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## **A BOOK IS THE LIGHT, THE LIGHT OF THOUGHT**

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### **Abstract:**

This article discusses the incomparable role of books in human thought, spirituality and knowledge. Books are interpreted as an invaluable source that sharpens the human mind, encourages it to think, and guides it on the right path. The article also discusses the methods of introducing the younger generation to reading, the role of books in the era of modern information technologies, and their promotion. The cooperation of family, school, and society is noted as an important factor in the formation of a reading culture.

**Keywords:** Books, thought, spirituality, knowledge, young generation, reading culture, modern technologies, education.

A book is a product of human thought, a witness to history and a bright path leading to the future. Since ancient times, science has developed through books, culture and spirituality have been enriched. The wise saying “A book is a treasure trove of knowledge” was not said in vain. The role of a book in the formation of every human thought is incomparable.

Most people are more inclined to satisfy their material needs than their spiritual needs. Only a few people convey the concepts of spirituality and enlightenment not only through their tongue, but also through their hearts. A book is compared to the sun. The sun spreads its light over the earth and brings forth vegetation from the ground. With its light, it gives warmth and nourishment to the earth. A book also enters the consciousness of a person, leading him towards noble goals and creative works. Therefore, it is a lamp of reason, a wing of thought, a beacon of goals. In most developed countries, there are more shops selling books, a source of spiritual need, than clothes. Just as any living creature, even the plant world, birds and mammals, cannot live without water and air, it is difficult for a living being to live without a book that satisfies its spiritual need. It is true that the lifeblood and blood



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vessels of any society are with a nation of spiritual readers. The cradle of spirituality also vibrates with books, with the exclamation of “read”. The beauty of the heart, inner beauty is with books, and clothes are external decoration. In addition to being a companion to the words of “read” and “read”, a book also represents the content of a spiritual person’s life. If the idea of “read” is based on the idea of “read”, then “read” is a reference to the passing time and life.

It is also worth noting that, according to statistics, the number of people who do not read books is much higher than the number of people who read books. We can cite many reasons for this. We live in a rapidly developing information age. At every step, we encounter computers, phones, drones, and many other gadgets. All of these are entering our lives so rapidly that we cannot even imagine our lives without them. Gadgets have made our lifestyle easier. We must admit this. However, they also have many harmful consequences. The most regrettable is the significant decrease in “book reading”. A book is a means of storing and distributing information, ideas, images, and knowledge, of forming socio-political, scientific, and aesthetic views; a tool for the promotion of knowledge and education; a work of art, science, and social literature. As our great poet and thinker Alisher Navoi wrote, a book is a thankless teacher, the main source of knowledge and spiritual growth.<sup>1</sup>

Thought is one of the most important aspects that distinguishes a person from an animal. Thought expresses a person's ability to think, analyze, draw conclusions, and strive for innovation. And a book is a strong supporter of these processes. A person who reads a good book not only gains knowledge, but also expands his worldview and enriches his thinking.

In today’s era of globalization and digital technologies, young people are increasingly accustomed to using gadgets. However, in this process, it is important not to lose interest in reading books. Because although electronic media provide instant information, they cannot be compared to books in terms of providing deep thinking and sustainable knowledge.

In this regard, it is necessary to create a reading environment in schools, libraries, and families, and to teach children to read books from an early age. A book is not

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<sup>1</sup> Mamarasulov B. Zamonaviy axborot jamiyatida kitobxonlikning oʻrni. – Toshkent: Fan, 2020.



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only knowledge, but also a means of education. It is through books that children learn about values such as goodness, justice, patience, and hard work.

Also, a book is a person's best friend. It is a mistake to use a book as just entertainment or a handy tool for boredom. A book, as a factor that satisfies the needs of thought and the soul, educates the human spirit, and is the main impetus for the formation of his personality. In the process of reading a book, a person can retain the information in it in his memory by keeping not only his mind and eyes, but also his heart equally awake. The purpose of reading a book is to understand its content, to feel the meaning and content embedded in it, and through this to gain spiritual nourishment. Reading a book will never allow a spiritual void to appear in a person, so any person who reads a book can become a highly spiritual person. Books are ships of thought that sail on the waves of time and carefully carry their precious cargo from generation to generation. Reading is an important factor that raises the general level of society, and therefore serves progress and development. Taking this into account, in our heavenly country, love and attention to books are special. As one of the great thinkers said, a book is a magician. A book rebuilt the world. It embodies the mind of man, it is the pillar of human thought. A world without books is a world of savages.

A book is a light that illuminates the human soul, an invaluable treasure that enriches thinking, a friend that leads to perfection. Today, book festivals and events organized in our country, such as "My First Book", "The Best Reader", "The Book Family", are of great importance in encouraging young people to read books, increasing their interest in reading, enriching their spirituality, forming feelings of love and loyalty to the Motherland, and cultivating the spirit of creativity. A book is a strong bridge connecting the past, present and future. If the book you read does not bring joy, suffering, strength and spiritual experiences to a person, there is no point in knowing the history of literature. Reading a book without thinking is like walking blindfolded in the lap of beautiful nature, that is, a meaningless action. We need to read a book not to escape from our lives, but to understand life more deeply and live consciously. A book is an integral part of human life. Its role is so incomparable that every person, from children to adults, needs it. Books are not only a source of knowledge, but also the basis of spiritual and moral education. Especially for the younger generation,



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correctly selected literature forms their worldview, attitude to life, and values. Therefore, we firmly agree on one idea: a poorly chosen book is worse than not reading any book at all, because it can have a negative impact on a young mind.

As the famous motivational speaker Jim Rohm said, the books a person chooses reveal his inner world, way of thinking and outlook on life. This idea is especially relevant for educators. Because our main task is to provide quality education and upbringing to the future owners, that is, children. We must give them not only knowledge, but also love, attention and a life path.

The role of books in the formation of a child as a well-rounded person is incomparable. However, there is an important condition for a child to develop a love for books, to sincerely love and read them - to choose literature appropriate to his age and interests. If a child reads a book that is close to his worldview, interesting, understandable, his desire to read increases, which creates the foundation for his future success.

As the great poet and thinker Alisher Navoi wrote, “a book is a thankless teacher, the main source of achieving knowledge and spiritual growth.” There are many proverbs in our people's language about the importance of reading books, gaining knowledge and proper upbringing, and learning a profession. For example, “A mind without a book is a wingless bird,” “Knowledge is the lamp of reason,” “Beauty is in knowledge and enlightenment.” Such wise sayings can be continued for a long time. For thousands of years, an important factor in showing people the right path, in making them educated, educated, professionally qualified, and of course happy is to be friends with books and not to neglect reading. Books have a special place in the lives of young people in particular. Because a good book instills in a person a sense of love for the Motherland, respect for national and universal values, and encourages goodness and virtue. We live in an age of rapidly developing civilization. There are so many colorful ideas and thoughts that can quickly affect the human mind that it is not easy for us to “digest” them. It is a book that introduces black and white. In this sense, further improving the culture of reading, further improving skills in this regard, and widely promoting noble concepts such as “Family Reading” and “One Book for Every Child” are important factors determining the development of society.



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Research shows that when young students choose the right books for them, they are more likely to read and develop independent reading habits. Therefore, the task of teachers is not only to teach, but also to determine which types of books are suitable for their level of knowledge, age, and interests, and to guide them. In the holy place, it is good for parents to be role models for their children in developing their interest in books and to read books themselves. If parents love books in the family, then the child raised in such a family will also be familiar with books, such children will have a broad worldview and thinking circle, will be polite, kind, try to do good to others as much as possible, think about every word they say and do, in short, they will grow up to be intelligent children who strive to demonstrate the qualities of a well-rounded person. Systematic reading in the family environment will further enhance the expected results.

School libraries, parents and educators should also be active in this process. In order to awaken a child's love for books, it is useful to read fairy tales to him, discuss them, ask questions about the book, and talk about the images. This not only increases the child's interest in books, but also develops his thinking, vocabulary, and ability to express himself.

The issue of choosing a book is one of the most important tasks. Each child is a unique world, and each book is a means of enriching that world. A properly selected book forms the child's intellectual, moral, and aesthetic education and helps him to mature into a spiritually mature person.

The role of books in the development of a person's thinking and spiritual potential is incomparable. Through reading books, a person's worldview expands and his thinking deepens. Many great scholars who have left their mark in history have reached maturity and reached the level of a perfect human being precisely through books. The words of one of the wise men, "I am forever grateful to books for all the positive qualities I possess," will undoubtedly resonate in the heart of every conscious person. Indeed, books are the most important means of raising spirituality. A bookworm is an educated person, has strong thinking skills, and stands out from others with his thinking and worldview. The works of our great thinkers - Imam al-Bukhari, at-Termizi, Ahmad Yassawi, Bahauddin Naqshband, Abu Rayhan Beruni, Ibn Sina, Mirzo Ulugbek, Alisher Navoi and Zahiriddin Muhammad Babur - are an



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invaluable heritage for humanity. Also, the works of writers such as Abdulla Qodiri, Cholpon, Fitrat, Gafur Ghulam, Abdulla Qahhor and Usman Nasir, who have left a deep mark on our modern literature, also play an important role in understanding the identity of our people. Today we live in an era of advanced technology. Telephones, the Internet and social networks have deeply penetrated our lives.

In ancient times, our great poets, writers and scientists treated books with great love. They did not tire of reading books even in the dark of night, by the light of a simple oil lamp or candle. The sultan of the art of speech, Alisher Navoi, memorized Fariduddin Attar's "Mantiq ut-tayr" at the age of seven, while the great hadith scholar Imam Bukhari knew more than six thousand hadiths by heart. In those days, there were no bright and comfortable rooms or modern libraries like today. Despite this, they consistently worked on the path of knowledge and spirituality and reached a high level.

Children growing up in a family without spirituality will not grow up to be mature people in the future. Therefore, every person should be friends with a book. Because a book is the closest friend, a caring, kind companion, and most importantly, a companion who tells the truth.

In short, a book is the light of thought, the light of the soul. If every person wants to live their life meaningfully, they should be friends with a book. A book will remain the most reliable companion on the path to forming a thoughtful, educated, and spiritually mature society. Today, each of us, starting with ourselves, must contribute to the development of a reading culture.

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