri