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# The Center of Spirituality and Enlightenment is the Family

***I. Q. Hakimova***
*Assistant, TSTU*

A B S T R A C T

*The development, level and quality of life in society is often reflected in the degree to which the family is ready for life. Society is a complex of families. Therefore, the state of society and the state of the family are closely linked. Accordingly, disagreements in society have a direct impact on society. The family is not rooted. Uzbek families have their own ancient traditions, customs and roots. Just as being an human being is an art, running a family is an art.*

A R T I C L E I N F O

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It is known that every society has a leader. A society without a leader will not have a society. The family is also a small community. It has all the features of society in a small way. Today, all nations unanimously agree that the land should be the head of the family. But the head of the family does not mean, as some imagine, to oppress other members of the family, to be an "absolute ruler" in the "I mean" way. As the head of the family, the head of the family is responsible for his well-being, happiness and peace. The head of such a family must be an enlightened, spiritually mature person.

The destruction of a society far from enlightenment is inevitable. As the entire Uzbek people chooses the path of independent development and joins the world community with its rich history and inexhaustible spiritual treasures, the meaning of the word enlightenment becomes even more important in this glorious journey.

The terminological meaning of the word "enlightenment" is defined in special dictionaries as "to know, to understand". According to wisdom, a person must first know himself. How does self-awareness manifest itself in terms of status? Whoever is in the process of reforming his behavior is a person who is taking steps towards self-realization. Because no one says, "I'm a perfect person, I'm not guilty!" can't say. That is why the human race needs constant reform and constant education.

The family environment and upbringing are responsible for the richness of human spirituality. Parental relationships, behavior, pursuit of knowledge, constant self-education, reading books, admitting mistakes, affect their children. Every child repeats to his parents that they should not allow their children to fail in their upbringing in order to bring up their children in a strong will.

It is no secret that a woman plays a crucial role in the birth of a child, the mother is the root of the child's health, intelligence and talent. Of course, the father's respect for his wife is no less important. The father, in turn, loves his wife, caresses her, praises her, cheers her up with gifts, loves her. They make a living by serving their parents and the community in the first place. Most men want their wives to be blindly obedient and walk with their necks bent. However, if this situation continues, women will become discouraged and unable to think independently. Such women lose their curiosity, enjoyment and prosperity and become slaves. In this way, they lose their human dignity and pride and become cowards

and helpless. Slave mothers give birth to slave children. Because the characteristics of the child are formed in the womb of the mother.

If women act with courage, ingenuity, thoughtfulness, patience and kindness, while maintaining their dignity and respect, they will have such a power that there will be no man left who does not count on it. They give birth to smart and talented children. Only then will women and their offspring live a happy life. The preservation of dignity and pride in women is very important for the leaders of society and the family.

Some women try to control their husbands by making noise and insulting them. As a result, their dignity is lost in the family. Husbands and wives will not be able to live happily and peacefully with each other. Defective children are born to mothers who live in such unfavorable conditions.

No matter how hard a person is, whether he is rich or poor, he should bring up his children in the spirit of love for work, to prevent idleness and waste in the home, to educate his sons and daughters and to teach them the secrets of life.

The beauty and usefulness of knowledge is determined by the ability to easily and easily distinguish between truth and falsehood in words, truth and falsehood in belief, and beauty and ugliness in action. As long as the power of knowledge is healthy, it will bear the fruits of wisdom. Before acquiring any knowledge, it is necessary to learn to appreciate time. "Time is a sharp sword, and the hand of the one who touches it is cut off" (folk proverb). According to research by well-known mathematicians and cybernetists, the human brain can store about 1,020 (1,000,000,000,000,000,000) units of information. In other words, it is the most unique natural device in the largest library that can store information by millions. Geneticist, academician N.P. Dubinin writes about the capabilities of the human brain: "No matter how genius a person is, he uses only a billionth of the opportunities given to the brain in his lifetime" (note, only a part of a billion!).

A person brought up by a knowledgeable, educated parent can easily overcome any difficulties in his life. In life, a person faces different situations. Sometimes good, sometimes bad. But in any case, a person should not lose himself, but use the power of the mind. Who has the power of the mind? It is not wrong to say that a person is spiritually mature, strong-willed, able to admit his mistakes and shortcomings. A person who has not faced any difficulties sometimes does not believe in his own strength, because he is still able to overcome them, even if it is necessary to overcome them, with the help and advice of someone. The hardships of life are the trials we are given. Successful passing of the test is up to each person. As long as patience and perseverance use the same power of reason, any difficult situation will pass easily. Human behavior changes over time. When a person tries to solve the problems he is facing with a serious attitude, these problems become easier and easier. In fact, there is no problem without a solution, the solution of which depends on how a person looks at it. If it is accepted easily, it will be easy to solve, and if it is accepted as an insurmountable problem, it will torment itself.

The moderation of the power of the mind ensures that the event is beautiful, the mind is clear, the thoughts are correct and convincing, it teaches to understand the subtleties of actions, the hidden aspects of the passions of the soul. The excess of the mind leads to deceit, deception and cunning.

*Life is really dark if there is no knowledge.*

*The action is blind - if there is no knowledge.*

*Knowledge is also useless - if there is no work.*

*Any work is useless - if it is not sincere.*

If one works diligently, one knows oneself, one knows each other, one knows the Creator.

Youth is a time to lay the foundation for the future, to develop the mind, to accumulate knowledge, to learn a profession. As Abu Ali Ibn Sina wrote:

*Hayot – chindan ham zulmatdir – agar bilim bo`lmasa.*

*Harakat ko`r-ko`ronadir – agar bilim bo`lmasa.*

*Bilim ham bekordir – agar mehnat bo`lmasa.*

*Har qanday mehnat basamaradir – ixlos bo`lmasa.*

*Better a poor horse than no horse at all.*

*If your mind is clear, you will regret it.*

*You can't do your best tomorrow,*

*Take advantage, this day is possible.*

It is not enough to learn at a young age. Failure to put it into practice is tantamount to wasting time. “Science and practice are like food and salt. Whoever has these two things is considered wise in the fullest sense. (Because) food can be eaten without salt, but salt cannot be consumed without food ”(Majid Hawafi, Rarvati Huld). Parents are responsible for the education of each child, the choice of profession, study. The child will be blessed if he follows the moral standards of his chosen profession. This means that a person begins his spiritual and enlightenment upbringing in the family.

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