



Harmony Of Mind And Spirit

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Journal Website:

<http://theamericanjournals.com/index.php/tajssei>

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ABSTRACT

The article describes the origin of mind, its multiversity and complexity, explains multilateral i.e. ontological, gynecological, social, pedagogical and psychological approaches that are necessary' to understand the essence of mind. Also the article enlightens the harmony of mind with spirit, first of all with the forms of sense, intellect, imagination, thinking as well as physiological and psychoanalysis principles.

KEYWORDS

Consciousness, reflection, conditional and non-conditional reflections, a human brain, language and thinking, the using (manipulation) of consciousness in anti-humanistic or countervailing purposes.

INTRODUCTION

The humanity today or tomorrow will definitely ask the question what is the purpose of its

existence. This is not a simple question and to find the answer the humanity will have to look back to the history. The life of humanity is not short it is measured by the age of the Earth. The Earth and the Sun spent 4.5 billion years for the intellect to appear. This is not a short period. We are the product of a long-term natural process. It is obvious that our mind appeared as a weapon in the struggle for survival. And this exceptionally manifested mind's property which is the ability of matter, the universe to feel itself, the ability of nature to sense itself. This is really a miracle, a phenomenon - a singular case. We can come across with different big or small miracles in life.

MATERIALS AND METHODS

Actually, do we understand the essence of our mind? How do we use the capabilities of our mind and intelligence? What are the mysterious, astonishing sides of mind and insanity?

The intelligence is the highest form of a mental activity, it is the process of reflection of objective reality in mind. The intelligence is a weapon to understand the environment, social activities, reality as well as a fundamental prerequisite for human activities,

Creative works, discoveries, inventions, suggestions are the products of the intelligence.

The role of mind and intelligence is very important in the development of society.

In addition, the First President of the Republic of Uzbekistan in his book "The highest spirituality is an unbeatable power" noted for

a reason that if we compare, the, implementation of dreams inherent to human being, the required matter and spiritual factors for his intellectual existing, to wings of a bird, I think it would be reasonable." »

Due to a multiversity and complexity of mind, it is studied by many subjects and that's why the mind is a spiritual phenomenon that cannot be described generally. The mind is only inherent for a human being that summarizes the reflection of reality by the help of speech and tongue, according to the purpose, the subjective form of the objective world that is manifested constructively and creatively.

From the first years of independence human being and his life is being ascended as a superior value. In particular, studying of different sides of spiritual world of human being is becoming the actual problem nowadays. The base of this problem is connected with the subject - human mind and spirit.

These problems were scientifically justified by I. P. Pavlov and I. M. Sechenov in their teachings about physiological principles of mind. I. P. Pavlov noted that habitual harmony in mind and spirit problems should not be limited only to the conditional and unconditional reflexes. In point of fact later Sigmund Freud has justified relationships of a mind and insanity in his works.

Sigmund Freud noted that: "There are unperceived primitive instincts hidden in us and no any culture can protect person from their sudden manifestation; the instincts that are inherent primitive periods, that are far from ethical concepts lay in insanity. No

matter how much we try to get rid of these primitive instincts we cannot escape from them completely, at least we can forward them to create cultural and ethical concepts.”

The human brain plays an important role in emerging and developing of mind. Brain is a central part of human and animal nervous system; brain ensures the control of complex vital functions and environment interactions of organism. Human brain weights 1000-1400 g and consists of 14-15 billion nerve cells. If it was possible to model the nerve endings then it would be possible to make a cybernetical device equivalent to the building of Moscow State University.

In the book of Roger Penrose “The Road to Reality: A Complete Guide to the Laws of the Universe” it is stated that the process of perception has a materialistic nature there are mind carriers under the brainstem. According to him these are microtubules contained in neurons. Up to now they are considered as a transport units inside the cell canals. As per the new theory the information is collected and processed not by neurons but by microtubules. Of course, this is only a theory and it is difficult to prove it in practice. Because there is another factor, subjection of material to spirit, passing to possession of mind is the process which cannot be explained reasonably. Modern scientists including Penrose are studying the organ which acts as a “mediator” between the mind and matter that emerges the action. Even though it seems strange to study this small organ which is conditionally called as “microtubules” this study has just started. From the very beginning the subject has faced with complex situations. As studying the universe, the space requires a lot of calculations, studying the

“mind carriers”, identifying their moving factors will require so much efforts.

Thus, the chain of events is as follows: scientists have discovered the first agent to influence the matter (the human mind) of the brain and call it neurons. After a while by the help of nanotechnologies it was found that neurons are not the last point, there are tubes called “mind carriers” in between. The interesting point is that the essence of these tubes is not determined, according to the scientists there may be found other binders of mind will to the body. The point here is not in which organ performs what function but what kind of algorithm the reality is based on. The scientists are trying to find the algorithm of this process.

In order to enlighten the problem of mind modeling process Penrose has covered a wide range of events and scientific knowledge: algorithm of mathematical mind, Turing modeling machines, theory of complexity, Godel’s theorem, the issue of matter teleportation, paradoxes of quantum physics, entropy events, the issue of origin (formation) of world (space, universe), black holes, the structure of human brain and others. Therefore his books are interesting for the specialists of humanitarian and natural sciences as well as wide range of booklovers. On this issue, Penrose summarizes, “I think that I cannot interpret mind in the context of modern theoretical physics”, and suggests that artificial intelligence should not and need not be created.

According to scientists, human beings use a tenth of their brain capacity. If a person uses half of the available resources, he will be able to study 40 foreign languages, pass the exam

for 40 higher education institutions, finish excellent grades, and memorize a great 15-volume book.

Scientists still cannot explain why we cannot use this opportunity.

The American mathematical scientist, Fon Neyman, the author of the computer-based structure, calculated the amount of information that can be stored in the human brain. In his opinion, the human brain can remember a great deal of information. Even so, that huge amount of information does not even exist in the world's largest libraries. Unfortunately, the brain has the ability to remember randomly. The information contained therein is different. But the brain works slower with information that we encounter in our everyday life. Perhaps during human evolution, human memory will grow, and our future generations will be able to remember a whole book or many numbers. Until now, people with such capabilities are rarely found and are accustomed to calling them phenomena.

The owners of the unique memory existed in all epochs. We know from the history that Julii Caesar and Alexander Zulkarnain remembered the name of each soldier in the 30,000-strong army. The same is true with Cyrus the king of Persia.

Well-mathematical scientist Leonard Euler amazed everybody with his ability to remember numbers. He calculated the results of the sixth level of all the numbers up to 100 without error.

The Academic Chaplignin would have been able to call the wrong phone number which he rang five years ago without any errors. The

Great Russian chess player Alyokhin scored blindly with 30-40 opponents.

The person called Agusiy was able to memorize two and a half thousand books he had read during his lifetime. He also recalled fragments from each one of them.

The Polish striker Leopold Held not only mentioned all his team's results, but also remembered all the details of the match. One day, during a television show, the host asked Held how the match between Gurnik and Odra teams ended 4 years ago, and the answer was immediately given: the game ended with the total a score of 4:0, the match was held on 18th August and 27 thousand spectators came to the stadium, and revenue of the tickets was 235,000 zloty. Paul scored three goals in the match, another goal was scored by Savich.

President Lincoln's most successful portrait was drawn by an unknown artist, one of his villas» fans from New Jersey. Enthusiastic fan only once had seen the President in his life, when he learned the Lincoln had died, he grieved and memorized his image and drew portrait as a memory.

As you can see, phenomena exist in the past and present. But in the near future our descendants may be listed among them. Such world famous persons like ibn Sino (Avicenna) who was able to tell the names of hundreds of herbs and which diseases could be cured with the help of them, Imom al Bukhariy who could remember thousands of hadiths, Khodja Mukhammad Porso who could remember thousands of poems, Alisher Navoi the great cultural personality, all were born in our land which is the evidence that the power to

emerge the capabilities of mind had already formed in us.

Through the development of humanity, opportunities for access to human consciousness technologies have widened. The valuable tips for effective use of such technologies theories have a 1st increased.

The general feature of these theories is that the authors of this theory try to give a scientific justification for managing the mind, first of all, that it is necessary to transform people into a crowd, and then tried to “justify” that they can be directed to anywhere.

CONCLUSION

In conclusion, their purpose is that they try to lead them to a meaningless life by misleading the minds of tins people. At the same time, they try to instill the ideology they want into people by subordinating them to themselves.

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