



## Self-discovery in Paulo Coelho's *Aleph*

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### Abstract

There is no doubt that complexities and ambiguities exist in the human minds. The need to unravel and solve those mysteries and the foggy actualities of life's existence has been one of Paulo Coelho's (1947-present) biggest concern. In almost all his novels, Coelho shows how people should dig deep into the mysteries of life in order to find a true understanding to their existence. In doing so, a true kind of enlightenment and purification is reached and the quest for self-discovery or self-realization is attained.

The paper tackles one of Paulo Coelho's novels *Aleph* (2011) which is considered as an autobiographical reading to signify the connection between himself and God. It was a phase that Coelho went through when he had actually achieved fame, wealth, and an understanding wife, yet the feeling of discomfort and that something was still missing kept haunting him. Thus, the train journey that he takes can be signified as his reconnection with his spiritual existence to achieve the desired self-discovery. The framework of this study is interpreted through the theories of spirituality and psychoanalytic to prove how the character experiences a higher level of spirituality in order to reach the desired realm of self-discovery. Coelho through the mouthpiece of his character spreads the message that in order to possess a comforting inner self, one should learn how to forgive and love others. Only then that a person's true self-realization and satisfaction are attained.

### Keywords:

Experience, forgiveness, love, redemption, self-discovery, spiritual.



The Brazilian author Paulo Coelho (1947-present), whose works have been translated into English and many other languages around the globe, have won him many international awards. Coelho is one of the influential authors in the world and is a member of the Academia Brasileira de Letras (ABL). He has been appointed as the ambassador of cultural diversity in the UNESCO and “a special counselor for the dialogues and spiritual understanding between cultures. In 2007, he was named as the UN envoy for peace”<sup>(1)</sup>. Coelho’s simple and heartfelt message, “happiness lies in finding ourselves”<sup>(2)</sup> has captured the ears and eyes of his readers attentively. Ortolano states, “Coelho is an author in search of himself, a trait that epitomizes his literary truth”<sup>(3)</sup>. Almost all his works show the quest for an elevated self in a conflicting disillusioned reality. **Aleph** is no exception where in essence it is about finding and solving the answers “to the crisis one may face in life of faith and contentment, regardless of age, accomplishments or whether one is in possession of things they wished for or not”<sup>(4)</sup>.

**Aleph** is a reflective novel of Coelho’s “inner conflict and losing faith in himself and the world he inhabits, [he] sets off on a highly personal quest that defies time and space”<sup>(5)</sup>. The story mirrors Coelho’s personal discovery of the self and is embedded with themes of spiritualism. It is about the writer’s unsatisfactory tantalizing feelings and how his treatment to life is not rewarded back to him in a satisfying manner. The character in **Aleph**, Paulo, also feels perplexed and disillusioned in life. He asks his master J (who is very well acquainted in performing spiritual rituals) for the doubts about the path of life he is leading and whether he has done anything wrong. The master, J, tells Paulo that his insecure feelings about his life are but the results of something Paulo had done years ago and that he should amend the wrongs of his past to discover his real self. Convinced of that answer, Paulo asks his publisher to take a long train journey across Russia not only for the promotion of signing his books, but the journey could help him discover a solution for his personal soul-search. During the journey, Paulo meets a twenty-one-year-old Turkish girl named Hilal with whom he knows that he had loved and betrayed her in his past (five hundred years ago) in a different incarnation. Three times in the novel, they share moments that transcend all cultures and even time and space, an experience that is called the Aleph.



Hilal's presence signifies a vital revelation in Paulo's confusing phase of his life. At the beginning of the novel, Paulo undergoes an inner conflict "I'm not at peace; now and then I go through periods of inner conflict that can persist for months" <sup>(6)</sup> and because of some magical reality (trances) that he witnesses which last for only seconds, he knows that "another world exists" (p.3), a world that could transcend him into a timeless and placeless point which could actually solve his confusing state of mind. Paulo talks to J whom he calls his master about having doubts specifically in regard to his faith; he says "despite all my efforts, I still can't honestly say that I feel closer to God and to myself" (p.6). The discussion moves on between the two only to be reminded of the twenty- four years of J's teachings to Paulo where the facts state that human beings tend to focus upon the past and future enormously while neglecting the present moment or as he calls it the Now.

They discuss how people in life submerge themselves in thinking about how things could have been better or they should have acted differently. In a similar way, Eckhart Tolle's concepts pretty much resemble J's discussion in that there are continuous monologues and dialogues which occur in the back of people's minds and that "because [this] voice belongs to your conditioned mind, which is the result of all your past history as well as of the collective cultural mind-set you inherited, so you see and judge the present through the eyes of the past"<sup>(7)</sup>. Likewise, Carl Jung's (1875-1961) model of the psyche states that the collective unconscious is the part of the psyche which stores the cumulative knowledge and past experiences. He asserts, "these memories exist in the form of archetypes, which are patterns or images of repeated human experiences"<sup>(8)</sup>. If these past experiences or archetypes are provoked or aroused, i.e., when a person thinks back repeatedly of his past experiences, he/she could end up into having a distressing and stressful condition as in Paulo's case. Jung claims, "these somewhat uncontrollable emotions, are the results of the stirring of an archetype"<sup>(9)</sup>.

J and Paulo continue to discuss that people's minds are overwhelmed about the future too; of the precautions they should take; and "how to avoid what we don't want and how to get what we have always dreamed of" (p.8). J explains to Paulo that in India they use the word "karma" which manifests that "it isn't what you did in the past that will affect the present. It's what



you do in the present that will redeem the past and thereby change the future” (p.9). Thus, what really matters is the Now. Tolle expresses the fact of the importance of the Now:

Nothing ever happened in the past; it happened in the Now.

Nothing will ever happen in the future; it will happen in the Now.

What you think of as the past is a memory trace, stored in the mind, of a former Now. When you remember the past, you reactivate a memory trace-and you do so now. The future is an imagined Now, a projection of the mind. When the future comes, it comes as the Now. When you think of the future, you do it now. Past and future obviously have no reality of their own.

Just as the moon has no light of its own, but can only reflect the light of the sun, so are past and future only pale reflections of the light, power, and reality of the eternal present. Their reality is

“borrowed” from the Now. <sup>(10)</sup>

It is noteworthy to mention here that Tolle expresses the fact that it is also perfectly possible to think of past and future aspects whenever required in order to deal with the practical aspects of our current life situations. J thus, advises Paulo to leave perhaps to take a long journey and to establish a truthful connectedness with people in order to return to the present and eventually to reconquer his kingdom, i.e., to establish himself again.

Our life, J says, “is a constant journey, from birth to death. ... the train keeps moving. Life is the train, not the station” (p.11). He also gives his account that all people have the capability of redemption and for that to happen, they should ask for forgiveness from those whom they have hurt. In addition to that, people can only achieve peace of mind and a state of inner understanding (or self-discovery) when they achieve peace and understanding with everyone else. The character, Paulo, felt a sense of loss inside him because the feeling of guilt and frustration continued to persist.



He says, “in theory, every loss is for our good; in practice, though, that is when we question the existence of God and ask ourselves, ‘what did I do to deserve this?’”(p.15).He thus, convinces his publisher of taking the train journey across Russia and end up at the Pacific Ocean, a wish that he had always cherished and wanted to achieve. He remembers J’s words that “if I can understand what’s going on in the world, I can understand what’s going inside myself” (p.31). Hence, he realizes the train journey is a must in order to rediscover his kingdom, i.e., to understand and attain his inner self.

The quest for self-discovery through the long train journey across the Siberian territory can be considered an ultimate success in Paulo’s life. Before he sets off to the journey, Paulo meets the twenty-one year-old Turkish girl. She introduces herself as Hilal and informs him that she needs to go with him on the long train journey. On telling her that he is doing the journey for personal reasons more than the promotion for his books, Hilal replies that she does know all about that and that they were meant to take the journey together to heal each other’s sufferings. On the day of departure, Paulo feels like a child full of excitement and he realizes that in order to feel life’s ecstasy, one must experience things not just “sit around pondering the meaning of life” (p.66). Paulo’s departure is a new challenge and he now understands that he should make the best of his time, “the time is here and now. Make the most of it” (p.67). He is thrilled at enjoying his Now moments and is excited to look at the “sight of the crowded platform, the smell of oil and food, the squeal of brakes as a train came into the station, the shrill sounds of luggage vans and whistles”(p.66). Carl Jung relates the occurrence of such moments to the:

Personal conscious or waking state [which]is that image or thought of which we are aware at any given moment. Similar to a slide show, every moment of our lives provides us with a new slide. As we view one slide, the previous slide vanishes from our personal consciousness [and is stored in the personal unconscious]<sup>11</sup>



Just before the train leaves, Hilal arrives and is rejected by Paulo's editor to stay in Paulo's compartment. However, Paulo grants her his permission and speculates upon the fact that if revenge is encountered by revenge then that makes people the equals of their enemies, whereas "by forgiving [people], we show wisdom and intelligence. Apart from monks in the Himalayas and saints in the deserts, I [Paulo] think we all have these vengeful feelings, because they're an essential part of the human condition"(p.70). In psychoanalytic theory, these feelings are considered as core issues "core issues stay with us throughout life and, unless effectively addressed, they determine our behavior in destructive ways of which we are usually unaware"<sup>(12)</sup>.

The journey that Paulo takes would prove a helping aid to the routine life and the stalemate he was leading. Paulo wants to identify and discover his real self again. Tyson explains, "until we find a way to know and acknowledge to ourselves the true cause(s) of our repressed wounds, fears, guilty desires, and unresolved conflicts, we hang onto them in disguised, distorted, and self-defeating ways"<sup>(13)</sup>. Thus, it was time for Paulo to find the true causes of his distorted thoughts, discard them, and move into the path of enlightenment. Feeling exhausted after twenty-four hours without sleep and standing with Hilal in the vestibule area of the train, Paulo enters the Aleph "I am in the Aleph, the point at which everything is in the same place at the same time. ... Our eyes have become the mirrors of our souls,...of all the souls of all the people on this planet who are at this moment walking, loving, being born and dying, suffering or dreaming"(p.79). Paulo sees himself going to his past where a lady is standing before him telling him that "love can save everything"(p.80). Suddenly, Paulo senses his presence back on the train and goes to his compartment when Hilal tells him "I knew I had met you before. ... It's as if we had to meet again at some point in this life" (p.81).

The experience of the Aleph by Paulo, resembles Jacques Lacan's (1901-1981) concept of the Real. The Real is something which is "beyond all our meaning-making systems, that which lies outside the world created by the ideologies society uses of existence. That is, the Real is the uninterpretable dimension of existence"<sup>(14)</sup>. The Real resembles a curtain which we know that the Real is there behind it but we cannot see it. It (the Real) is



“something we can know nothing about, except to have the anxious feeling from time to time that it’s there”<sup>(15)</sup>. Similarly, Paulo had the anxious feeling that the Aleph just had to exist and that it was time for him to do his utmost efforts to enter the Aleph. The Aleph is a spiritual impulsive experience which could be beyond people’s ability to comprehend. Barbara Leonard quotes Taylor’s point of view in regard to spirituality, “spirituality has many intangible aspects and is an intensely personal issue. ...Many individuals cannot describe ‘a personal experience’, yet they are convinced that they have experienced something spiritual”<sup>(16)</sup>. In Paulo’s case, he totally understood that entering the Aleph spot was something spiritual.

Barbara Leonard also uses the working definition of spirituality which she states:

Spirituality is embracing, celebrating, and voicing all connections with the ultimate/mystery/divine, within me and beyond me, in experiences that give me meaning, purpose, direction, and values for my daily journey. spirituality exists in our connection to other humans, our environment and the unfolding universe beyond, and the transcendent.<sup>17</sup>

Witnessing the Aleph, Paulo transcends time and space and is reconnected to his past of five hundred years before. He is determined to cross the boundary beyond his present self in order to conquer and clarify his confusions and guilt. Ultimately, this would direct him to find his real self again.

After explaining to Hilal that there are two Alephs; a small Aleph and a great Aleph where both actually occur by chance, Paulo also emphasizes the fact that time always changes. He also understands now that in order to accomplish success in life, people should free themselves from their horrible



memories. He says, “If you rely on [past] experiences, you’ll simply keep applying old solutions to new problems. ...It takes a huge effort to free yourself from memory, but when you succeed, you start to realize that you’re capable of far more than you imagined” (p.126). It is therefore the beginning of the healing process for Paulo’s self-discovery. He now begins to understand J’s words that he should discard any painful memories in order to signify a demanding presence. Jones explains that the novel has its spiritual implication and is about “finding oneself in a frame of complete awareness of one’s past actions, relationships and situations that may influence the course of a future”<sup>(18)</sup>. In addition, Paulo now is surprised of the sense of complaint he has been having in not being in touch with the Divine Energy. He says, “we are always in touch with it, it’s only routine that prevents us from feeling it” (p.123).

Sharing the spiritual moments of the Aleph with Hilal, has changed Paulo to become fully aware of himself as an individual or as Carl Jung would put it to be “un-divided”. Jung thought that the healthiest spiritual aim is that of “individuation-of trying to become more and more fully and truly who we essentially are”<sup>(19)</sup>. Jung wrote:

Individuation means becoming an ‘in-dividual’, and in so far as ‘individuality’ embraces our innermost, last, and incomparable uniqueness, it also implies becoming one’s own self. We could therefore translate individuation as ‘coming to selfhood’ or self-realization<sup>(20)</sup>

At this stage of the novel, one can say that Paulo has begun to reach the state of his individuation or self-realization. He explains to Yao, his translator, and Hilal that only through forgiveness and correcting past mistakes, a person can come into good terms within himself. He says, “the only way to solve the problem is to correct mistakes and resolve conflicts” (p.128). He thus, needs Hilal’s presence now as she will lead him into his salvation, “we’re stuck eternally on the same train, until God decides to stop it for reasons known only to him” (p.129). Hilal will be the key to make Paulo return to





the Aleph in order to realize what mistakes he has done and once these are resolved, self-discovery is achieved.

Both Hilal and Paulo need each other's presence. Despite the fact of being a talented violinist, Hilal needs Paulo to free her "from all the hatred I feel. When I read your books, I realized that you were that person" (p.151). Paulo on the other hand, needs Hilal to enter the Aleph and to understand the mistakes he has committed. As the train stops in Novosibirsk, the two share another moment of the Aleph. On an early morning, Paulo takes Hilal to a church where he asks her to seek her inspiration in the gilded walls, the pillars, and the lit flames of the candles of the church. Fortunately, Hilal succeeds in witnessing a spiritual experience by talking to a spirit (a girl) who dictates her forgiveness to Paulo. At that particular moment, Hilal is the acting instrument of forgiveness to Paulo's guilt, "I free myself from hatred through forgiveness and love" (p.168). As this part is over, Hilal has yet another spiritual moment where she forgives herself, "may the misfortunes of the past no longer weigh on my heart. Instead of pain and resentment, I choose understanding and compassion" (p.170). Though that particular spiritual moment (the forgiveness part) is definitely an important issue in Paulo's journey, yet he still needs Hilal's presence to know the exact cause behind his suffering.

Another spiritual moment that Paulo experiences in the presence of Hilal is the ring of fire or the ring of light. As he asks Hilal to come to his room, they embrace and only Paulo witnesses this extraordinary spiritual moment of the ring of fire. In fact, he had experienced this before he had met Hilal but the discovery of his real self was of no avail then. Fortunately for Paulo and due to Hilal's presence on the train, he manages to experience the ring of fire spinning around his body as he embraces Hilal on his bed only to propel him towards a place he does not want to go, but "to which I must return"(p.187). He succeeds in visiting his past where he sees a group of priests, the inquisitor (who happens to be Paulo of five hundred years back in time), and his superior at a gathering to unmask heretics and to witness the confession of the sins of eight young girls. Despite being innocent, one of the girls confesses doing evil things. This girl happens to be Hilal who lived in the period of five hundred years ago. The inquisitor realizes her innocence and needs to defend and save her soul, but he thinks his reputation



and career will be ruined. The verdict is reached which is death by burning. The spiritual experience of Paulo's use of the ring of fire in order to return to his past is to provide him with the self-discovery and direct him to a more meaningful life. Murray and Zentner define spirituality as "a quality that strives for inspiration, reverence, awe, meaning, and purpose"<sup>(21)</sup>. Pulchalski too contends that a spiritual moment, "is that which allows a person to experience transcendent meaning in life... whatever beliefs and values give a person a sense of meaning and purpose in life"<sup>(22)</sup>. Thus, after Paulo's awakening from the spiritual practice of the ring of fire, he understands that "the only justification [for his going back into the past] is that the knowledge acquired might help me to a better understanding of the present" (p.208).

On a certain incident during the journey and while talking about past and present, Paulo seeks the opportunity to express to Hilal "everything that happened in the past or will happen in the future is also happening in the present. Perhaps we met because I was your executioner, you were my victim and it's time for me to ask your forgiveness" (p.223). Hilal thus realizes Paulo's awareness of his past actions and is willing to forgive him (although she has already forgiven him back in Novosibirsk at the church) on the account of revealing his love to her. Though he reveals his love to her, yet his love to Hilal is a different kind of the normal love. He says, "[It's] not the love of a man for a woman, not the love of a father for a child, not the love of God for his creatures, but a love with no name and no explanation... I will never be yours and you will never be mine" (p.235). They both understand now that only through acts of forgiveness and love one can mitigate any distressing phase to attain reassurance. This understanding has come like a therapy for both in order to attain the required self-discovery. Freud says, "it is the job of a psychoanalysts to identify [the] unresolved conflicts that give rise to a patient's neurosis"<sup>(23)</sup>. Hence, in a certain way, each has acted as a psychoanalyst to cure each other's unresolved issues.

In one of the cities that the train stops, Paulo is accompanied with his translator, Yao, to witness yet another spiritual practice with a shaman whom Yao previously knew. Shamanism is a practice that "involves a practitioner reaching altered states of consciousness in order to perceive and interact with a spirit world and channel these transcendental energies into this world"<sup>(24)</sup>.



Thus, the shaman's performing the ritual on a remote sacred island is considered a spiritual experience that both Paulo and Yao witness. Hilal however, is not allowed to join them as it is against traditions to involve females under such rituals. She is left with two females on the shore but is assured she is to experience whatever they experience on the island. When the ritual is over, both Paulo and Yao feel a sense of joy and relief.

Back in the hotel after the ritual is over, Hilal scolds Paulo for not saving her life in the remote past. Apparently, she too has undergone a spiritual experience with the two ladies at the shore. She tells him, "you abandoned me when I most needed you. ...All I know is that in a past life, I died because of you" (p.253-254). On her insistence, Paulo describes to Hilal what happened in the dungeon, his cowardice and betrayal to the girl who looked exactly as the girl standing with him now, and how the girls were led to a pyre to be burnt. Hilal then spills out her emotions and feelings where she reveals that throughout her life she has sought vengeance instead of forgiveness and that "I humiliated others in order to feel humiliated, I attacked others in order to feel that my own feelings were being violated" (p.258). According to Sigmund Freud (1856-1939):

Every adult has stored many painful memories of repressed sexual desires, anger, rage, and guilt in his or her unconscious... [And that] even though the conscious mind has repressed these desires and has forced them into the unconscious, such wishes may be too hard for the conscious psyche to handle without producing feelings of self-hatred or rage.<sup>(25)</sup>

Hence, Hilal's suppressed feelings due to her being molested when a child, are ousted in inflicting pain and suffering on others.



Paulo advises Hilal to transfer all her pain and hatred into something else (perhaps her music) in order to discard her discomfort and to find herself again, he tells her “the power of regeneration is in your hands” (p.260). He acts here as a psychotherapist for Hilal to treat her from what Freud calls neurosis. Freud asserts that neurosis is when “the ego and id become involved in an internal battle...neurosis can assume many physical and psychological abnormalities”<sup>(26)</sup>. Advising Hilal to vent out her repressed feelings into her music, is in a way Paulo’s attempt to be her psychiatrist in order to resolve her conflicts and to return her to a state of well-being or normalcy. The disclosure of their feelings made the desire of making love to each other irresistible, yet he only imagines the love scene, “not because I’m [Paulo] the most faithful man in the world, but because that was the way in which our bodies met-with the angels watching over us”(p.261).

Back on the train where just before arriving to the final destination, Vladivostok, Paulo comes to a realization that being on the train was like being on the whole universe. He says, “I am not a foreigner because we are all travelling” (p.270). It can be said that Paulo at this stage has reached his self-discovery and conquered his kingdom. Making the journey, has made Paulo “the king of my own world again. And it’s here; I’m back in touch with myself and with the magical universe all around me” (p.281). He understands that “sometimes you have to travel a long way in order to find what is near. ...the extraordinary are with me and with everyone in the Universe all the time, but sometimes we forget that” (p.281). He also assures Hilal that her despair will be over and her feelings of bitterness will eventually disappear.

The plans of the return journey end abruptly as Paulo is invited to meet president Putin in Moscow. Feeling annoyed and after a small quarrel with Paulo where blood oozes out of his nose, Hilal is taken by him (from the hotel) to the train station to experience the Aleph again. Here again, Paulo discovers that the soul of Turkey (Hilal) will show him what he needed to see. And again both are back in the past and he hears female voices, “I feel ashamed, I don’t want to look at them [the girls who are driven by the cart to be burnt], but the voices insist” (p.294). He now has the capability to hear the girls’ voices saying, “the time for fear is past, now there is only the time of hope. ...Love will conquer hatred. ...That is the blessing we place on



your head now, until the end of time” (p.295). After waking from that spiritual point of the Aleph, Paulo finally understands his destiny and that through love, forgiveness, and hope one can achieve peace of mind.

The novel ends on their arrival at Moscow’s airport where Paulo buys Hilal twelve flowers. He asks for eleven volunteers to give her the flowers and to spare the twelfth one to be given by him. After saying farewell to each other, Paulo is escorted to meet the president. In the author’s note at the end of the book, Paulo writes that he met Hilal again in 2006 where he sensed she too “had become queen of her world again and needed to rule over her own realm” (p.299). Hence, each has found his/her own kingdom, i.e., attained the required self-discovery by clarifying and discarding the past mistakes. Thus, their individuality and meaning to life (though it took them some long time to be attained), have finally been garnered.

The novel might also have a political implication that leaders need to diminish despicable acts against humanity through forgiveness and love in order to harbor benevolence toward mankind. Whether they do it through spiritual experiences or not, it is up to them. On being asked, in an interview, whether Paulo’s works embrace any political or ideological stance; Paulo Coelho replies:

My literature is totally committed to a new political attitude: man in search of his own identity. There is a revolution that is slowly setting up, which the press doesn’t seem to have detected yet. ...I’d say that the new political attitude for our era is to ‘die alive’. In other words, ...people end up dying to the world on the day they renounce their dreams <sup>(27)</sup>.

Hinting that people’s dreams and ambitions are being thwarted due to their leaders’ political agendas, Paulo seems to be implying the death of the pure



innocent souls and minds. And may be Paulo's reference in meeting one of the world's famous leaders at the end of the novel was meant to be written.

The title too could also have an indirect political and social meaning. Originally, the word aleph is descended from Phoenician aleph, from a reconstructed Proto-Canaanite alp "ox". It is the first letter in Arabic and Latin (A). It is also found in Hebrew Aleph and Greek Alpha. In modern Arabic and modern Hebrew, the literal meaning of the word means "tamed or familiar"<sup>(28)</sup>. The title could therefore imply that all human beings should train and cultivate themselves to the acts of forgiveness and love in order to live a harmonious ongoing life.

### Conclusion

Finding one's self or self-discovery whether through spiritual practices, psychological treatments or any other means is an obligation toward not only the self, but to mankind as well. It might take a huge effort and courage to discard any distressing or oppressing feeling, yet the try is worth it. In a similar manner, Paulo tried his utmost efforts to diminish his badguilty thoughts in order to lead a better present and future understanding. The search for self-discovery may have taken him years to unravel complicated matters, yet when he tried; he succeeded. His spiritual practice to enter the Aleph where time and space converge, can be considered as a healing process to attain the required wholeness and to become a true individual. It is worth mentioning here that any spiritual moment(s) can be considered individualistic and it could happen by coincidence without any prior notice. One should have complete awareness of his present actions and relations; and if any mistakes are found from the past which still linger into the present, one can extenuate them out.

Consequently, the perception and reawakening to old mistakes can be redeemed through acts of forgiveness and love. Almost all the religions of the world lead people to earthly and divine justice through acts of redemption, love, and peace. There is no doubt that human beings are regarded as complex characters due to psychological predispositions stored in the collective unconsciousness which sometimes motivate our mysterious



strange behavior. However, humans are also considered apprehensible creatures with intensified emotions that can fathom guilt, anger, and vengeance through acts of forgiveness, love, sympathy, and compassion.

### Notes

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- (2) Glauco Ortolano, "The Coming of an Age of a Brazilian Phenomenon", **World Literature Today** (April-June 2003):57
- (3) Ibid.
- (4) Dow Jones, "Aleph: Paulo Coelho's Own Epiphany", **Arab News** (2011):1
- (5) Margaret Flanagan, "Aleph", **Booklist** (Sep. 15, 2011):23
- (6) Paulo Coelho, **Aleph** (London: Harper Collins Publishers, 2011), p.3 All subsequent references to this source are taken from this edition.
- (7) Echart Tolle, **The Power of Now** (California: New World Library, 1999), p.14
- (8) Charles E. Bressler, **Literary Criticism** (New Jersey: Pearson Education, Inc., 2007), p.150
- (9) Ibid., p.151
- (10) Tolle, p.41
- (11) Bressler, p.150
- (12) Lois Tyson, **Critical Theory Today** (New York: Routledge, 2006), p.17
- (13) Ibid., p.13
- (14) Ibid., p.32
- (15) Ibid., p.32
- (16) Barbara Leonard and David Carlson, **Introduction to Spirituality** <http://www.touroinstitute.com> , p.10 Retrieved in 11/11/2016
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<http://www.thesap.org.uk/resources/articles-on-jungian-psychology-2/about-analysis-and-therapy/spirituality-and-religion> Retrieved in 8/11/2016
- (20) Ibid.
- (21) Barbara Leonard and David Carlson, **Introduction to Spirituality**,  
p.16
- (22) Ibid.
- (23) Bressler, p.149
- (24) <http://www.en.m.wikipedia.org>wiki>spirit> Retrieved in 11/11/2016
- (25) Bressler, p.148
- (26) Ibid., p.149
- (27) Ortolano, p.58
- (28) <http://en.m.wikipedia.org>wiki>Aleph> Retrieved in 1/12/2016

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## اكتشاف الذات في رواية ألف للكاتب بولو كويلو

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### خلاصة البحث

توجد في العقول البشرية وبلا شك العديد من التعقيدات والالغاز. واصبحت الحاجة الى كشف هذه الالغاز , وحلها والحقائق الضبابية المشوشة حول وجود الحياة احدى اكبر اهتمامات الكاتب بولو كويلو (1947- الحاضر). وفي كافة رواياته تقريبا، بين كويلو كيف ان على الناس سبر اغوار الغاز الحياة من اجل ايجاد فهم حقيقي لوجودهم، وبهذا يتم الوصول الى نوع حقيقي من البصيرة والنقاء والتطهر ويتم عندها اكتشاف وادراك الذات.

يعالج البحث احدى روايات بولو كويلو وهي **ألف** (2011) والتي تعد سيرة ذاتية توضح الارتباط ما بين الكاتب والاله. وهي تمثل طورا مر به كويلو نفسه، ففي الوقت الذي تحقق فعلا للكاتب الشهرة وامتلاك للثروة والزوجة المتفهمة الا ان شعور عدم الراحة والاحساس بوجود شيئا ما مفقودا في حياته قد سيطر عليه. لذا يمثل قطار الرحلة الذي استقله كويلو اعادة الاتصال والارتباط مع وجوده الروحي من اجل تحقيق اكتشاف الذات المرجو منه والمرغوب فيه. وقد وضع اطار هذه الدراسة من خلال نظريات الروحانية والتحليل النفسي من اجل اثبات كيف ان الشخصية تمر بأعلى مستوى من الروحانية من اجل الوصول الى المجال المرغوب في اكتشاف الذات. وقام الكاتب وعلى لسان شخصيته الروائية بنشر الرسالة التي فحواها هو الوصول الى امتلاك ذات داخلية مرتاحة ، فان على المرء ان يتعلم كيف يغفر للاخرين ويحبهم، عندها فقط يتحقق الادراك الذاتي الحقيقي والرضا.

**الكلمات المفتاحية:** التجربة، المغفرة، الحب، التسديد، اكتشاف الذات، روجي .

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