

**Mystery  
of the  
Human Being**



# Mystery of the Human Being

Surg. Dr. Kemal Tekden

Translator

**Önder AVCI**



## **Surg. Dr. Kemal Tekden**

He was born in 1959. After completing his primary and secondary education in Kayseri, he graduated from Istanbul Faculty of Medicine in 1982. He took his first step into the profession in Dalaman Open Prison under the Ministry of Justice. Later, he specialized in Otorhinolaryngology Department of Faculty of Medicine, Erciyes University.

He bring to Turkey Kayseri and Denizli TEKDEN Hospitals; Kayseri and İstanbul TEKDEN Educational Institutions with his partners. He is the Chairman of the Board of TEKDEN GROUP including these organizations and also TEKDEN FILM company, which is the producer of the series “REVIVAL ERTUGRUL” (“DİRİLİŞ ERTUĞRUL”).

Surg. Dr. Kemal Tekden worked in many foundations and civil society organizations as an executive or founder. Dr. Kemal Tekden, who makes frequent trips abroad for observation purposes has studies in health, education and social fields and journal articles. He is still the holder of the privilege of Bizim Eyvan Magazine, and the Chairman of Turkey Gifted and Genius Children Education Foundation (TÜZDEV).

He gives lectures on “The Meaning of Life, Entrepreneurship, Mystery of The Human Being, Gifted and Genius Children, Wisdom Education, The Art of Childrearing, Fall in Love”. He has 2 more books named OUR ABOVEGROUND TREASURES and THE STAGE IS YOURS.

Surg. Dr. Kemal TEKDEN is 25th Term Kayseri Deputy. He is married and has 3 children.

### **Contact:**

🌐 [kemattekden.com](http://kemattekden.com)

✉ [ktekden@ktekden.com](mailto:ktekden@ktekden.com)

📧 [kema\\_l\\_tekden](#)

📍 [KemalTekden](#)

📱 [kmltekden](#)

# CONTENTS

PREFACE .....	9
INTRODUCTION .....	11
PROLOGUE .....	15

## **CHAPTER 1: THE POSITION OF HUMAN BEING**

THE UNIIIS A BIG BOOK .....	19
THE POSITION OF HUMAN AMONG LIVING BEING .....	21

## **CHAPTER 2: GENESIS AND STRUCTURE OF HUMAN BEING**

GENESIS OF HUMAN.....	27
HUMAN IN THE MICROCOSM.....	37
BIRTH AND HUMAN DEVELOPMENT .....	41
OUR GENETIC CODE .....	45
HUMAN BODY .....	48
What does the Rush in Our Veins Tell Us?.....	49
The Perfectness of Our Eyes .....	49
Brain .....	51
The Functioning of the Brain.....	54
REAL ADMINISTRATOR: THE SOUL.....	60
EVERY HUMAN BEING IS SPECIAL .....	63
AESTHETIC CREATION OF HUMAN BEING .....	64
VITALITY AND THE LIFE.....	66
OUR SENSES .....	67
TEMPERAMENT AND THE ENNEAGRAM OF PERSONALITY.....	66
PHYSIOGNOMY .....	81

**CHAPTER 3: VIEW OF CIVILIZATIONS ABOUT HUMAN**

PHILOSOPHICAL OUTLOOKS ON HUMAN ..... 83  
UNDERSTANDING OF PERSONAL DEVELOPMENT ... 95  
TODAY’S SCIENCE MENTALITY ..... 100  
    Quantum Physics ..... 104  
RELIGIONS’ VIEW OF HUMAN ..... 111

**CHAPTER 4: NONPHYSICAL ASPECT OF HUMAN**

TRAGEDY OF HUMAN ..... 117  
NEEDS OF HUMAN..... 120  
    Eating and Sleeping Needs..... 120  
    Speech Need..... 126  
    The Need for Faith ..... 127  
THE RELATIONSHIP BETWEEN LIFE,  
SELF AND CONSCIENCE ..... 134  
INTELLIGENCE, MIND, CONSCIOUSNESS, WILL ..... 139  
SENSITIVITY, HEART AND SOUL RELATIONSHIP ..... 143  
HUMAN STRENGTHS AND WEAKNESSES ..... 150  
HUMAN ACTIVITY AND WEALTH..... 157  
IS MORALITY NECESSARY? ..... 160  
DO WE MAKE OUR OWN DESTINY? ..... 167  
DISEASE OF OUR TIME: STRESS ..... 174  
IS DEATH AN ANNIHILATION? ..... 182  
LOVE AND AGAPE ..... 193  
IDEAL HUMAN TYPE AND HUMAN’S HAPPINESS ..... 196

**RESULT**

MYSTERY AND REAL VALUE OF HUMAN BEING..... 209

*I dedicate this book to two venerable women in my life;  
my deceased mother, Mrs. Aysel and  
my esteemed wife, Mrs. Ruziye.*

*Full royalty of this book has been allocated for TÜZDEV  
(Turkey Gifted and Genius Children's Education Foundation).*



## PREFACE

Because of the person's efforts to know himself, human-related books have always attracted attention. However, the lack of studies describing all aspects of human being constitutes a big gap in this field. Anthropology, which is a branch of science based on the West and which is trying to fill this gap, is quite incomplete for us, because it is completely based on a materialist basis, despite its efforts to recognize human.

The work we have done in this field for nearly twenty years and the intensity of interest for our conferences have revealed the need to write a book on this subject.

In this way, this study has been matured and all possible aspects of the human being are handled; all the religions, philosophical views and scientific developments have been examined and this book has emerged.

Although it contains a lot of scientific information, this book does not claim an academic study. However, the aim is to start a discussion on this issue and to open a modest path. Although "Mystery of the Human Being" is based on scientific facts, it exhibits a narrative with collected religious data. For that matter, in this narrative, an attempt was made to enrich with erudite words of wise people whom we accepted as the common values of human experience.

We know that each of the topics in this book is subject to a wide range of topics that can be described in separate volumes. However, it was tried to be easily readable and understandable without getting as much information as possible. Although it includes different scientific, philosophical and religious views; the view of

Islam, which gives the most comprehensive and logical answer to the abstract aspect of human being, has been put forward. Hence, the alternative human understanding of Islam has been tried to be presented to the humanity in the search. Of course, there have been different discussions and still continuing about the abstract aspect of human beings. But in order not to keep the reader's head too busy here, we have tried to create as much integrity as possible by making explanations that we see reasonable. We are aware of the fact that the extent to which this approach imposes is a great responsibility on us. For this reason, every explanation is treated as precisely as possible.

Despite all these efforts, of course there have been some missing points. For this reason, we would like the topics to mature further through discussions. In fact, let new works better than this book come out. We will not take offence, contrarily we will be happy.

Imam-i Azam (paramount of Imams) said "Those who break the walnut's shell but not see its inside think the walnut is comprised of just the shell". Human beings can also be seen from the outside as a very simple body structure. However, there are material and spiritual worlds inside him/her. As this perfect system is examined, the reality of human beings will be realized. That's why, you can see this book as an unworthy effort to break the shell. We are sure you will feel this excellence in the pages of the book. This perfection is not from us, but from the Supreme Creator. We have just tried to be a tiny bit of mirror.

As many scientific and philosophical works have been used in the preparation of the book, the fundamental works of the ancient Islamic civilization have been examined. But as a result of a sense of loyalty, my late master, Seyit Ahmet Arvasi, expanded our horizons. The approach he proposed as "Humanities Science" was virtually a testament for us. We remember him with gratitude and thanks.

We cannot pass without giving the right of many of our friends in the preparation of "Mystery of the Human Being". We are also grateful to Prof. Dr. Zeki Duman, who changed his world. Thanks for their help and support to Prof. Dr. Turan Güven, Assoc. Prof. Dr. Ergin Kariptaş, Asst. Prof. Dr. Mustafa Lale, Senior Physician

Mustafa Güneş, Senior Physician Nihat Tekden, Physician Yavuz Han, İbrahim Orhan, Göksel Orhan, Turgay Şirin and Muhsin Turan.

“In particular, I would like to thank my dear friend Önder Avcı, who has made great efforts in translating this book into English and to Tekden College English Department teachers for their supports.”

In addition, special thanks to the valuable friends, Prof. Dr. Nurullah Genç and Prof. Dr. Nevzat Tarhan in the favor of writing introduction to our book; I would like to express my gratitude to my wife Mrs. Ruziye, my daughters Dilara, Gülşah and Nurbanu, who have supported our feverish work patiently.

We are conscious that such comprehensive work, which we have entered without wishing to lay down the law, is a drop from the sea.

In addition, this humble work where you can find all aspects of human being will contribute the recognition of human being particularly by young people and the possibility of causing other great works excites us. We hope that the book will reach this goal, the effort will always be from us, the support and help will always be from Allah.

Best regards...

***Surg. Dr. Kemal Tekden***  
Kayseri, August 2015.

## INTRODUCTION

The existence of realms is the clearest indication of the eternity and eternal greatness of Creator for those who can look through the discovery area of the heart. Despite all its beauty, there is a realm in them and it is weak and simple; powerful and mysterious as well. The only creature which has the force of uniand which is being the collocutor of the famous of Sheikh Galib: Human Being. The author of the book that you have looks at him from his heart's discovery area and says something you'll never forget about his mysteries.

*Prof. Dr. Nurullah Genç*

“Mystery of the Human Being” is a very strong name. I wonder about its content. In this subject, the philosophers of the West, the Celestial messages of the East had different opinions. But philosophers have always disaffirmed each other. As a result, while they have never been able to form a consensus about why the uniwas created, how the uniwas created is left to the explanations of hard science. But when we examine the sequence of Prophets and when we look at the sacred texts: they show consistency on why the uniwas created, the mystery of human being, his existence and in their concepts about the presence of a Creator, the life after death and “ The reason of being examined”. In this context, they gave the great good tidings by offering the consolation, hope and tranquility feelings of a human believing that there is a Creator who knows all, sees all and everything is under His control. Without such a Creator, the life would be meaningless. Here, my colleague Kemal Tekden, is having a skilful pen on such difficult subjects, I congratulate him.

*Prof. Dr. Nevzat Tarhan*

of the eternity on the earth is the spring scented breath of the hope of heaven. It is the unique form of existence in which art transforms into declaration and the work of creation is put into words. There is no more than human beings among those seen. It is also an artwork seen as one who sees. It is a mirror of contemplation articulated in existence. The river of beauty flows in the bed of the human's nature. Human, a spiritual victory that rips off the shirt of absence and stands out from the forgotten wells; a warm lip for the silent existence, a flashing heart in the cold stones, the smell of the heart falling into the heart of time.

Kemal Tekden presents a shocking narrative by taking along soul materials of the human which he is acquainted with his physician personality. He puts a new stone on the ancient wall of wisdom stored in the essence of medicine. After all, human being is reproduced in the mirror of human being. Masterpiece reveals what is expected of him. He is returning every beauty that he owned to his Owner. Mystery of the human being is lying on the subtle answer given to the Master.

*Dr. Senai Demirci*

## PROLOGUE

*“To recognize himself does not mean  
to have admiration for himself”.*

**Socrates**

You know the story of Mevlana (Rumi): “An elephant with seven blind people”. In this story, seven blind people who do not know anything about the elephant are asked to describe an elephant in front of it. One of them holds the elephant’s leg and likened the elephant to a column; the other holds his teeth and likened it to a marble; one of them holding his tail to a whip, his ear to a soft leather fabric etc. Of course, these can partly explain the different aspects of the elephant, but we can use all of these explanations to explain the elephant entirely.

Man is the least known creature. In fact, it is an entity that we think we know and we often treat as unilateral. As far as we can see, as in the story of Mevlana, everyone points out the human from their point of view. However, in addition to biological, physiological, anatomical, psychological aspects, shouldn’t the human be considered as a whole with all moral-material aspects? In other words; with sociological, philosophical, mystical, religious, aesthetic etc. when we consider the human as a whole, we see that none of these perspectives can be ignored for the accurate information.

In other words; because science has become so specialized today, it has become difficult to grasp the whole. In this case, the person who sees different becomes a different person and people are drowning in details. Perhaps this is why positivist medicine or philosophical insights cannot solve the mystery of human.

Throughout history, human has questioned himself and his position. The concrete creature being self-aware and self-questioning is only human being.

Human has looked for answers to hundreds of questions like “What am I?, Where do I come from?, Why did I come?, Why am I here?, What is my duty? Where do I go?” and this search is still ongoing. The philosophers have brought different answers to these questions by forcing the limits of mind but they have found no answers to satisfy all humanity. In this context, religions have tried to present their solutions within their own framework of belief. In this book, we will endeavor to take the human as a whole by evaluating the scientific, philosophical and religious references.

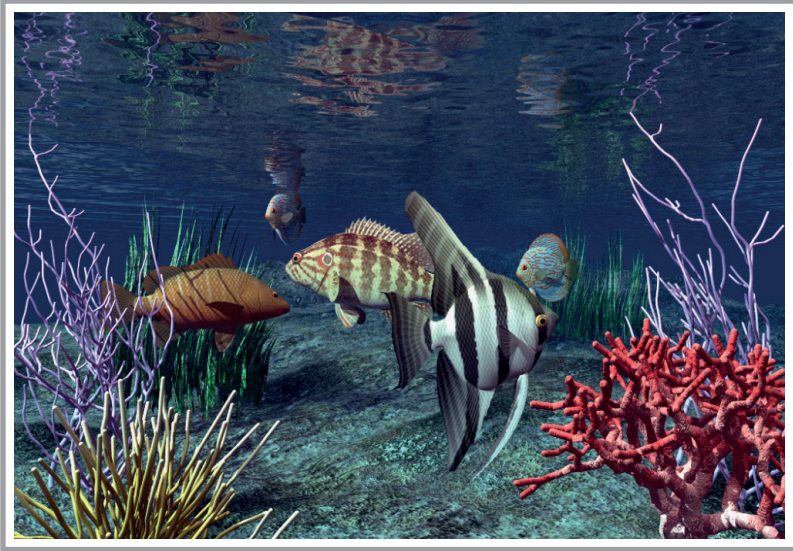
For the last centuries, human has been neglected and thrown aside. That is why the world has long been a scene for the human crisis. As time progresses, people are forgotten in the hustle and bustle of the world and they are made to become a means of consumption and abuse by vulgarization. Man alienated in crowds tries to be happy or let it all hang out by sheltering himself in taverns, entertainment and shopping centers and stadiums. Our aim in preparing such a study is to remind humanity to human, to give him a deep shock and to make him to contemplate again.

There is actually a beautiful Hayali’s couplet expressing our intent:

*“That adorns the world with great care is in the world,  
some do not know him,  
Those fish live in the deep but they do not know it”.*

Allah who adorns the uniis hidden in it, but people do not know to see or look for. This is similar to the condition of the fish in the sea that do not know the sea. Here the collocutor is not fish, of course human being. An ignorant person looks at the environment but does not see or even think. He is not different from fish since he does not think about the whole unigiven to himself and his service.

Isn't Mohammad Iqbal, the great Pakistani poet and thinker, right in his sentences?



*Those fish live in the deep*

*“You’re in the way exploring the stars,  
But you’re not self-conscious.  
Open your eyes to himself for a moment, like a seed,  
Revive from soil, like a tree”.*

The great philosopher Socrates said the following about self-recognition:

*“To recognize himself does not mean to have admiration for himself. It is searching both what he is and what he should be. It is questioning himself about how to think, how to live and how to be happy”.*

To reach the truth and to be successful in every field passes through recognizing the human. To recognize the human is to understand him. In order to know and understand human being, many philosophers, many scholars have been pondering for centuries



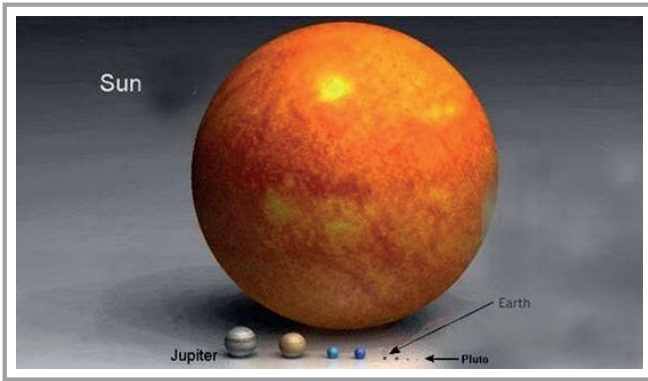
and many prophets have talked to societies to enlighten. In spite of all these, man is still an unselfconscious nameless.

Philosophy in ancient Greece was made to recognize human being. In Islam, it is said that “self-recognition is to know his Lord”, our Lord cannot be known without knowing the human being. In this context, the first stage of having the wisdom already passes through self-recognition. In the same sense, Mohammad Iqbal said that “How are you looking for Allah before you know human”?

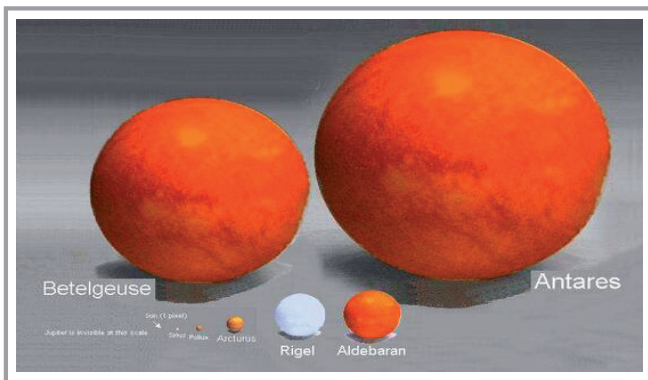
To discover all aspects of man to understand him; his concrete and abstract aspects, feelings and desires should be considered as a whole. Because as far as being understood, the mystery of the uniis human. When we unravel it, we think that we will be able to understand the whole realm. So, how about starting this challenging and so wonderful questioning? In doing so, we dare and almost try to present the sea in a drop.

# CHAPTER 1

## THE POSITION OF HUMAN BEING



*The Sun vs Planets*



*The Antares vs the Sun  
(Sun's size is less than 1 pixel)*

## THE UNIIS A BIG BOOK

*“The whole uncreated is a letter sent to people and waiting to be read”.*

According to Islamic scholars, the uniis “the biggest realm”. First, let us try to reveal the position of human in this realm, also referred to as the biggest book. Let us make a journey from the universe, the Macro Cosmos, to the Micro Cosmos, i.e. to the cell and the atom.

Our world is a great planet according to most of the other planets in the solar system. All of these planets are spinning around the sun. The world is large, but when compared to the sun it remains very small in size. The proportion of mass between in is about 1.300.000.

Together with our solar system, we are in the Milky Way galaxy. It is said that there are at least 100 billion stars in this galaxy, such as the sun. Their average size is several times of the sun’s.

The number of planets including the world cannot be counted against to this magnitude, therefore it is not considered. Considering there are about 300 billion galaxies in the universe, such as the Milky Way and when the number of stars is calculated, it will be seen that the size of the uniis unimaginable. One of the last detected galaxies is “Hubble Rose”. A photo-like figure was obtained by spectroscopic methods related to this galaxy which is 25 million light years away from world (light year: distance that light travels in one year; light speed: 300.000 km/sec). Apart from these determinations, science is not yet able to provide further information about the universe. The more we think of such these examples, the more incredible this magnitude of the uniis.

Everything is in order and in motion in the Macro Cosmos. Satellites rotate around planets, planets rotate around the sun, the sun rotates around a galactic center and galaxies rotate around another galaxy. Each of them is known to spin around itself. This is also seen in the Micro Cosmos, i.e. in atoms. We are amazed by the existence of such an excellent system from the Macro Cosmos to the Micro Cosmos. Thus, it is understood that the whole universe, including the Micro and Macro Cosmos, is a system of balances.

In this limited but magnificently large size, we may almost see as “null” in dimension. We don’t have information more than this about the universe, but when we look at this frame, our morale is deteriorating and we see ourselves worthless. Yes, why is this weak human in such a large environment to be considered superior to other creatures? What is the reason for our efforts to gain superiority and knowledge in this world, even though we are partially familiar with this idea? We have to stop and think about all these puzzling questions.

According to scientists; substance is insensible, but it has a very advanced mechanical memory. It is known that our sound waves are conserved in the air, not lost, and those radio waves can be transmitted anywhere in the atmosphere.

In fact, the whole world created is a letter that has been sent to the human and is waiting to be read. Everything, also human himself is a message (versicle). All living creatures in the universe, including human, reflect the information stored in themselves in their own languages. All of the creatures are broadcast in their own language, virtually as a radio transmitter. This letter, which is thought to be sent to man, should be read and his mystery must be discovered, so it can serve for human.

Why is only human wondering and trying to understand this mystery? Why does human question everything and strive to shape the environment while all other livings are creatures uninformed of themselves?