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INTUITIV BILISH SINERGETIK JARAYON SIFATIDA

INTUITIVE COGNITION AS A SYNERGISTIC PROCESS

ИНТУИТИВНОЕ ПОЗНАНИЕ КАК СИНЕРГЕТИЧЕСКИЙ ПРОЦЕСС

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Annotatsiya

Maqolada intuitiv bilishning qarorlar sinergetik holatda tashkillanuvchi tizim sifatida faollashadi. Intuisiya bu ma’naviy hodisa, ma'naviy sezgi, ruh va ongning uyg‘unlashuvi, yaxlitlikni aks ettiruvchi sinergetik jarayon sifatida o'rganiladi.

Abstract

This article deals with intuitive knowledge decisions are activated as an organized system in a synergistic state. Intuition is studied as a synergistic process that reflects spiritual phenomenon, spiritual intuition, harmony of spirit and mind, integrity.

Аннотация

В этой статье рассматривается интуитивное знание о том, что решения активируются как организованная система в синергетическом состоянии. Интуиция изучается как синергетический процесс, отражающий духовный феномен, духовную интуицию, гармонию духа и разума, целостность.

Kalit so‘zlar: *bilish, ilmiy bilish, intuitiv bilish, ilmiy tafakkur.*
Key words: *cognition, scientific cognition, intuitive cognition, scientific thinking.*
Ключевые слова: *знание, научное знание, интуитивное знание, научное мышление.*

INTRODUCTION

At the beginning of the 20th century, scientific research began to develop on the interaction of the human brain and neurons in it, their functions. In this regard, neurophysiologists and neurobiologists have compared the human brain to a biocomputer, that is, a thinking machine, a computer processor performing important tasks, a flashlight.

The mind, on the other hand, is an indirect Observer, an analyzer, an alert feature, a computer screen that registers the information given by the brain, compared to a flashlight. Andrey Vladimirovich Kurpatov believes that the whole life of a person is the process of work of his brain, his desire. Everything he perceives, everything he hears, sees, feels, thinks, all experiences and visions are in fact a mutual associative fear of neurons that travel in the brain, nothing else. So, the meaning of a person's life is his brain, if a person's brain turns off, then his life meaning also ends.

The concepts of the brain and mind have differences and recommendations. The brain makes decisions in relation to consciousness faster, since it makes decisions faster without analysis, often its decisions end ineffectively. automates daily positive, negative habits, as well as the brain is able to perform 30,000,000,000,000 (trillion) functions at the same time. He does not spend energy on automated functions, but is forced to use his existing energy in the production of ideas, thinking and thinking. The brain has a capacity of 280 quintillion. In this regard, he left behind the Fujitsu Computer. While the mind takes time to think, it makes slower decisions, but its decisions towards the brain become effective in nature. Consciousness sees Well how to work without haste to think for a certain time and draw logical conclusions. The mind registers thoughts, ideas and events in the brain as states and outcomes, preferring analysis and research. However, it is the brain that has the opportunity to automate positive habits in a person, it is a biological fear.

LITERATURE ANALYSIS AND METHODOLOGY

While the brain is only 2% of the body's body, in the process of thinking and thinking, it consumes up to 25 - 50% of energy. That is why the human brain, in relation to abstract concepts and ideas, perceives facts more quickly, so that young sought-after researchers precisely in the process of practice, the index of appropriation increases.

Our activities and actions are guided by our thoughts. But do we always control our thinking? Nobel laureate Daniel Kahneman explains why we sometimes do irrational things and

how we make wrong decisions. A person has two systems of thinking. When we make decisions, "slow" thinking is turned on, for example, in the process of choosing a product in the store. It usually seems to us that we are confidently managing these processes, but we must not forget that "fast" thinking is constantly running in the background behind our consciousness-automatic, conscious and unconscious.

Man has always sought to know the structure of the universe, the laws of development of what exists in it and phenomena. In the process of cognition, situations occur when a person unexpectedly, accidentally, in a situation where information is limited, it is necessary to make a quick decision, making his decision "as if it were foreseen", "just as it should be done". One such case is what we call intuition.

"To make a decision" means to make decisions in English. And the intuitive process is exactly in harmony with words and concepts, such as decision-making, logical approach, subtle intelligence, scientific thinking, correct reasoning.

What is decision-making in fact, why a person always faces some complexity, hesitation in decision-making, why decisions make fundamental bumps in a person's life. To questions such as whether decisions are made in a conscious process, or whether it first occurs in the brain, neurobiologists and neurophysiologists cite the following facts:

In 1983 Benjamin Libet held an experiment. What was required of the subjects was to raise one finger when they "wanted to work". At the same time, the electrical activity of the brain was measured using the EEG apparatus. The main discovery was that the change in brain activity occurred about 500 milliseconds before a person raised their finger, while the desire to raise their finger occurs about 200 milliseconds before raising their finger. Thus, brain activity indicated that the subject wanted to raise his finger 300 milliseconds before he reported that he wanted to raise his finger. Here Libet observed 3 states: 1) desire; 2) impulse; 3) action. Initial desire, impulse and movement in the brain. Hence, Libet proved that decisions initially appear in the brain.

Wilder Penfield (1891-1976) was one of the most distinctive neurosurgeons of his time, defining the methodology of the medical field for many years. The doctor, whom contemporaries even called the "greatest of Canadians", devoted his life to the study of processes in the brain - trying to explain the phenomenon of the human mind, the human soul. The medical scientist's reflections on this topic and conclusions based on the results of numerous studies are unique and have not lost their relevance to this day. Wilder Penfield wrote that in the opinion of our brain there is an excellent automatic sensory-motor computer, and again for scientific research there are mechanisms of high mental activity that are closely related to mental activity for a long time.

The famous British neurologist Chris Frith is famous for his ability to simply understand about very complex problems of psychology, such as mental activity, social behavior, autism and schizophrenia. It is in this area that we write that learning how we perceive, act, make choices, remember and feel the world around us is a process related to brain neurons. He believes that he knows the environment because of the human brain. But the connection of a person with the objective world is indirectly related to his psyche. Herman Gelmgols in 1852 put forward the idea that our perception of the world around us depends not directly, but on "unconscious conclusions". In other words, before perceiving any object, the brain must draw conclusions about what it can be for the object, based on information from the senses.

RESULTS

This result aroused such interest outside the psychological community, as it seemed to indicate that even our simplest conscious actions were actually predetermined. We think we are making a choice; in fact our brain has already made that choice. But this does not mean that this choice was not made freely. It just means that we don't know that we were making a choice at that previous time.

The strength of the brain is measured by the result that the brain can bring. The action of neurons and associative processes in the human mind and brain have their own self-organizing system, that is, a synergistic phenomenon.

Secondly, you can interest the brain in solving problems that are important to you.

There are at least two ways to study the brain with a map:

- anatomical (frontal, temporal lobes, parietal region, thalamus, etc.
- functional (importance determining system, acting system and passive system

• It is here that the system that determines importance is responsible for conscious decisions. Studies show that we can consciously solve the problem taking into account no more than 3 factors, and our conscious thought lasts no more than 3 seconds. "Conscious" means that here you are used to feeling like your personality, thoughts, mood.

In our eyes, the brain, and in the initial process that takes place in it, creates decision-making in a person, while the mind is activated as the executor of this decision.

In developing decision-making skills, the scientist focuses on the following aspects:

- determines the situation;
- takes into account potential solutions or actions;
- takes into account the advantages and disadvantages of each option;
- chooses the decision you want to continue and comes to a scientific conclusion.

DISCUSSION

In fact, decision making is the ability to think subtly, which involves choosing the most optimal among the possible solutions to the problem. It is a complex skill that makes it possible to find new scientific discoveries in the minds of a scientist in the process of applying many important details and techniques. In make decision, they make decisions by applying one of the following two processes:

The intuitive process is tied to intuition and experiences. Intuition is the ability to understand the situation without justification immediately. A person's intuition is associated with his past experience and personal values. In most cases, intuition reflects the general experience of a person in his professional life. Each scientist had his own hidden knowledge. And it was as a result of this hidden knowledge (intuition) that they were able to achieve results in their field of study.

Reasoning is one of the basic skills needed to be effective in making decisions. Before choosing, it is important to take into account all the advantages and disadvantages of each possible solution. It is advisable to consider all available and relevant information for help in making decisions.

It is to trust your intuition. Your instincts come from the experiences you witnessed in the past and the basic values that guide you every day. The sum of experiences and the lessons you learn from them will affect your decision-making. To find out if your decision is logical and action-worthy, you need to connect your instincts with possible actions.

Intuition is the belief in instincts. Your instincts are based on the experiences you witnessed in the past and the basic values you manage every day. The amount of experience and lessons learned from it affects decision-making.

CONCLUSIONS

Decision-making skills are skills that help with the ability to choose solutions to problems. With these skills, you can collect all the relevant information and information and make conscious decisions taking into account several points of view. To strengthen your decision-making skills, it is important to weigh the options and determine all the skills that will help you make the best choice. Decision-making skills depend on:

a) being able to see and work on a scientific problem;

b) being able to be a leader in a particular field or science;

c) having the skill of reasoning;

d) being able to use intuitive abilities;

e) being able to understand the mind and psyche of a team; f) being able to form emotional intelligence.

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