



## Famous people's opinions about "opinion"

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### ABSTRACT

The state of our body is the product of our thoughts. Even today, medicine recognizes that our thoughts have a profound effect on our bodies. Famous people have commented on this a lot. Dr. John Demartini: "We already know the effects of placebo. Placebo is a sugar-like drug that has no effect on the body. The patient is given this tablet as a strong and effective drug. You know, in most cases, a patient who takes a pill recovers as if he had been given a cure. Sometimes it works better than a placebo. As you understand the power of the mystery, you will come to understand the root cause of what is happening in human life. The placebo effect is a very strong example of this. The patient thinks that the pill will cure him and sincerely believes in it. Eventually he gets what he believes. That is, it heals.

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## Mashhur insonlarning "fikr" haqidagi fikrlari

**Kalit so'zlar:**

fikr,  
kasallik,  
bemor,  
shifo,  
salomatlik,  
tasavvur,  
ishonch,  
a'lo kayfiyat,  
shukronalik,  
qarilik,  
yoshlik.

### ANNOTATSIYA

Bizning tanamizning holati fikrlarimiz mahsulidir. Bugungi kunga kelib, tibbiyot ham fikrlarimiz tanamizga katta ta'sir ko'rsatishini tan olmoqda. Bu haqida mashhur insonlar ko'plab fikrlarini keltirib o'tishgan. Doktor Jon Demartini: "Biz platseboning ta'sirlarini avvaldan bilamiz. Platsebo – bu organizmga hech qanday ta'sir ko'rsatmaydigan, shakarga o'xshagan dori. Bemorga bu tabletkani kuchli va samarali dori deb beriladi. Bilasizmi, aksariyat hollarda tabletkani qabul qilgan bemor xuddi unga davo bo'ladigan dori berilgandek tuzalib ketadi. Ba'zan platsebo doridan ham a'loroq ta'sir ko'rsatadi. Sirning kuchini anglaganingiz sari siz inson hayotida sodir bo'layotgan voqealarning asl sababini tushunib borasiz.

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Platsebo effekti bunga juda kuchli misoldir. Bemor tabletkaning shifo bo'lishi haqida o'ylaydi va bunga chin dildan ishonadi. Oqibatda ishongan narsasini oladi. Ya'ni shifo topadi.

## Мнения известных людей о «мнении»

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### Ключевые слова:

мысль,  
болезнь,  
пациент,  
исцеление,  
здоровье,  
воображение,  
уверенность,  
хорошее настроение,  
благодарность,  
старость,  
молодость.

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### АННОТАЦИЯ

Состояние нашего тела является продуктом наших мыслей. Даже сегодня медицина признает, что наши мысли оказывают глубокое влияние на наше тело. Известные люди прокомментировали это, например, Доктор Джон Демартини сказал: «Мы уже знаем об эффектах плацебо. Плацеба – это сахароподобный препарат, не оказывающий никакого влияния на организм. Больному дают эту таблетку как сильное и эффективное лекарство. Вы знаете, в большинстве случаев пациент, принявший таблетку, выздоравливается. Иногда это работает лучше, чем плацебо. Когда вы поймете силу тайны, вы придете к пониманию настоящую причину того, что происходит в человеческой жизни. Эффект плацебо – очень яркий тому пример. Больной думает, что таблетка его вылечит, и искренне верит в это. В конце концов он получает то, во что верит. То есть вылечит.

The state of our body is the product of our thoughts. Even today, medicine recognizes that our thoughts have a profound effect on our bodies. Famous people have commented on this: Dr. John Demartini: “We already know the effects of placebo. Placebo is a sugar-like drug that has no effect on the body. The patient is given this tablet as a strong and effective drug. You know, in most cases, a patient who takes a pill recovers as if he had been given a cure. Sometimes it works better than a placebo. As you understand the power of the mystery, you will come to understand the root cause of what is happening in human life. The placebo effect is a very strong example of this. The patient thinks that the pill will cure him and sincerely believes in it. Eventually he gets what he believes. That is, it heals. But that doesn't mean rejecting medicine at all. Everything has its place. In cases of extreme severity, the patient should seek medical advice immediately. At the same time, all attention should be focused on healing.

Lisa Nichols comments: “We know that there is plenty in the world. Prosperity and abundance are the foundation of our planet. The world is a stream of health, well-being and positive energy. If you open the door of your heart to this stream, you will feel very good only if this stream can pass through you completely, the Universe will give you joy, happiness, happiness and everything you want, including wealth, health and peace. If you block his path with your negative thoughts, your condition will get worse and you will feel pain. You feel unhappy. Every day is a struggle.

Let's say you have two patients with the same disease. One of them prefers to be in a state of hope and happiness. Focus on the things you can be thankful for. He looks to the future with hope. The other focuses on illness and pain. As a result, the pain becomes more intense and the disease worsens”.

Dr. Ben Johnson is a physicist who specializes in energy therapy. “Thousands of diagnoses and thousands of diseases today are just a weak link”, he said. There is a reason for all of them: tension and stress. The body withstands certain stresses. But when the tension increases, the weakest link in our body becomes unable to cope and becomes ill. All tension and stress come from a single negative thought. First one negative thought comes after him, then another, then another, so that they multiply. As a result, it causes stress. The reason for this is that one negative thought and it all starts under the influence of one small negative thought. No matter what happens, you can change it ... yes, just one small positive thought, and then another, you can improve your situation.

We all have our own natural healing programs. Our wounds heal on their own. Our immune system is constantly guarding us and constantly fighting all infections.

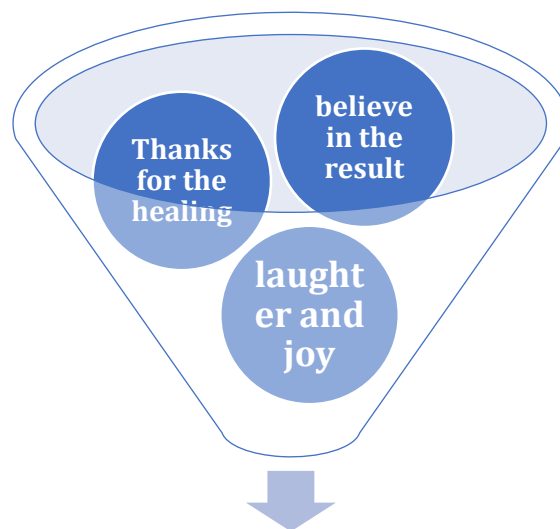
Your task is to relieve stress. Feeling happy. Then your body will be able to function normally again and perform its normal function of healing itself.

Dr. John Demartini said: “Any illness is a sign of an imbalance in the body. Our body becomes sick to show that we lack our love and gratitude for it. He says that love and gratitude will destroy all the negative things in our lives. Where there is love and gratitude, there will be no sickness, no poverty, no sorrow. They are able to separate the seas, break the mountains and work miracles. They can overcome any disease”.

Michael Bernard Beckwith: “I’m often asked, ‘Is it possible to get rid of a disease with the right thinking and the right attitude, or is it possible to solve life’s problems?’ Yes! Of course it is possible”, he said, noting that laughter is the best medicine.

“On November 23, I was diagnosed with ‘breast cancer’.” But I sincerely believed that I was healthy. I kept saying thank you for being healthy day and night. I never tired of saying thank you for being healed. I believed with all my heart that I was healthy. I felt like I had never had cancer. I watched a lot of comedy movies to help me heal. All I do is watch a movie and laugh non-stop. I didn’t bring any stress into my life. Because stress exacerbates the disease. Three months later I was completely healed. I recovered without any light or chemotherapy.

This wonderful story by Kathy Goodman demonstrates the power of three powerful processes:



**A good mood eliminates disease in the body**

There was a reason Kathy Goodman made laughter her motto. He learned from the experience of a young man named Norman Kazin. Doctors told Norman he had an “incurable” disease and had several months to live. The young man decides to spend the rest of his life laughing. For three months, he just watches funny movies and laughs out loud. The disease leaves his body on its own. Three months later, doctors told her that she had been miraculously healed. When he laughed, Norman freed himself from all negativity, including illness. Indeed, laughter is the best medicine!

Bob Proctor says, “Illness cannot last long in a body saturated with positive emotions. Every second, our body creates millions of new cells instead of the old ones”. Dr. John Hegelin said, “Our bodies renew their parts every day. It will take a month to update some parts. For some, it will take years. That means our bodies will be completely re-injured in a few years”.

So why does the disease persist in our body for years? This is because we think over and over again that we are sick, that we pay too much attention to it, and that we end up succumbing to the disease. This allows the disease to progress and have an effect.

Old age and aging are also actually only the result of our perception and thoughts about it. We come up with all the ideas about aging. Man grows old. It’s just that we cry, “We’re getting old”. Sometimes we are surprised to see people who are much younger and younger than their age. We ask them the secret. The secret is simple. You just have to be more discriminating with the help you render toward other people. Most of us have a laid back attitude when it comes to painting a picture about ourselves.

Bob Proctor thinks of the disease: “If you are sick and you focus all your attention on it, just thinking about it and telling others about it, you will increase the number of diseased cells in your body. You need to keep your body healthy. Leave it to your doctor to think about the disease.

When a person is sick, he always talks about the disease. That’s all he thinks about. Fact 1: If a person feels a little pain, they should not tell everyone. This thing makes it stronger. Mental illness can make a person worse. If you don’t think of infecting a disease, you can’t infect it at all, you’re calling yourself a disease with the thought that you can be infected. Even if you listen to others talk about the disease, you will still be attracted to it. When you listen to them, you focus on the disease. When you focus on something, you are asking the universe for it. You can’t help listening to someone talk about their illness. In this way, you not only attract the disease, but also aggravate it.

Bob Doyle: “If a person pays full attention to the symptoms of the disease, it will ensure that the disease will last. It doesn’t help with treatment. He can’t recover unless he focuses on staying healthy. Because the law of gravity requires it.

Dr. John Hegelin said, “Healthy biochemical processes always heal our bodies. Proper thinking ensures that the biochemical processes in our body are successful. This will create a healthy and happy body.

Negative emotions and stress cause serious damage to the body, making it tired. Interferes with the normal functioning of brain functions. Our bodies are constantly regenerating themselves based on our thoughts and emotions.

Michael Bernard Beckwith: “I’ve seen the kidneys recover, the eyes light up and the cancer go away. There is no such thing as an incurable disease. Any disease that is considered incurable can be cured using internal capacity. You can heal yourself by changing your mind.

Celebrities' ideas about "thinking" naturally make people think. So, anyone who doesn't want to get sick should first think about this:

1. Constant thanksgiving
2. Be in a good mood
3. Think about being healthy
4. Disease cannot exist in a body that is in harmony with the universe and in a good mood. Seeing only the good side of everything
5. Repeat inside: "I feel good. I feel great".
6. To feel
7. When talking to others, talk only about what you like
8. If you want to help the patient, change the topic of conversation, try to talk about other beautiful things. Slowly go your own way if you can't change the conversation: Transmit to the Universe a strong impression that they have healed as they move away.
9. Belief
10. Imagination

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