

PSYCHOLOGICAL ASPECTS OF THE "YODKARD" RULE OF NAQSHBANDI DOCTRINE

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ABSTRACT

The practice of the "Yodkard" rule of the Khojagan (Naqshbandi) teaching, founded by Khoja Abdulkhaliq Gijduvani, is one of the tasks of modern psychology of positive thinking, achieves psychocorrection and self-regulation self programming of mental states in order to eliminate negative mental processes and identify its mechanisms, the solution of socially important tasks such as achieving self-control of one's creative potential, activity, tone of life.

KEYWORDS:- Teaching, "Yodkard", Self-Management, Programming.

INTRODUCTION

The practice of the "Yodkard" rule of the Khojagan (Naqshbandi) teaching, founded by Khoja Abdulkhaliq Gijduvani, is one of the tasks of modern psychology of positive thinking, achieves psychocorrection and self-regulation self programming of mental states in order to eliminate negative mental processes

and identify its mechanisms, the solution of socially important tasks such as achieving self-control of one's creative potential, activity, tone of life.

According to the teachings of Sufism, Hazrat Abdulkhaliq Gijduvani, Shari'a, Tariqah, Ma'rifat (Arabic word for "know, understand, comprehend, know"), in Sufism it is said,

unlike science, enlightenment (gnosis) leads to an understanding of the hidden deep philosophical essence of things and events. If science is acquired through the process of reading and learning, then enlightenment is acquired through intuition, through the rational use of the possibilities of subconscious and unconscious forms of consciousness in the "insight" state. If the time and scope of applying science to life is somewhat limited, there will be no limit, no limit to enlightenment. Abdulkhaliq Gijduvani developed 8 of the 11 rules of the teachings of the Khojagon teaching, later called Naqshbandiyya, which promote the spiritual development of the individual. They are:

☞ "Hush dar dam".

☞ "Nazar bar qadam".

☞ "Safar dar Vatan".

☞ "Xilvat dar anjuman".

☞ "Yodkard".

☞ "Bozgasht".

☞ "Nigohdosht".

☞ "Yoddosht".

MATERIAL AND METHODS

From the moment of birth, the human child is as weak as possible and needs the help of others differs significantly. The opposite of this is revealed even from the egg one of the creatures that emerges is the chicken coop emergency movement can also be observed. For the same reason, the first of human life from day one not only physically but also a lot of unconditional reflexes differs from other creatures in its narrowness. Separately it is worth noting that man is a descendant of Plato or Ibn Sina regardless, he is in need of human society, his innate inclinations, certain talents, and mental inner capabilities of this society occurs under the influence of the environment. But he is from a human society environment if married among a herd of animals outside, even to puberty even though his intellect is as weak as a beast's, helpless, emotionally unstable, they achieve physical maturity away from the rhythm of behavior. But animals remain animals even among humans, and man is nature by, pre-programmed by the grace of

Allah, and identified congenital (under the influence of biologically conditioned factors) that people have opportunities and that only people are part of society a person through the manifestation of these possibilities only in a certain environment develops and finds perfection. Hoja Abdulkhaliq Gijduvani is therefore also a person in order to develop, to rise to the level of perfection and to achieve it, he must learn to effectively control himself, to manage and program himself wisely in any situation, situation, environment, and to self-regulate his life behavior "«Yodkard»" is indicates the need to go through a phase of the psychological process.

The process of "«Yodkard»" in the teaching of Abdulkhaliq Gijduvani is two fold direction, on the one hand, the inner, that is, high moral, spiritual and understanding intellectual qualities and attributes, memorizing it, and applying it to a stable memory, to seal the heart by strengthening, the second on the other hand they are honest, pure human positive in human life activities actions, relationships, how to deal rationally with implies So, the person as a result of the practice of the psychological

process of "«Yodkard»" with a deep understanding of human honest, pure relationships and actions not only to memorize them but all of them in life moments.

RESULTS

Consciousness and unconsciousness of conscious, honest positive relationships in cases where it can manifest itself. That's why The "memorization" process involves simple-mnemonic memory acquisition actions an effective program, not a comprehensive mechanical memory process All human with the creation of a strong psychological force on the basis of self-regulation of attitudes and actions and human behavior deep in achieving self-governance in a variety of environments is a psychologically complex process. Abdulkhaliq Gijduvani called the rule "«Yodkard»" the remembrance of the tongue, the remembrance of the heart explains. First of all dhikr to the memory with the realization of something input and is expressed in its pronunciation by language. In other words In other words, in «Yodkard», first of all, the oneness and greatness of Allah, omnipotence,

purity, supreme source of love, all awareness of the moment, awareness of other things, and other virtues. to understand, recognize, and remember their cabbages glorifying, by mentioning words first with language and then with language at the level of consciousness and unconsciousness, the remembrance of the heart is required.

In doing so, man uses his will and does so with willpower is achieved. In this case the high positive standard comes from the requirements the actions that arise give rise to significant needs, and they are the source and power of all volitional actions. Will is an Arabic word meaning desire. In mysticism, the will is a flame that arises from the desire of man over the will of Allah and from the fire of divine love in his heart, which easily accepts all the difficulties and suggestions in the path of truth. Apparently, remembrance is the process of remembering. Human (person) daily the remembrance of Allah in his life, the remembrance, the beginning or accomplishment of a certain work as a source of high confidence, ensures its easy accomplishment. Because it is a feeling of fear

(phobia) that creates insecurity in the person extinguishes, increases self-confidence and real aspirations in the performance of any task (task) can serve as a stimulus of interests, inclinations. In turn, it is an attitude (internal) to a certain (accidental) activity, attitude (behavior), situation (situation), condition (environment), reality (event) in a person. mental attitude) and high-level personal dispositions (inner psyche) readiness). By preparing a solid foundation for the process of entering into the spiritual realm, the individual is able to perform functions such as self-management, programming, improvement, control, through the perfect use of unintelligible internal resources of activity. ensures that the implementation itself takes place. Therefore, it makes it incredibly easy to overcome life obstacles, worries, difficulties. At the same time, it enriches the spiritual world of man with positive qualities, grows him to maturity and opens the possibility of becoming a perfect human being. This means that dhikr requires a person to lead an honest and pure life, not only in the eyes of man, but also in the eyes of man. Thus, the doctrine of mysticism

emphasizes that only remembrance can create a real, divine intimacy between man and man, the slave knowing Allah. Because true self-sacrifice in the way of Allah can teach a servant to be self-sacrificing towards one another, to the Homeland in which he lives, to his family, to all blessings. Or true love in the way of Allah can create true compassion and mercy for people towards each other, their homeland, parents, family, all and the animate and inanimate products of nature. That is the great meaning of life. Performing modern psychohygiene, psychotraining, psychotherapy, autogenic exercises at a certain moment and the degree of self-correction (adjustment) is achieved through the order of certain dhikrs. In the practice of "Yodkard" in his teachings, self-correction (adjustment), the achievement of control is achieved through long-term exercise, mental orientation, continuous voluntary efforts. At the same time, because the deeply understood purposeful needs and motives are accompanied by high spiritual and moral positive qualities, its level is high, and from this the heart attains a high level of happiness.

Because as a result of self-control and self-control of man in this way, man is constantly superior to all fears, desires, sorrows, sufferings of life, and above all the requirements of "Self". achieve.

DISCUSSION

Psychological stress, frustration and conflict in such a person (conflict) cases do not occur or are much milder than such cases turns out. However, thinking incessantly about material and spiritual suffering, meditating on various life events is tiring. Grief and impatience, on the other hand, begin with a person feeling weak in the face of these worries. However, the owner of the whole universe, infinite love and respect for the Almighty Allah, strong faith and high confidence give a person such peace and strength that in front of them all the worries of life become insignificant, simply reality or experience. From a socio-psychological point of view, such a great belief positively shapes the approximate (target) criterion of human dignity. Human is highly self-sufficient in all social relationships and environments and is able to correct behavior. He looks at every

inanimate object and creature with a deep respect and compassion, in other words, he begins to step on the ladder of perfection. Since dhikr is a process of memorization, dhikr is just knowing something which is why the psychological process of "Yodkard" implies constant, uninterrupted memorization and adherence to it. For the remedy (guidance) of overcoming the vices in the human psyche is perfect thinking (contemplation), murakaba (feeling of high control) and reward. Therefore, the process of "Yodkard" involves always remembering that Allah is aware of all the actions of man, that he is aware of all the mysteries, and, consequently, to correct (adjust) and regulate the actions of the relationship.

CONCLUSION

Infinite love for Allah from a socio-psychological point of view, respect, high confidence, and the mention of its phase cabbages — these are the sources of such a high level, which lead to the possession of powerful psychological instructions (atityud), which in turn give a person peace of mind,

making it easier to achieve any goal. That is why the scholars of the teaching say that dhikr is such a food that it claims a person's ailments and gives peace to his heart. More than 80 of the Qur'an is commanded to be mentioned in the verse. It should be noted that the Ojagon (Naqshbandi) teaching in the practice of dhikr "Maqomi The heart takes the lead. Because it moves the whole body. It is said that Hidr (as) adopted Abdul Khaliq Gijduvani as a spiritual child and taught him how to perform the dhikr of the heart. This dhikr is performed by dipping the head into the water (pool) as follows: He pressed his tongue to his palate and closed his eyes, then uttered the word "la ilaha illallah" as follows: then he stretches the word "ilaha" from his head to his right shoulder and conveys the word "illallah" from his right shoulder to his heart, and this is the blessed word. imagines that the heart has reached the inside (this word is 7-21 times).

As a result of hard work in the "memory", the inner aspect of the person is strengthened, and anticipation becomes a product of daily activities. The practice of the "Yodkard" rule serves to bring about internal psychological

balance. The inner psychological balance is the inner purity of man freedom (from the evils of any material and spiritual influences emptiness). This freedom is expressed in the freedom of man from the influence of biological and social environment. Modern psychohygiene, psychotherapy, autogenic exercises are based on the same mechanism of freedom based on the creation of relaxation by weakening consciousness. Therefore, these exercises serve to raise the tone of human life and make it healthier. On the other hand, following the requirements of this rashha drop everyone other than him strong (thorough) protection from any negative material and spiritual influences any negative event, incident, situation, environment in turn not to be affected. It was founded by Hoja Abdulkhaliq Gijduvani, described above The practice of the stage of the rule "Yodkard" of the Khojagon (Naqshbandi) teaching one of the tasks of modern positive thinking psychology is the solution of socially important tasks such as achieving psychocorrection and self-adjustment of mental organs in order to eliminate negative mental processes and

identify its mechanisms, achieving self-control of human creativity, activity, tone of life. This reality, in turn, allows a person to achieve the perfect qualities and raises him to the highest level of perfection.

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