

Rhinology, Sofia and Freedom - how they are the same

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Rhinology

What is for me Rhinology? Rhinology is my life, my soul, my love, my friendships, my everything! When I am breathing - I am live; when I am working for Rhinology - I am free; when I am studying Rhinology - I am happy; when I am organizing Rhinology meetings - I am growing with my Rhinology friends from all over the world. Rhinology is my philosophy for freedom!

Bulgaria

Bulgaria is one of the oldest European countries established in 681 AD. Since then Bulgaria is the only one that hasn't changed its name. The Cyrillic alphabet became the third official alphabet of the EU and our country ranks third in Europe for the number of its valuable archaeological monuments (3000 gold objects dating back more than 6000 years). Bulgaria is the second country in Europe with the highest number of natural mineral springs and 142 resorts. There are 10 UNESCO sites (Rila Monastery, Boyana Church, Ancient Plovdiv, Thracian Tomb of Kazanlak, etc.)¹. Welcome to Bulgaria to taste not only our traditions and culture, but also wines with national music, Bulgarian yogurt, the smell of the Bulgarian rose oil and to feel our spirit of friendship.

Sofia

The capital of the Republic of Bulgaria is a unique city that grows but not get old and has more than 8000 years of history.² Came into being (established) round a hot mineral spring, at the crossroads of extremely important roads linking Western Eu-

rope with Asia Minor and the Middle East and the Baltic Sea with the Aegean Sea, the city of Sofia has seen and remembers lot. It is a millennial perseverance, which very few European cities can be proud of. In downtown Sofia stands the oldest operating church in Europe — St. George Rotunda. The Patriarchal Cathedral “St. Alexander Nevsky” is the largest Orthodox church on the entire Balkan Peninsula. Sofia is sitting at the base of Vitosha Mountain.

The National Palace of Culture

The National Palace of Culture (NPC) – Congress Center Sofia is one of the largest multi-purpose venues in Southeastern Europe and it is a symbol of the Bulgarian architecture and culture. It is situated in the heart of Sofia and is surrounded by a leisure park with fountains. NPC is within walking distance to all central places of Sofia.

Did you know that the design of the NPC was to imitate Bulgarian embroidery? Everyone has their own path. We hurry and we spend our whole lives building our home and family. The paths of our life are like Bulgarian embroidery; they wind like beautiful Bulgarian horo dance and form infinity.³ Everyone carries in his heart the tree of life! That tree embroidered by our great-grandmothers, grandmothers, mothers. In its crown stands the center of the universe – LOVE. In the embroideries our grandmothers and great-grandmothers have encoded blessings for health, happiness, longevity, love, abundance, children, prosperity and spiritual cultivation!



The Freedom of Breathe

The symbol of the NPC facade is a sun with rays of wheat stalks, borrowed from the ceilings of the Tryavna masters. The sun is a symbol and brings light that leads to general life progress, progress in science, leads to new beginnings, the birth of new ideas and friendships, innovation and freedom!

Symbolically, the “grain of wheat” represents a Rhinologist who exhibits consciousness and humanity in all forms of life. When we sow a seed (introducing a new member into rhinology), we place it in previously plowed and cultivated ground. Life is possible because of the earth, which contains everything living and non-living. Earth cannot exist without sun, water, fire and air. The human earth world is the mind and consciousness that we build with our teaching, but physically speaking, in the human body the earth is its pillar. The nose and the sinuses, they have the task of processing the inhaled air, namely - to warm it, filter it, moisten it, enrich it with oxygen, so that it can be brought to the next level of life. In order for a seed (Rhinologist) to grow, to become a stalk (Master Rhinologist), it is necessary to water it sufficiently, to provide it with the necessary moisture, heat and light. If, however, this seed finds it difficult to accept this new teaching, then we must be tolerant. Tolerance is a good bonding material in any life situation. It is absurd

for the strong to demand tolerance from the weak. The survival of the individual and the entire human race in general depends on being tolerant - everyone in their human environment. Once the stalks (ERS juniors) have appeared, we must fertilize them, i.e. give them new directions for learning, labor and work, which is what all rhinologists do! This is exactly what the ERS2023 congress will show in Sofia.

Conclusion

We, all Bulgarian otorhinolaryngologists together with the members of the board of ERS invite you from June 18th to 22nd 2023 in the city of Sofia, Bulgaria to enrich our rhinological knowledge, to improve our practical skills, to familiarize ourselves with the latest developments in rhinology, to build and strengthen new friendships, as well as dance at will with a glass of Bulgarian wine, free and happy! Or so Winston Churchill said: „All the greatest things are simple, and many can be expressed in a single word: freedom; justice; honor; duty; mercy; hope.“ Welcome to Bulgaria!

References

1. 42 Facts You Probably Didn't Know About Bulgaria. www.visitmybulgaria.com
2. Sofia – travel guide and wikivoyage. www.en.wikivoyage.org
3. Elena Todorova. Bulgarski narodni shevitsi. Album II, publ. „G. Markov“ 2016.

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“The Freedom to Breathe”

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