

The Significance of Library Culture and Islamic Doctrine in the Development of Personal Sanogenic Thinking

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ABSTRACT

In this article, the importance of reading culture, acquiring knowledge, and learning in the understanding of human identity using scientific data, scientific values, scientific views of scientists and scholars, the importance of reading culture in understanding human identity in the development of sanogenic thinking of a person and the health of a person's thinking, heart, and soul are analyzed in detail.

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In the development of social and economic relations in the world, it is becoming more and more evident that human intelligence and spirituality are the main coordinating, developing factor and tool.

In the socio-political, economic and spiritual spheres of the countries participating in the processes of globalization, the state and society are facing a number of tasks that need to be solved.

The changing of moral and ethical values, the intense development of the flow of destructive information become important in ensuring the social and psychological security of citizens, and require appropriate work to be carried out at the individual, group and community levels.

Independence created the ground for the Uzbek people to restore their dignity, pride, culture and traditions, religion, language and spirituality, to develop their national pride and national thought and love for the Motherland.

The heart, soul of all knowledge, the beginning of all sciences, the greatest miracle of the

greatest miracles created by mankind is the book. The book is a loyal friend that encourages people to move forward towards happiness and a bright future, and encourages them to be good.

In the words of Professor Ibrahim Haqqul: "In order to read and understand the world like a book, you must read a book. The enjoyment of understanding the secrets of the universe is not possible without a book. [14]

Despite the rapid development of the Internet and other means, the role of spiritual and educational works in sharpening the mind and thinking of a person, enriching his spiritual world, and promoting goodness is incomparable. After all, the book is the lamp of the soul, the wing of thought.

"Today, in our country, on the basis of the Strategy of Actions on the five priority areas of development of the Republic of Uzbekistan in 2017-2021, great changes are being implemented in all sectors and industries. In this regard, the culture of reading, which is of incomparable importance for instilling good values and traditions in the life of the society, especially in raising the spiritual and intellectual potential of our people, especially the young generation, their thinking and worldview, and in raising a well-rounded person who lives with love and loyalty to the Motherland and its people. special attention is being paid to increase.

A very complex and responsible task is assigned to the school and parents in the formation of a person's reading ability. For this, the parents themselves must have high taste and be enlightened and educated. Only if a person knows how to read a book, the book occupies an important place in his spiritual life. For the spiritual enrichment of the reader, the book should serve for healthy thinking, spiritual, intellectual, and aesthetic growth.

When recommending a certain book to young people, they should first consider their age, mentality, interest, and taste, or, if necessary, consult with experts. At the same time, it is necessary to pay attention to the educational aspects of each artistic work that the child is reading.

As His Holiness Alisher Navoi wrote, "the book is a great teacher, the most important source of knowledge and spiritual growth." In the language of our people, there are many wise sayings about the importance of reading books, developing thinking, getting knowledge and proper education and learning. For example, "A mind without a book is a bird without wings", "A sign of happiness is knowledge", "Reading a good book means being in the conversation of the wisest people in the world", "Knowledge is a lamp of the mind", "Beauty is knowledge in enlightenment", "Knowledge brings happiness, knowledge brings the throne", "Craft is a flowing spring, knowledge is a lighted lamp", "Golden apple - get knowledge, if you get knowledge - get knowledge", we can continue a number of similar meaningful phrases and sayings. [16]

Being a friend of a book is an important factor for a person to be educated, well-educated, have a healthy mind and acquire a certain profession, to be happy. Books have a special place in the happy, perfect, peaceful and prosperous life of young people. Because a good book helps a person to think, communicate, raises feelings of love for the Motherland, respect for national and universal values, encourages kindness and goodness.

"Avesta" is a sacred book of Zoroastrianism, one of the sources that encourages people to think healthy, and it is a treasure of the most ancient and unique knowledge created by our ancient ancestors. Deep thoughts on all religious, secular and natural sciences in the world are embodied in it. For example, in "Avesta" there are the following comments about good thoughts and education: "Education should be considered the most important pillar of life. It is necessary to educate every young person in such a way that he can rise to the highest level by first learning to read well, and then to write." "I give glory to a good thought, a good word, a good deed." [16]

Professor V. Karimova in her treatise "Independent Thinking" says: "This ancient work clearly

shows that the problems of humanity, reason and faith were not overlooked by our ancestors in the past. In the following passage, it is clearly shown that intelligence and thinking are closely connected with the highest qualities of a person, with beliefs:

To those who are intelligent and have faith

I give you joy, my soul...

I believe, I believe,

I always want to teach

Let him think with faith,

Let him speak with faith,

And let him follow the faith. [15]

The sacred heritage of our Islamic religion is a deep study of the science of philosophy, especially Eastern philosophy, on this basis, to revive the roots of our great culture and values, to get rid of the ideology left over from our recent past, to restore our national ideology and thinking, which has passed the test of the ages and left to us by our great ancestors, and to transform it into a modern-universal spirit. Enrichment with is the urgent task of all of us. [15]

"Avesta" is one of the first outpourings of our spirituality. In it, faith, stability in faith, professional acquisition of science, calling to guide the people to justice, enlightenment, humanity, patriotism, and the preservation of the mother planet are the main issues. If a person is spiritually pure and perfect, if he earns his livelihood through knowledge, his faith becomes an idol and does not remain in the eyes of the world. Carelessness leads to laziness and ignorance, and ignorance leads to laziness and militancy. [16]

Avesta, like all other religious books, is an encyclopedic work. It contains the laws, duties and sunnahs of Zoroastrianism, the description and praise of Yazdoni, the one and only creative power, social life, different social classes, the material world, the role of various professions in life, the imperfection of the world and man, the rules of the existing system, Philosophical observations are made about their positive and negative sides, the true essence of Mazdaism, the difference from other religions, the existence of human thinking with the absolute brain, and many other issues. [16]

In the Avesta, it is said that a person's body, speech, work, and thoughts should be pure.. Ahuramazda said: "The path of the person who wants to enlighten others must always be enlightened!" It is said in one of the fargards that a person's body, words, deeds and thoughts should be pure. So, "Avesta" is one of the first outpourings of our spirituality. In it, faith, steadfastness in faith, the pursuit of science, the call to guide the people to justice, enlightenment, humanity, patriotism, and the preservation of the mother planet are the main issues. If a person is spiritually pure and perfect and earns a living by profession and knowledge, his faith becomes an idol and does not remain in the eyes of the world. Carelessness and laziness lead to ignorance, and ignorance leads to laziness and militancy. In "Avesta" there are many comments, teachings and invitations that have not lost their essence about all aspects of people's lives, even about the peace of the country, the instability of the situation in the country, and about caring for others, taking into account their honor and destiny. [16]

The Holy Qur'an and Sunnah, i.e., the collection of hadiths, which are considered the main sources of Islam, as well as the instructions of the Sharia, show all the aspects of moral education, which are the basis of human spiritual and educational maturity. In the religion of Islam, great attention is paid to human qualities such as moral perfection, faith, modesty, hypocrisy, honesty and purity, faith and conscience, loyalty, brotherhood, justice, respect for one's elders. The pursuit of physical and spiritual purity is an important direction of Islamic ethics, and many spiritual

qualities in the national mentality of our people - adherence to moral standards such as modesty, modesty, chastity, honesty, purity, humanity, kindness, humility, respect for elders, and showing mercy to children is considered the main criterion of Islamic teachings. [7]

Our Prophet, peace be upon him, said: "An hour's contemplation is better than a year's prayer." There are many verses in the Holy Qur'an that encourage us to think, pay attention, look and think. It is no secret that thought is the key to light and the basis of action for knowledge. Also, thought is the net that traps the sciences, the trap of purpose and understanding. Although many people know the virtues and careers of science, they are not aware of its reality, effect, destination, place, place of appearance, way and mood. At the same time, man has not been able to correctly decide how to think, what to think about and why, and whether what is required is the same goal or not.) [7]

Allah, the Exalted, commands contemplation and observation, and praises the contemplatives, saying: They remember Allah standing, sitting, and lying down, and think about the creation of the heavens and the earth (and supplicate:) "O our Lord! You did not create this (universe) in vain. You are pure. So save us from the torment of hell! (Surah Ali Imran, verse 191) [7]

Ibn Abbas said: "Thinking about the good causes one to do good, and regretting the bad causes one to abandon it." It is narrated that Allah Almighty says in one of his books: "I do not accept the words of every wise man, I look at his thoughts and passions." If his thoughts and passion are for me, I will turn his silence into contemplation and his words into praise."

Shafi'i, may God have mercy on him, says: "Help us to speak with silence, and to draw conclusions with thinking." Taghin said: "Looking at the issue correctly saves pride, deciding on one idea saves from mistakes and regrets: seeing and thinking discovers the body and fatonat (discernment). Being in consultation with people of wisdom gives strength to the soul and strength to the mind. Think before making a decision, take action before attacking, consult before moving forward. The benefit of "thinking" is to increase knowledge and to attract knowledge that has not been produced. [7]

Now, as for the fruit of thought, it consists of knowledge, state and actions. But the specific effect of thought is knowledge and nothing else. Yes, if knowledge is formed in the heart, the state of the heart will change. When the state of the heart changes, the function of the organs also changes. Action is subject to circumstances, circumstances are subject to knowledge, knowledge is subject to thought. Therefore, thought is the basis and key to all good things. This will reveal to you what the virtue of contemplation is. That's why meditation is better than zikr and tazakkur. Because thought means remembrance and increase. Remembrance of the heart is better than action of the limbs. Because the deed comes from remembrance in the heart. Therefore, thinking is better than all actions. Therefore, it is said in the narration that one hour of meditation is better than one year of prayer. In another tradition, it is said that contemplation transforms bad deeds into good deeds, desire and greed into austerity and contentment. In another narration, it is said that it creates observation and piety. [1]

The work done in our spiritual life, raising our national consciousness, political level, improving the national ideology and thinking, and most importantly, the changes taking place in people's worldview should be considered as our greatest achievement. [1]

One of the scholars of Sufism, Azizuddin Nasafi, writes in his book "The Perfect Man": "Know that a perfect man is a person who has the following four things in perfect form. The first of them is a good word, the second is a good deed, the third is a beautiful moral, and the fourth is knowledge. A person who achieves these four things is perfect. can be", continuing his opinion: "To be a perfect person, you must strive for perfection. That is, to have a good mind, good words, good thoughts, good morals, good knowledge and good deeds, to respect people, to be an example with good morals, to be fair, contented, polite, enlightened, to acquire knowledge in

depth, to understand the world It is necessary to avoid calamity and gossip, and not to make people's problems easy" [7] - they said.

Umm Zarr said: "He used to sit in a corner of the house all day thinking." Hasan said: "An hour of meditation is better than a night without sleep in prayer." Fuzayl says: "Thought is a mirror that shows you your good and bad deeds." According to one narration, they said: You are thinking about Ibrahim for so long. He replied: "Thought is the marrow of the mind." Sufyan ibn Uyaina often liked to read this poetic passage: "If a young man has a thought, there is a lesson for him in everything" [16]. In the meanings derived from these narrations, it is stated that a human child can reflect on every action he does and can become an example through his thinking.

Communication, which is one of the main categories of social psychology, is one of the glorified human qualities in Islamic teachings. In this regard, "...true happiness lies behind the science of meditation. The science of appearance comes after the science of behavior.

The science of behavior means the science of traveling to the hereafter and getting rid of bad qualities. The science of healing and how to walk on the path is next to the science of physical health and the sciences that help it. [15].

In Islam, special attention is paid to community, justice, brotherhood, health of body and soul. "The health of the body is formed by mutual assistance and cooperation of people. After all, habits such as housing, food and clothing develop with mutual assistance. The health of the body depends on the laws of the jurist, which govern the people with justice and policy.

Science is divided into body and soul health. Imam al-Ghazali explains the health of the heart as follows: "By the heart, I do not mean a piece of flesh that is visible to us. Perhaps it is the name of one of the divine secrets that cannot be perceived by the sense organs, one of the hidden blessings. Sometimes it is called "soul" and sometimes it is called "nafsi mutmainna" (peaceful soul). Shariat calls it "soul" because it is the essence of that divine mystery. With its help, the whole body passes the task of one stage to that grace. The task of this secret is revealed only by the science of mukoshafa. ... If the amount of learning from the secrets of Mukoshafa science is mentioned, then it can be said: "The heart is a precious jewel, the most precious and honorable among all the things that appear before our eyes. And it is a divine work. The proportion of the soul is more honorable than any other part of the human body. This soul is a precious jewel entrusted to Allah's trust. [7].

In short, when a person's thinking is healthy, his heart and soul are healthy, the most honorable among the sciences is the knowledge of Allah. In the Holy Qur'an, Allah Almighty says: "Allah has not created two souls in one person" (Surah Ahzab, verse 4), that is, "The more thoughts are scattered in different directions, the more difficult it is to know the truth of something." That's why rulers said: "Until you fully devote yourself to knowledge, knowledge will not give you anything..." A scattered thought, an imagination, is like water scattered in many streams. Part of it is absorbed by the ground, the rest evaporates into the air, and nothing reaches the crops." - they pointed out that in order to have depth of thought, healthy thinking, a person needs knowledge, strive for enlightenment, study and master a certain field.

We should use the moral values of Islam in the education of young people, in the stabilization of independence, in the improvement of educational, national-ideological, enlightenment and propaganda work as much as possible, productively and appropriately.

Summary

The psychological health and protection of a person is manifested in the presence of complex, multi-level social, socio-psychological and individual-personal mechanisms, and the formation of psychological protection of a person, the study of some directions and main levels of its

activity, in turn, allows us to imagine its character as a system.

- In the formation of immunity to external control of a person's mind and the eroding effect of informational influence, psychological dependence, manipulation of a person, control of the mind, the main attention should be focused on the development of critical thinking and reflection, and the formation of assertive behavior skills.
- In the educational process, it is appropriate to pay attention not only to the improvement of knowledge, skills, and abilities of a person, but also to the formation and development of the culture of information consumption.
- In the protection of young people from psychological dependence, the materials distributed in the mass media are aimed at protecting the interests of the individual, society and the state in the information field, and the activities of professors and teachers of educational institutions are aimed at preventing the destructive, negative information-spiritual influence on the social consciousness of students, pupils, national-cultural traditions and heritage. It is necessary to preserve and ensure their integrity.

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