



THE THOUGHT EMBEDDED IN PATTERNS: DISCOVERING THE SELF THROUGH ART

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Annotation Every pattern carries a story. Sometimes it is a silent witness of history, and other times, it is a journey into the deepest layers of the human psyche. This article explores the influence of patterns and shapes on human thinking, as well as their connection to art and philosophy. Patterns urge us to perceive, feel, and understand — they are not merely decorations but a visual language that affects our subconscious. The research highlights the role of art in self-discovery and analyzes how patterns shape our perception of the world.

Keywords: ornament art, philosophy of forms, visual thinking, aesthetic perception, art and self-identity, cultural symbols, geometric patterns, psychology of perception, art and philosophy, visual communication.

INTRODUCTION .

Every pattern is a wordless story. To read, feel, and comprehend them is not always granted to everyone. Patterns are not only products of human thought but also influence the way we perceive the world. They are more than decorations — they are coded systems that communicate directly with our subconscious. This article analyzes the aesthetic, philosophical, and psychological aspects of patterns and explores their role in the human journey of self-discovery. The Philosophy and Meaning Behind Patterns

In the art of patterns, human thinking is embedded. The meaning of shapes, the balance of composition, and harmony reflect a person's worldview, cultural

values, and inner experiences. Patterns are not merely decorative—they are signs, messages, and silent narratives. For example, traditional Uzbek ornaments not only beautify household items or architectural structures but also carry deep philosophical meanings. These patterns reflect the connection between humanity and the universe, nature and the individual.

Every element in a pattern is the result of conscious or unconscious thought. A master craftsman does not only strive for beauty—through shapes, colors, and rhythm, he expresses his spiritual world, emotions, and even social messages.

The Influence of Patterns on Thinking and Perception

The human brain perceives visual information more quickly and deeply than verbal messages. Therefore, art and patterns have the power to influence thoughts, emotions, and even behavior. For instance, geometric patterns and symmetry evoke feelings of peace and order in people. On the other hand, rhythmic and dynamic designs awaken energy and movement.

Pattern-based design teaches individuals to think in an abstract, symbolic, and holistic manner. It helps to develop visual memory, associative thinking, and emotional intelligence. Patterns can be considered a tool for expanding creative imagination and philosophical thinking.

Cultural Diversity of Patterns

Patterns are a universal language found in all cultures across the world. From Celtic knots to Islamic arabesques, from African textiles to East Asian motifs—each tradition has developed its unique visual lexicon. These designs serve as cultural archives, preserving ancient beliefs, mythologies, and spiritual worldviews. For example, Islamic patterns, with their endless repetition and symmetry, reflect the infinite nature of the divine. Similarly, in Central Asian design, the use of the "tumor" or amulet motif expresses protective and spiritual meanings rooted in ancient traditions.

Symbolism in Pattern Design

Symbolism plays a crucial role in the world of ornamentation. Every line, curve, and composition may carry hidden meanings. A triangle may represent balance and unity, while a circle can symbolize eternity or the universe. In Uzbek patterns, the pomegranate often signifies fertility and abundance, while the sun motif symbolizes energy and life. Understanding these symbols enhances the viewer's appreciation and allows a deeper interpretation of the artistic message.

The Role of Patterns in Architecture

Architectural ornamentation is one of the oldest and most prominent applications of pattern art. From ancient temples to modern buildings, patterns enrich structural design by adding depth, rhythm, and narrative. In Islamic architecture, for instance, muqarnas and mosaic tiling are not merely decoration—they represent harmony, mathematics, and spiritual transcendence. The Kalta Minor Minaret or Samarkand's Registan are powerful examples of how patterns transform architectural spaces into spiritual and cultural statements.

Patterns in the Digital Age

With the rise of digital design and generative art, the concept of patterns has evolved. Today, algorithms can generate infinite variations of patterns inspired by traditional art. Artists use digital tools to explore new dimensions of symmetry, complexity, and visual illusion. This technological integration not only preserves traditional designs but also redefines them, making them relevant in contemporary creative industries like fashion, animation, and virtual environments.

Art as a Means of Self-Discovery

Art is not only a reflection of the external world—it is also a mirror of the inner world. An individual's worldview, upbringing, emotions, and values are reflected in their creations. Through the creation and interpretation of patterns, one can come to know themselves more deeply. For example, the repetitive nature of patterns symbolizes internal rhythm and personal balance.

The process of creating patterns can also be meditative. It allows for immersion in thought, calming the mind, and finding harmony. For many people, the act of creating patterns becomes a path to spiritual awakening and self-awareness.

Conclusion.

In the process of studying art and patterns, we do not merely observe beauty—we engage in dialogue with ourselves. Patterns are visual evidence of a culture's history, identity, and spiritual world. Through them, we can rediscover and understand ourselves. For young people, delving into this field is not only an educational or creative activity, but also a philosophical journey. The connection between ornament and thought is a bridge between the visible and the invisible. Discovering oneself through art means recognizing one's place in the universe and culture. The power of pattern-based art lies in its ability to illuminate both the visible world and the soul.

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