

## Editorial

**Dear readers, “the only thing that is constant is change”.**

Changes in a river occur momentarily and invariably. Intention with the change we noticed in a river is the truth regarding our world. Heraclitus believes that sometimes things seem to stay the same: we may not feel the change, but change is occurring nonetheless. This might be easiest to explain in physics. At the level of atoms, constant motion in all objects present regardless of how solid and stationary they may be. So that the bodies of all living creatures constantly changes, not only by aging but also with ungoing different biological interactions and exchanges with the environment, such as respiration. Although Heraclitus might not have been thinking about things such as relationships and love, or a person’s identity, his belief in change inspires us to accept change as unmistakable in such aspects of life, too.

According to Heraclitus, change is not only something we must accept, but it is actually something to be happy. Heraclitus saw the world as a system in flux, that keeps the world the same. Against, Plato says that everything moves on and nothing rests. With comparing existing things to the flow of a river, he claims that “you could not enter the same river twice” since the river itself is a different river from moment to moment. And when you step into a river at one moment and step out, and then step back in, you will be stepping into a different river. But if we return to Heraclitus’s opinion, although he says the water is changing, he considers that the river is the same. So he believes that there can be an overall stability despite, or perhaps because of, constant change: The river is the same river although it is changing--it’s just part of what it is to be a river that there is this constant change going on.

Heraclitus’ claim may not be correct for all things, but still we may find in many fields of our lives that the only way some things can exist is by changing. A child, for example, is something that we all accept and enjoy as a constantly changing thing. A girl, like a river, doesn’t become a different girl without each change. Being a boy simply involves changing all the time. A certain kind of change seems to be a part of the basic nature of being anything.

Heraclitus’s insistence on the process of change gives us a different point view when we are facing difficult changes that we might want to deny or resist. Can forcing something or someone stay the same destroy the very thing we wish to preserve? However, we might also ask ourselves whether our resistance to change in particular situations, is likely to try stoping a river’s water from flowing?

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