

The subconscious world of man. Imagination and its meaning

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Annotation. Man differs from other beings by the presence of human thinking and can think consciously. This article discusses the secrets of the human subconscious world, which includes such concepts as contemplation, thinking, thought, imagination and perception. The imagination, its formation and significance are analyzed.

Keywords: subconscious world, thinking, thought, imagination, fantasy, mental exercise

Man perceives what exists through the mind and differs in this respect from other beings. To understand what consciousness is, most psychiatric patients operate unconsciously. There is something in their eyes, and some sounds in their ears. He talks to some and avoids others. They perform these actions unconsciously [1].

Mankind has evolved and its consciousness has evolved over millions of years of historical evolution. In this he differed from other beings. They interacted first with gestures and then with sounds. Gradually, they learned to pronounce words, write hieroglyphs on stones and make fire. This is what is considered the great evolution of the subconscious development of man. His most remarkable feature is contemplation.

The human mind is a very complex and beautiful being. Since ancient times, scientists and philosophers have conducted many studies of the mysteries of human thinking and have come to the conclusion that thinking has no boundaries. What is contemplation? Thinking is the process of reflecting the general characteristics of objects and phenomena, finding legal connections and relations between them. In other words, thinking is a generalized and direct reflection of being. Contemplation is the highest form of human mental activity. The most important connections and relationships between things or events are discovered through thinking. Therefore, contemplation is such a mental activity of a person, which is the most rational (correct), complete, deep and generalized reflection (cognition) of reality, as well as a reasonable act of a person [2].

Contemplation includes concepts such as thought, imagination and perception, and provides a broader understanding that can fully reflect reality. The human mind is a very powerful weapon. Let's take ideas for example. There is an assumption that what a person thinks about, the same thoughts enter his life.

History has shown that people who can imagine the impossible break the boundaries that limit humanity. The history includes the names of those who dared to create something unimaginable in any field of human activity: science, medicine, sports, art or not.

We are witnessing again and again how the study of the impossible opens up completely new frontiers, pushes the boundaries of human knowledge in physics and chemistry, and encourages scientists to rethink what they call "impossible". As Mr. William Olser put it: "The philosophy of one century becomes absurd in the next, and yesterday's ignorance becomes the wisdom of tomorrow"[3].

The great scientist Alisher Navoi wrote in his works about the glass world, in which you can see the whole world, about something that can be carved even in stone, and so on, and, of course, this seemed impossible to the people of that time. Today they have become commonplace in our lives. For example, the mirror world showing the world is television. Navoi was able to predict such things five centuries ago.

The famous medieval encyclopedist, our great ancestor Abu Raykhan Beruni was also a man of high imagination and sharp mind. He predicted the existence of the American continent and its location across the ocean even before Christopher Columbus.

Innovations and discoveries in many sciences can be cited as examples of products of the imagination. Take, for example, the discovery by the great Russian scientist Dimendeleev of the table of chemical elements. Before Mendeleev, scientists could not create a perfect system. They had enough knowledge for this, but only Mendeleev could see in his imagination the periodic table in its entirety.

Without realizing it, a person can lie down and change the world with his imagination, which brings great benefits to humanity. Steve Jobs, the father of information technology, did a great job. Together with his classmate Steve Wozniak, he created the first personal computer and ushered in a new era of information technology. Of course, when we talk about a personal computer, we mean that it consists of a monitor, a keyboard, and a processor, which is its main control part. Steve Jobs and his friend Steve Wozniak created it by combining a TV and a typewriter.

In psychology, there is also the concept of fantasy, and many confuse it with imagination. But there is a significant difference between these two terms.

Fantasy or fantasy, like contemplation, is included in a number of higher cognitive processes and manifests itself in activities that have a character characteristic of a person.

In science there is such a thing as creative fantasy. Creative imagination requires the creation of new images that are embodied in original and valuable material products [4].

The famous writer Rhonda Byrne has written many reflections on imagination and reflection in her writings. In his motivational work "Magic", he writes that imagination and thoughts rule the world, that a person changes his life for the better with his thoughts:

Your life will be as you describe it. Whether it is or not, an episode of your life - it will be as you imagine it to be.

The problem is that too often people imagine the worst. They use this miracle weapon to their own detriment. Instead of imagining the best for themselves, for some reason they are always afraid of something, imagining future disasters and disappointments. Since they have always done this, their emotions are so controlled that they suffer from troubles and disappointments. What goes around comes around. In all areas of your life, give free rein to your imagination and feelings to the best of your ability, because the power of love is like a piece of cake.

It's about you and your life: you can imagine everything that happens in your life. You can't imagine something that doesn't exist. The world has been created. Your mental faculties are created and available. Imagine if you went to the Far East and set a world record, recovered and gave birth to a child, everything was there. If it wasn't for that, you wouldn't be able to imagine them. In order for your desire in your life to be imperceptible, visible, you just need to fill your thoughts and feelings with love.

Use your imagination and come up with personal games that you will really enjoy. Whatever you imagine, it is completely created in the invisible universe and is waiting for you. To make it visible, feel and visualize your desire and use the power of love [5].

Just as the human imagination is enriched with positive things, so is the intellect. Everyone needs to work on himself in order to enrich his imagination and develop mental activity.

Visualization is the representation of a situation that has not yet been, by placing yourself in it. At the same time, a person imagines that he has achieved or possesses what he aspires to, and as a result achieves what he wants. It is advisable to do this exercise twice a day. Dedicate your morning visualization to imagining the day (what you are doing, what you are achieving, what kind of people you want to meet, what results you expect from today). Dedicate an evening visualization to a specific goal.

Another common way to develop mental activity through imagination is meditation. Meditation is one of the most important tools for developing your inner potential. This is a way to find time for yourself, look into your inner world, put your heart in order, streamline your thoughts and feelings. Meditation is an exercise that is done as needed. Overall, it is also a great relaxing, calming (relaxing) remedy before bed [6].

It is advisable to meditate as much as possible in the morning and evening before going to bed. During meditation, a person is completely removed from the outside world. The most important thing in the process of meditation is to listen to inner intuition and concentrate tension.

It is also effective to engage in mental arithmetic. Thanks to this, a person can think quickly and clearly. Can easily solve arithmetic operations.

In conclusion, we can say that in the near future, the technologies and discoveries created by us humans will become simple. Because the human imagination continues to evolve based on the innovations created. Therefore, everyone should develop a rich imagination in a positive and creative spirit. There is also the opportunity to come up with new ideas, create innovations, and also increase the level of intelligence. However, to increase the richness of the imagination, more knowledge and research is needed. After all, an educated person everywhere differs from those around him in his mind.

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