

EXPRESSION OF HUMAN SPIRITUAL EXPERIENCES BASED ON THE UNITY OF LANGUAGE AND THOUGHT

Sadilloeva Toliba Bahrilloeva

1st year master's student at Oriental University (Samarkand Campus)

Scientific supervisor: **Adambayeva Nargiza Kadambayeva**

Docent at Oriental University

Annotation: This article explores the intricate relationship between language and thought, emphasizing how they work together to shape human emotional experiences. It delves into the concept of linguistic relativity, discussing how the structure and vocabulary of a language can influence perception and cognition. By examining various cultural contexts, the article highlights the significance of language in expressing complex emotions and thoughts, demonstrating that understanding this unity is essential for comprehending human psychology and interpersonal communication.

Key words: Language, thought, unity, human emotions, expression, psychology, cognition, communication, cultural context, linguistic relativity.

The relationship between language and thought is of great importance in understanding the human psyche. People's feelings, thoughts, and experiences are expressed through language. Therefore, the unity of language and thought plays an important role in shaping human spiritual experiences. This article analyzes the relationship between language and thought, as well as the importance of this unity in expressing human spiritual experiences. According to the theory of linguistic relativity, the structure and lexicon of language affect the process of human thought.

For example, some languages have words that express certain emotions, and these words influence how speakers of that language perceive those emotions. "A case in point is the Japanese word *komorebi*, which refers to the sunlight shining through the leaves of a tree. Such words reflect people's connection to nature and how they feel about it" (Whorf, 1956). The work "Language and Thought: Theoretical Foundations" ("Til va tafakkur: Nazariy asoslar") is aimed at studying the complex relationship between language and thought. In this work, the author conducts an in-depth analysis of the role of language in shaping human thinking, the expression of thoughts and feelings through language, as well as the interaction between language and mental experiences. Jumaniyazov, M. (2020).

The work examines various theoretical approaches and explores the importance of language in communication, as well as how language and thought develop in a cultural and social context. It also discusses issues such as the relationship of language with cognitive processes, the role of language in thought processes, and its impact on the human psyche. The work "Language and the psyche: interdependence" ("Til va ruhiyat: o'zaro bog'liqlik") is aimed at studying the complex relationships between language and the human psyche. It provides a detailed analysis of the influence of language on mental processes, the expression of thoughts and feelings through language, and the interaction between language and psychology. In general, it is considered an interesting and useful source for researchers in the fields of linguistics, psychology, and cultural studies, as it is emphasized that it helps to understand the connection between language and psychology more deeply. Rizaev, A. (2019).

In order to shed more light on the topic of the expression of human spiritual experiences based on the unity of language and thought, the impact of language on human thought, identity,

and social communication, as well as the role of language in the expression of spiritual states, will be examined. It should be emphasized that it is necessary to first analyze the differences between language and spirituality in different cultures and their significance in human life. Language is considered an important tool not only for expressing thoughts, but also for depicting feelings. Each culture uses specific words and expressions to express its own feelings and emotions. For example, in the Uzbek language, the word “lie” (yolg'on) reflects not only a deviation from the truth, but also the inner mental state of a person. “Experiences expressed through language reveal the inner world of a person” (Sapir, 1921). Culture is shaped through language, and language reflects culture. Every culture has its own unique spiritual experiences, and these experiences are expressed through language. “The relationship between culture and language shows how people feel and think” (Humboldt, 1836). Therefore, by learning a language, we understand not only the words, but also the cultural values that lie behind them.

The work "Human Psychology and Language: Psychological Aspects" (“Inson ruhiyati va til: psixologik aspektlar”) is aimed at studying the interdependence between the human psyche and language. Based on the unity of language and thought, it analyzes the influence of language on psychological processes, the expression of human spiritual experiences, the methods of expressing thoughts and feelings through language, and the complex relationships between language and psychology. It examines the impact of language on human thought, identity, and social communication, and illustrates with examples how various psychological states, emotions, and thoughts can be expressed through language. This work is an important resource for scholars, students, and practitioners interested in linguistics and psychology. Kadyrov's work provides theoretical and practical insights that help us to understand the relationship between language and the psyche. Kadyrov, S. (2021).

The work “Mental Experiences and Their Expression through Language” (“Ruhiy kechinmalar va ularning til orqali ifodalanishi”) provides an in-depth analysis of how mental states are expressed through language and their role in communication. The author emphasizes the importance of language in understanding and expressing mental experiences. The relationship between mental states, emotions, and the linguistic means that express them is examined. He gives examples of the ways in which mental experiences are expressed in different cultures and the role of language in this process. This work will be an interesting and useful source for researchers in the fields of psychology, linguistics, and cultural studies, helping to further understand the complex relationships between language and the psyche. Askarov, B. (2023). “Language and Thought: Modern Approaches” (“Til va tafakkur: zamonaviy yondashuvlar”) is devoted to the study of the complex relationships between language and thought. It analyzes how language affects human thinking in the context of modern psychology and linguistics.

The work examines the role of language in the thought process, the ideas and emotions expressed through language, and the differences between language and thought in different cultures. It promotes modern approaches, including theories of cognitive linguistics and psycholinguistics, and emphasizes the importance of language in humanity. This work is an important resource for linguists, psychologists, and researchers interested in cognitive sciences, helping to further understand the relationship between language and thought. Mahmudov, D. (2020).

Conclusion

The unity of language and thought is of great importance in the expression of human spiritual experiences. Through language, people express their feelings, thoughts, and

experiences. The theory of linguistic relativity helps to understand this process more deeply. Also, the connection between culture and language reveals the complexity of the human psyche. For this reason, learning and understanding language is considered an important tool in understanding the inner world of a person.

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