

Healing and Redemption in palulo Co ello's Aleph (2010) and Hippiie (2018)

FatimaH Hassan HamzaH Al-kaTTea

2002fatimah99@gmail.com

Minstry of Education Directorate

Baghdad ,Kharkh2

ABSTRACT

This research examines the themes of healing and redemption in Paulo Coelho's novels *Aleph* (2010) and *Hippiie* (2018). The study aims to uncover how these themes are portrayed in the stories and to identify the common elements that appear in both works. By employing close textual analysis and literary criticism, the research focuses on the characters' journeys toward healing, their paths to redemption, and how these experiences are interwoven with their personal growth and spiritual fulfillment. Through a detailed exploration of the narratives and characters, this study seeks to demonstrate how Coelho crafts his tales to highlight the processes of healing and redemption, offering readers profound insights into the human spirit and the universal search for meaning. The research involves comparing the two novels to highlight both similarities and differences, thereby gaining a deeper understanding of how Coelho addresses healing and redemption in his writing.

Keywords: Healing, Redemption, Journey, Literary Criticism, Spiritual Fulfillment, Thematic Approach, Paulo Coelho, Aleph, Hippiie.

الشفاء والخلاص في روايتي باولو كويلو الف ٢٠١٠ وهيبى ٢٠١٨

م.م فاطمة حسن حمزة

وزارة التربية/ مديرية الكرخ (الثانية)

الملخص

يتناول هذا البحث موضوعي الشفاء والفداء في روايات باولو كويلو "الف" (٢٠١٠) و"هيبى" (٢٠١٨). وتهدف الدراسة إلى الكشف عن كيفية تصوير هذه الموضوعات في القصص وتحديد

العناصر المشتركة التي تظهر في كلا العملين. ومن خلال استخدام التحليل النصي الدقيق والنقد الأدبي، يركز البحث على رحلات الشخصيات نحو الشفاء، ومساراتهم نحو الفداء، وكيف تتشابك هذه التجارب مع نموهم الشخصي وتحقيقهم الروحي. ومن خلال استكشاف مفصل للسرد والشخصيات، تسعى هذه الدراسة إلى إظهار كيف يصوغ كويلو حكاياته لتسليط الضوء على عمليات الشفاء والفداء، مما يوفر للقراء رؤية عميقة في الروح البشرية والبحث العالمي عن المعنى. ويتضمن البحث مقارنة الروايتين لتسليط الضوء على أوجه التشابه والاختلاف، وبالتالي اكتساب فهم أعمق لكيفية تناول كويلو للشفاء والفداء في كتاباته.

1.Introduction

In Coelho's later works, he explores a variety of themes. "Veronika decide morrer" (1998; Veronika Decides to Die) explains his perceived mental struggles in his youth. "*O demônio e a Sênorita Prym*" (2000; *The Devil and Miss Prym*) investigates the essence of humanity. "*Onze minutos*" (2003; Eleven Minutes) explores the delicate boundary between love and sex through a prostitute's story. "*A bruxa de Portobello*" (2006; *The Witch of Portobello*) narrates the life of a female religious leader through interviews. "*O vencedor está só*" (2008; *The Winner Stands Alone*) is a thriller set at the Cannes film festival. "*O Aleph*" (2010; Aleph) seemingly recounts Coelho's 2006 Trans-Siberian Railroad journey but is enriched with a supposed encounter with a reincarnated lover. "*Manuscrito Encontrado em Accra*" (2012; *Manuscript Found in Accra*) explores the experiences of a Greek wise man in Jerusalem before the Crusader invasion. "Adultério" (2014; Adultery) chronicles a journalist's extramarital affair, and "Hippie" (2018) is inspired by Coelho's experiences in the 1970s (Calvert, 2023).

People naturally seek the meaning of life, and one way to discover life's purpose is through journeys. Damon, Menon, and Bronk (2003) suggest that people travel from one place to another as a way to explore and understand the meaning of life. Journeys, according to Desforges (2000), McCabe (2005), and Palmer (2005) as cited in Milde (2010), play a crucial role in questioning one's existence, offering

a transition from ordinary to extraordinary life. This indicates that journeys are dynamic processes influencing individuals in their quest for life's purpose, shaped by various factors encountered during the journey.

The initiation of life's purpose often stems from one's self-discovery during a journey. Wang (1999) emphasizes that a journey involves not only the exploration of external places but also an inner quest for a sense of life. Individual experiences during journeys are linked to the search for life's purpose, as these experiences may introduce new perspectives and alter one's way of life.

Hill, C. & Burrows, G. (2017) highlight that journeys provide new experiences through interactions with others, contributing to the definition of life's purpose. They define life purpose as a self-organizing life aim that shapes goals, influences behaviors, and imparts a sense of meaning. Having a life purpose is considered crucial for psychological well-being, physical health, and longevity. Taylor (1989) adds that life purpose extends beyond worldly aspirations, encompassing the essence of life itself and one's relationship with God.

Johnson (1999) argues that life's purpose addresses unfulfilled longings people have to express their understanding of the world. He categorizes goals related to life's purpose into one, emphasizing the necessity for individuals to live in harmony with God. According to Johnson, establishing a relationship with God guides individuals in fulfilling God's purposes, and this connection extends to relationships with others. Describing their work to others brings individuals satisfaction and appropriate pride, as they feel connected to God's will. People perceive their contributions as valued and appreciated, aligning with God's purposes and thus deserving respect. Johnson (1999) contends that people's life purpose is ultimately about living with God. This aligns with Ryff & Keyes (1995) and Compton et al. (1996), who categorize

those with a relationship with God into the realms of religion and spirituality. In the study, the main character discovers the meaning of life through a literal journey, relating to religion or spirituality.

Emmons (1999) supports this perspective, highlighting the significance of spirituality, which demands effort as it involves ultimate purpose, ethics, commitment to a higher power, and seeking the divine in daily experiences. He defines spirituality as recognizing a transcendent dimension of reality and the desire to establish a relationship with that reality. Emphasizing that people are created in God's image for a relationship with Him, he suggests that achieving life's purpose involves spiritual goals, emphasizing the importance of spirituality for individuals as human beings.

2. Attachment theory

It is in developmental psychology, suggests that humans have an innate need to bond emotionally with a caregiver, typically forming this bond within the first six months of life if the caregiver responds appropriately. Developed by psychologist John Bowlby, the theory emphasizes the importance of emotional connections for protection and emotional regulation. It examines both universal and individual aspects of emotional experiences and how early caregiving influences later interpersonal attitudes and coping strategies(Frale,2018).

John Bowlby, a British psychoanalyst, originally developed the theory of attachment to understand why infants experienced intense distress when separated from their parents. He observed that separated infants would exhibit behaviors like crying, clinging, and searching desperately to prevent or reconnect with their parents. While other psychoanalysts viewed these behaviors as immature defense mechanisms, Bowlby saw them as common across many mammalian species and suggested they might have an evolutionary purpose(Ibid).

Bowlby, drawing from ethological theory, suggested that attachment behaviors like crying and searching were adaptive responses to being separated from a primary caregiver who provides support and protection. Since human infants, like other mammalian infants, can't take care of themselves, they rely on older, wiser adults. Bowlby argued that throughout evolution, infants who could stay close to a caregiver through these behaviors were more likely to survive and reproduce. He proposed that natural selection gradually shaped a motivational system, what he called the attachment behavioral system, to regulate staying close to a caregiver (Beckes, and Simpson, 2023).

Paulo now has a secondary goal driving his journey: seeking redemption from Hilal, whom he believes is the fifth of eight women he must meet in his lifetime. These women represent victims of his past actions, sentenced to death for their sins. Paulo feels immense guilt for not being able to save them, and this guilt haunts him throughout his journey. To rid himself of this burden, Paulo seeks forgiveness or redemption from Hilal. This leads to discussions about why redemption happens and how this problem can be theoretically explained(Ibid).

Bowlby's interest in how humans form emotional bonds started with a key observation: when infants are separated from their caregivers, they go through specific stages of reaction seen across different cultures and primate species. Initially, infants protest loudly, crying or screaming to find their caregivers. Bowlby thought this protest was crucial for survival, as it draws the attention of caregivers who might protect vulnerable infants from harm. If protests don't work, infants enter a phase of despair where they become silent and still, likely to avoid drawing predators with excessive movement. Finally, if not reunited, infants detach emotionally, gradually learning to be independent and form new bonds. Bowlby believed these stages mirrored reactions to separations in adult relationships, suggesting evolutionary adaptiveness.

He also noted common behaviors like sucking, clinging, and smiling, which keep infants close to caregivers, and highlighted caregiver traits like responsiveness and familiarity as crucial for attachment development(Frale,2018).

Bowlby, drawing from ethological theory, suggested that attachment behaviors like crying and searching were adaptive responses to being separated from a primary caregiver who provides support and protection. Since human infants, like other mammalian infants, can't take care of themselves, they rely on older, wiser adults. Bowlby argued that throughout evolution, infants who could stay close to a caregiver through these behaviors were more likely to survive and reproduce. He proposed that natural selection gradually shaped a motivational system, what he called the attachment behavioral system, to regulate staying close to a caregiver(Ibid).

Attachment theorists believe that different attachment patterns in children and attachment styles in adults reflect diverse ways of managing emotions, especially negative emotions, in challenging situations. Mary Ainsworth and her colleagues identified these patterns in children aged 12 to 18 months using the Strange Situation, which examines how children regulate negative emotions when separated from and reunited with their caregivers. Securely attached children use their caregivers as a source of comfort and quickly return to other activities after reuniting. In contrast, anxious-resistant children remain distressed and may show anger towards their caregivers, while anxious-avoidant children stay emotionally distant and calm themselves independently(Beckes, and Simpson, 2023).

As people develop, a key difference between secure and insecure individuals is how they manage negative emotions, influenced by their beliefs about the availability of comfort from attachment figures. Secure individuals, based on past caregiving experiences, acknowledge distress

and seek comfort from attachment figures. In contrast, highly avoidant adults minimize distress and rely on self-reliance to manage negative emotions. Highly anxious individuals focus on the source of distress, ruminate on it, and worry that their attachment figures won't meet their ongoing needs for support(Ibid).

Mario Mikulincer and colleagues proposed a process model explaining how people with different attachment histories cope with stress and regulate emotions. When faced with stress or threats, highly secure individuals trust that their attachment figures will be attentive and responsive, which reduces their distress and anxiety. This confidence boosts their sense of security, deactivates their attachment systems, and allows them to use constructive, problem-focused coping strategies to address and resolve their issues. (Beckes, and Simpson, 2023).

Highly insecure individuals cope with stress differently. Highly anxious individuals, when faced with attachment-related stress or threats, worry that their attachment figures won't be attentive or responsive enough. This uncertainty prolongs their distress and keeps their attachment systems active, leading them to use emotion-focused coping strategies like hypervigilance to potential relationship losses and ruminating on worst-case scenarios. On the other hand, highly avoidant individuals, though they may not consciously recognize their anxiety, feel it physiologically. To deactivate their attachment systems, they use avoidant coping strategies to suppress and control their emotional reactions (Ibid).

3.1 Healing and Redemption in Paulo Coelho's *Aleph*

Renowned Brazilian writer Paulo Coelho has captured the hearts of readers worldwide with his touching stories about healing and redemption. Two of his well-known books, *Aleph* (2010) and *Hippie* (2018), take readers on profound journeys toward overcoming past wounds and finding forgiveness. In *Aleph*, Coelho shares his own

spiritual adventure on the Trans–Siberian Railway, exploring deep emotional healing and renewal. In *Hippie*, he draws on his youthful exploration of the world in the 1970s, highlighting themes of reconciliation and personal growth. Both books encourage readers to reflect on their lives, question societal expectations, and embrace the power of healing and redemption. Through these stories, Coelho imparts valuable lessons, inspiring readers to embark on their unique journeys toward wholeness and transformation (Calvert, and Pallardy, 2024).

In *Aleph*, the main character, who is also the author Paulo Coelho, embarks on a long train journey from Amsterdam to Vladivostok in Russia. This trip is not just a physical adventure; it symbolizes a deeper journey of healing and redemption within himself. As he travels through various places and experiences different cultures, Coelho confronts inner struggles related to past wounds, forgiveness, and personal renewal. The journey serves as a metaphor for his quest to heal emotional scars, seek redemption, and understand more about himself and his life's purpose (Ibid).

After the main character embarks on a journey of healing and redemption, he discovers the importance of these themes in his life. Healing is described as the process of restoring emotional and mental well-being, while redemption involves seeking forgiveness and making amends (McKnight & Kashdan, 2009). This journey is crucial for the character as it helps him overcome past traumas, set new goals, and foster a positive outlook, leading to a more meaningful and purposeful life. By the end, the main character achieves a sense of healing and redemption, understanding what he needs to do to move forward.

In the novel, Paulo Coelho embarks on a journey with a woman named Hilal and several colleagues to address his dissatisfaction with life and stagnant spiritual growth. Following his Master's advice, Paulo travels from Africa to Europe and Asia on the Trans–Siberian Railway.

The book primarily details Paulo's experiences during this train journey with his publishers and Hilal, whom he meets along the way. The journey aims to renew Paulo's spiritual state. During the trip, Paulo often encounters Hilal, and at one point, while conversing with her on the train, he experiences a flashback to a past life. Gazing into Hilal's eyes, Paulo recalls a memory from several hundred years ago, realizing they are in a state called "aleph." He remembers a past life where he feels guilty for not preventing the execution of eight women (Purwandoyo, n.d.). He says:

In magic – and in life – there is only the present moment, the now. You can't measure time the way you measure the distance between two points. 'Time' doesn't pass. We human beings have enormous difficulty in focusing on the present; we're always thinking about what we did, about how we could have done it better, about the consequences of our actions, and about why we didn't act as we should have. Or else we think about the future, about what we're going to do tomorrow, what precautions we should take, what dangers await us around the next corner, how to avoid what we don't want and how to get what we have always dreamed of.(Coelho , 2010,p.8)

These lines highlights the importance of living in the present moment. It explains that people often struggle because they focus too much on the past or worry about the future. This idea connects to the theme of redemption in the novel, as the main character achieves redemption by facing his past guilt and seeking forgiveness in the present. By concentrating on the now, he is able to heal and move forward.

In the narrative, the protagonist achieves healing and redemption through a metaphorical journey that emphasizes self-transcendence and personal growth. Self-transcendence involves seeking deeper meaning, forgiveness, and moving beyond personal grievances(Purwandoyo, n.d.)divides the journey towards healing and redemption into two main

aspects: living with passion and developing core values. The protagonist's approach to life is central to his healing and redemption, guiding his survival. Ultimately, he finds healing and redemption during his travels on the Trans–Siberian Railway (Ibid). Coelho says: "It's what you do in the present that will redeem the past and thereby change the future ".(Coelho , 2010,p.10)

In Coelho's *Alph*, the protagonist is haunted by past regrets and failures, which create internal conflict. This struggle is addressed through interactions with various characters, each representing different aspects of his inner turmoil. For instance, a cynical journalist reflects his lost youthful idealism, while an unpredictable travel companion challenges his fear of commitment. These encounters act as catalysts for self–exploration and emotional release, helping Coelho confront and overcome the lingering effects of his past (Oliveira, 2014). "A life without a cause is a life without effect."(Coelho, 2010, p 2)

This encounter introduces a secondary objective to the journey: Paulo seeks redemption from Hilal, believing she is the fifth of eight women he must meet in his lifetime. These women, victims of Paulo's past life, were sentenced to death for their sins, and he feels haunted by guilt for not being able to save them. To alleviate this guilt, Paulo needs Hilal's forgiveness for his past sins. This situation inspires a discussion on the nature of redemption and how it can be theoretically explained(Oliveira, 2014).

In the context of attachment theory, this quest for redemption and healing can be seen as an effort to address deep–seated emotional needs and unresolved past conflicts. Paulo's journey reflects his attempt to regulate and heal his negative emotions by seeking forgiveness and forming new emotional bonds, mirroring the ways individuals manage and repair emotional connections according to attachment theory.

In the novel, Paulo's goal is to achieve spiritual renewal and forgiveness, ultimately healing his old wounds and alleviating his guilt. Redemption, defined as receiving forgiveness for sins, is central to the story. According to Bloom (2010), while sin and redemption are theological concepts, in literature, error is considered a genuine theme, with recognition of error being the primary literary focus. Paulo's journey for redemption involves acknowledging his past sins and seeking forgiveness. He feels spiritually corrupted by routine and believes that renewal requires addressing his past actions. J., his mentor, advises him that actions in the present can redeem the past and change the future, prompting Paulo to embark on a journey to seek forgiveness from those he has wronged.

Everyone looking for immediate results to solve at least some of the problems the world or your personal life. And things seem more and here I am, wanting to move forward with a spiritual tradition whose roots lie in a remote past, far away of all the challenges of the present moment (Coelho, 20123, p.2)

Coelho talks about how people today want quick solutions for their problems. However, he wants to follow an old spiritual tradition, which seems distant from today's issues. This connects to the idea of redemption, as true redemption is not quick but comes from deep self-reflection and understanding past actions. Like Coelho's interest in ancient wisdom, the journey to redemption involves patience and learning from the past to find forgiveness and personal growth.

J. advises Paulo to leave his current state and seek renewal by finding those he has harmed and asking for their forgiveness. This prompts Paulo to embark on a journey, a common theme in his books that explore self-development and philosophical insights. During his travels, Paulo receives forgiveness from Hilal for his past sins. In a state known as *Aleph*, he helps Hilal access her past life, where she forgives

him and others who wronged her. This act signifies that Paulo has achieved his redemption (Berger, 1982).

Dr. Weiss describes this process as the "key moment flow," where the subconscious highlights critical moments from past lives to address hidden trauma and facilitate healing. By the end of the novel, Paulo is redeemed and reclaims his spiritual state, demonstrating that physical experiences are essential for true healing and redemption (1992).

In the novel, sin is central to Paulo's actions, though it stems from his past rather than his present. This lingering guilt drives him to embark on a journey seeking redemption. Dr. Brian Weiss's theory of past-life regression healing therapy is used to analyze Paulo's sin. Regression therapy involves mentally returning to earlier times to retrieve memories that negatively affect one's present life, often causing symptoms. This therapy uses hypnosis to help patients access past memories. Hypnosis, a state of focused concentration, is employed by Paulo to put both himself and Hilal into a hypnotized state called Aleph. This state allows the subconscious mind to surface, helping them recall significant past events(1992).

Weiss explains that using hypnosis in regression therapy allows patients to access their subconscious for profound healing. Paulo believes that revisiting past lives through the Aleph can heal his old wounds and achieve redemption. This process is similar to Weiss's methods, where patients recall information from past or present lives while in a relaxed state. Despite the risks and potential for frequent relapses, Paulo is determined to explore his past lives, demonstrating Freud's concept of "repetition compulsion," where individuals feel compelled to re-experience past traumas (Weiss, 1992).

In the novel, Paulo confronts his past sins through past-life regression therapy, which uses hypnosis to access and heal old wounds, ultimately seeking redemption despite the risks involved. Guilt,

as defined by Cengage (2005), is an emotional experience that arises when someone realizes or believes they have violated their own moral standards. This journey allows Paulo to address his feelings of guilt and seek forgiveness, facilitating his emotional recovery and redemption.

To analyze guilt in the novel, the theory of defense mechanisms from psychoanalysis is applied. Conceived by Sigmund Freud in the late 19th and early 20th centuries, psychoanalysis explores the interaction between conscious and unconscious processes. In literature, this theory can study the psychological aspects of characters, the creative process, and the impact on readers (Wellek & Warren, 1942). Defense mechanisms are unconscious techniques the ego uses to manage instincts and ward off anxieties.

Paulo feels dissatisfied with his life over the past two years, indicating that routine has dulled his spirit. Known for his love of travel, he seeks renewal through a journey, as suggested by his mentor, J. This reflects the suppression defense mechanism, where Paulo pushes away his feelings of dissatisfaction by consulting his mentor and embarking on a journey to rejuvenate his spirit. " I made mistakes that I can't remedy now. And you told me not to do that again, as it would only increase my fault. Traveling to past lives is like digging a hole in the ground and letting the fire downstairs burn .the gift "(Coelho,20123,p.7).

The speaker admits to making irreversible mistakes and remembers advice to avoid repeating them, as it would only make things worse. They compare dwelling on past lives to digging a hole and letting a fire burn below, implying that focusing on the past can be harmful. Instead, they stress the importance of living in the present, which they call a "gift." This idea links to redemption by emphasizing that true healing and redemption come from accepting past mistakes, learning from them, and concentrating on the present to move forward.

In the novel, Paulo poetically depicts his guilt as rain that drenches him, symbolizing his past mistakes. He interprets this as a divine signal to change and move forward, aligning with the disavowal defense mechanism where he denies his errors and seeks immediate change. Paulo is aware of Hilal's presence and struggles with his feelings for her. Although he misses her, he denies it, indicating internal conflict. This gradual acceptance is crucial for his redemption, as acknowledging painful truths is part of his healing journey. His journey represents a quest for spiritual renewal and redemption, driven by the need to confront and heal from past mistakes, reflecting the psychological study of defense mechanisms in literature (Wellek & Warren, 1942). The writer says:

The rain falls more and more intensely, and I don't hear nothing but the sound of water. I'm soaked and I can't move. I don't want to leave here because I don't know where to go, I'm lost. J. is right: if he had really reached his limit, this feeling of guilt and frustration would have passed by now. But she continues. Fear and trembling. When dissatisfaction does not disappear, it is because God placed it there for one reason: We need to change everything, move forward. (Coelho, 20123, p.13).

The speaker feels overwhelmed by the heavy rain and can't hear anything but the water. They're soaked, unable to move, and unsure of where to go, feeling lost. They realize that if they had truly reached their limit, the guilt and frustration would have faded by now, but these feelings persist. They understand that lingering dissatisfaction is a sign from God that change is needed and that they must move forward.

This connects to redemption by showing that enduring guilt and frustration signal the need for personal growth and transformation. Recognizing and acting on these feelings can lead to true redemption.

4.1 The Path to Healing and Redemption in Paulo Coelho's *Hippie*

Paulo Coelho's novel *Hippie* is set during the brief time he lived as a hippie. In the 1960s, people seeking spiritual enlightenment traveled to places like India and Nepal. The hippie subculture, known for its unique style and rejection of traditional norms, emerged during this era. In *Hippie*, Paulo and other young people explore both Western and non-Western cultural ideas as they begin their journeys into the world. These young people seem to have started and led the hippie movement, living in communes and traveling widely in search of love, freedom, and peace. Although the hippie movement grew as a counterculture to the 1960s youth movement, the novel highlights the protagonist's quest for spiritual enlightenment as an important theme (Parmar,2023).

While in Paulo Coelho's novel *Hippie* published in 2018, the story is based on Coelho's own experiences as a young traveler during the countercultural movement of the 1970s. Through the protagonist's journey, Coelho explores the transformative power of exploration, freedom, and embracing one's true self. In *Hippie*, the main character is our Brazilian hero named Paulo, who is actually based on the author Paulo Coelho. Another important character with her own perspective is Paulo's friend Karla, who is from the Netherlands and also have the Irish couple Rayan and Mirthe, the forty-seven-year-old Jacques and his twenty-year-old daughter Marie, who are from France and the two bus drivers Michael, from Scotland, and Rahul(Washburn Review,2020)

The novel follows a Brazilian protagonist's journey through Europe in search of healing and redemption. He meets diverse characters who challenge his views and aid in his emotional recovery. Through these interactions, Coelho highlights the significance of embracing different perspectives and approaches to life, which are crucial for personal healing and the path to redemption (Fewston, 2019). Coelho

emphasizes the importance of following one's intuition and inner voice in the journey of healing and redemption. The protagonist frequently faces decisions that pit conventional expectations against his need for emotional recovery.

Paulo embarks on an adventure from his homeland to explore unknown territories, driven by his desire to become a celebrated writer and influenced by the Hippie movement, which reacted strongly against societal norms. This journey aligns with Joseph Campbell's concept of the "call to adventure," where the hero is summoned to venture beyond familiar boundaries. In the 1960s and 70s, the Hippie movement's influence led many young people to travel widely, despite the high cost of airplane tickets, seeking freedom and new experiences. Paulo's journey marks his departure from the ordinary world(Rai,2022).

The novel *Hippie* describes how the hippie movement created a distinct identity, popularizing their fashions and behaviors. Paulo's journey connects with the hippie lifestyle, their thoughts, and their view of society. Coelho notes that hippies had long hair, bright clothes, and were often misrepresented in the media, which portrayed them as a societal threat. The hippies' unique appearance and behavior contrasted with social norms as they formed their own communities seeking values and meaning in life. Critics like Browne argue that organizations shape and market popular culture, setting trends that drive consumerism and support the economy. This exploration aligns with healing theory by showing how embracing new identities and perspectives can lead to personal and societal transformation (Browne,2005).

Through vivid descriptions and lyrical prose, Coelho invites readers to reflect on their own lives and encourages them to question societal norms and expectations. *Hippie* serves as a reminder that healing and redemption are ongoing processes, and that one must be open to new experiences and perspectives to truly mend and forgive. *Hippie*

exemplifies Paulo Coelho's exploration of self-discovery and personal transformation. Through the protagonist's journey, the novel emphasizes the importance of embracing different perspectives, trusting one's intuition, and forming meaningful connections with others. Coelho's vivid storytelling and insightful reflections invite readers to embark on their own transformative journeys and discover their true selves (Fewston, 2019).

The protagonist faces his ultimate test on his journey, akin to the hero's ordeal. As he travels to destinations like Amsterdam and Istanbul, he encounters numerous hurdles. Campbell (2004) draws parallels to the "difficult tasks motif," reminiscent of Psyche's quest for her beloved Cupid. Seeking a meaningful and tranquil life, he engages with everyone he meets along the way, explores his mind and pondering the mysteries of the spiritual realm (Coelho, 2018, p.100) captures this journey eloquently, describing an overwhelming happiness permeating the universe. It's a sensation of divine presence—Christ on earth, Krishna coursing through veins, Buddha smiling from above. This is not mere illusion; it's the essence of true reality. Despite this abundance of happiness, people still seem unfulfilled, perpetually thirsty. The protagonist realizes that in the presence of God, regardless of religious affiliation, compassion fills every soul. This realization mirrors redemption theory in its simplest form (Rai, 2022).

In Paulo Coelho's *Hippie*, he indicates who one changes and figures out for the better are big ideas. The story is about Bethan and her friends going on a trip during the wild 1960s. They are all trying to discover themselves and understand the world around them. The characters in *Hippie* are like people on a quest to really know who they are. They have all kinds of experiences, like trippy adventures and meeting different folks, that help them face their fears, wants, and

beliefs. This helps them break free from what society expects and find out who they truly are (Maloo, n.d).

The novel explores Eastern philosophies and spiritual concepts that profoundly influence the characters' self-discovery. Notions of interconnectedness, a higher purpose, and narratives diverging from the typical, money-centric lifestyle guide their personal journeys. Coelho emphasizes the idea that true spiritual seekers are often hindered by their reliance on intellectual knowledge. He suggests trading books for experiences that evoke madness and wonder, bringing one closer to the sought-after truth. While books offer opinions and analyses, the sacred madness leads to genuine enlightenment (Stocka, 2018). This notion aligns with the simplest interpretation of redemption theory. Coelho says:

A man in search of spirituality knows little, because he reads of it and tries to fill his intellect with what he judges wise. Trade your books for madness and wonder—then you will be a bit closer to what you seek. Books bring us opinions and studies, analyses and comparisons, while the sacred flame of madness brings us to the truth (2018, p.4).

The novel looks at how people reject the usual rules of society and choose different ways of living. Trippy experiences shake up regular beliefs and make room for colorful inner experiences. Eastern philosophies, which talk about everything being connected and having a big purpose, provide another viewpoint compared to the focus on money and stuff in mainstream society. Bethan's clashes with authority, moments of rebellion, and conflicts all come together to shape who she is. The story suggests that figuring out who you are is an ongoing, always changing thing with no one right answer. The experiences, both good and tough, become important parts of Bethan's changing identity (Maloo, n.d).

Coelho's novel suggests that the quest for meaning is not about discovering a predetermined "purpose," but rather about relishing the journey itself. Bethan realizes that her strength lies in the diverse experiences she accumulates—from participating in protests to feeling deeply connected to others. These collective moments shape her purpose, not because society dictates it, but because she courageously forges her own path. The novel acknowledges that unraveling one's identity is a complex and ongoing process devoid of easy answers. Instead, it encourages individuals to confront the messy and ever-evolving journey of self-discovery. True empowerment, it argues, stems from readiness to embark on this quest, navigating its highs and lows with defiance, fostering connections, and maintaining faith in the capacity for change. This perspective resonates with the simplest interpretation of redemption theory (Stocka, 2018).

The journey of the hero, drawing from the mythological framework while also reflecting the initiation of the 1960s Hippie movement, which broke free from societal and political norms. Originating from large protests against war and societal conventions, the hippie trail evolved from a sub-culture to a widespread cultural phenomenon. Following Campbell's delineation of the hero's adventure into departure, initiation, and return, Coelho's protagonist, Paulo, sets out on a transformative journey, exploring new territories and facing various challenges along the way (Rai, 2022).

He returns home enlightened, having gained valuable knowledge from his trials. This narrative illustrates how ancient myths inform contemporary popular culture, with shared experiences shaping public behavior. Additionally, elements like folklore and folk songs contribute to the construction and enrichment of popular culture. Beyond the hero's quest, the text can also be interpreted through the lens of mass media, sports, music concerts, cultural festivals, and more (Ibid). This

multifaceted exploration reflects the interconnectedness of the hero quest, mythology, and popular culture, with implications for various aspects of society. This perspective resonates with the simplest interpretation of redemption theory

Journeys of Redemption: in *Aleph* and *Hippie*

In Paulo Coelho's novels *Aleph* (2010) and *Hippie* (2018), the theme of personal transformation is central, but the journeys differ in their paths to healing and redemption. Both protagonists step out of their comfort zones, encountering new experiences and perspectives that drive their personal growth. They face various challenges and setbacks that act as catalysts for their development, compelling them to adapt and learn, ultimately leading to their spiritual renewal and redemption(Rai,2022).

However, the catalysts and processes of their transformations are quite different. In *Aleph*, the protagonist undertakes a solitary journey of introspection, seeking self-discovery and inner peace through internal exploration (Coelho, 2010). He confronts his past experiences, regrets, and hidden desires to gain a deeper understanding of himself and his place in the world. This healing and redemption process are heavily based on self-examination and personal reflection(Fewston, 2019).

The outcomes of transformation differ in *Aleph* and *Hippie*. In *Aleph*, the protagonist achieves a deeper self-understanding and acceptance, coming to terms with his past and finding inner peace through introspection (Coelho, 2010). Conversely, in *Hippie*, the protagonist finds a truer version of himself and personal freedom by engaging with the hippie community. This interaction helps him challenge his rigid worldview, embrace values of freedom and self-expression, and break free from societal constraints.

In *Aleph* and *Hippie*, Paulo Coelho explores personal transformation in different ways. Both novels stress the importance of

stepping out of one's comfort zone and facing challenges for self-discovery and growth. *Aleph* focuses on introspection and self-reflection, leading to inner peace and self-acceptance. In contrast, *Hippie* highlights the influence of external experiences and interactions with the hippie community, leading to personal freedom and authenticity. Both stories show that personal growth is a unique and multifaceted journey towards understanding oneself and the world.

Conclusion

Aleph (2010) and *Hippie* (2018) by Paulo Coelho really get into the ideas of finding yourself and changing for the better. They show different ways people go on deep journeys to understand who they are and where they fit in the world. In *Aleph*, Coelho talks about waking up spiritually and how important it is to be true to yourself. The main character goes on a big journey, both physically and in their mind, on the Trans-Siberian Railway. This journey represents exploring both the outside world and what's inside. Meeting different people and having mystical experiences help the character figure out who they are, and in the end, they find unity and purpose in life.

Hippie takes the reader to the wild 1960s counterculture. The story follows Bethan as she goes through this lively and crazy time, trying to find meaning and be true to herself. Bethan's experiences with other hippies, trippy adventures, and going against the usual rules shape who she becomes. The story talks a lot about how everyone is connected, and finding out who you are is an always-changing process.

Both *Aleph* and *Hippie* by Paulo Coelho are deep looks into how people search for who they are and change for the better. Whether it's through big spiritual journeys or getting caught up in a cultural revolution, Coelho's characters show how strong people can be and how important it is to be true to yourself. These novels make one think about

your own journey and encourage you to look for meaning while going through the sometimes-messy process of finding yourself.

In *Aleph* and *Hippie*, Paulo Coelho explores how people change and heal from their past. Both novels emphasize the idea that to heal and find redemption, you have to step out of your comfort zone and face challenges. *Aleph* talks about looking inside yourself, reflecting on your past, and finding peace within. In contrast, *Hippie* shows how meeting new people and experiencing different things can help you heal and find your true self. Both stories highlight that healing and redemption come from understanding yourself and the world around you, and they can happen in different ways for different people.

The journey of redemption experienced by the main character in the novel. Initially burdened by guilt and a lack of faith, the character embarks on a transformative journey to seek forgiveness and renewal. Along the way, he confronts past sins, particularly in his relationship with a girl who accompanies him. Despite initially denying her presence to avoid conflict, he gradually accepts her and seeks forgiveness, utilizing the healing power of the Aleph, a state allowing access to past-life memories for redemption.

In analyzing the factors motivating this redemption journey, the character employs various defense mechanisms to cope with anxieties and suppress negative emotions. These mechanisms include ambivalence towards the girl, denial of his own thoughts, and regression to past experiences. Furthermore, the character's belief in the healing potential of Aleph, akin to past-life regression therapy, drives his quest for forgiveness and liberation from past burdens. In essence, the narrative underscores themes of healing and redemption, depicting the protagonist's journey towards absolution through self-reflection, acceptance, and forgiveness.

References

- Beckes, L. and Simpson, Jeffry A. (2023, December 22). *attachment theory*. *Encyclopedia Britannica*.
<https://www.britannica.com/science/attachment-theory>
- Bloom, Harold (2010). *Bloom's Literary Themes: Sin and Redemption*. Infobas Publishing: New York
- Calvert, M. T. and Pallardy, . Richard (2023, December 28). *Paulo Coelho*. *Encyclopedia Britannica*.
<https://www.britannica.com/biography/Paulo-Coelho>
- Cengage, G. (2005). In *Encyclopedia of Psychology* (Vol. 1). Retrieved June 14, 2013, from <http://www.enotes.com/guilt-reference/>
- Coelho, P. (2010). *Aleph*. HarperCollins. (Add specific page number(s) where Hilal speaks about forgiveness or Coelho reflects on her words.)
- Coelho, P. (2018). *Hippie*. Haryana, India: Penguin Random House.
- "Goodreads Review in Hippie". <https://www.goodreads.com/book/show/39731666-hippie>
- Accessed Aug 9 2020 <https://www.deccanherald.com/sunday-herald/sunday-herald-books/lifes-11342.html>.
- Coelho, P. (2018). *Hippie*. Vintage.
- Emmons, R. A. (1999). Religion in the psychology of personality: An introduction. *Journal of personality*, 67(6), 874-888.
- Fewston, C.G. (2019, June 3). Hippie (2018) by Paulo Coelho & the Virtue of Intuition. CGFEWSTON.
<https://cgfewston.me/2019/06/03/hippie-2018-by-paulo-coelho-the-virtue-of-intuition/>
- Frail, R. C. (2018). Adult Attachment Theory and Research: A Brief Overview. Retrieved from <http://labs.psychology.illinois.edu/~rcfraley/attachment.htm>

- Hill, C., & Burrows, G. (2017). New voices: The usefulness of a narrative approach to social work research. *Qualitative Social Work*, 16(2), 273–288.
- Johnson, E. A. (2007). *Quest for the living God: Mapping frontiers in the theology of God*. A&C Black.
- Maloo, K. (2023, March 8). *Hippie* by Paulo Coelho: Book Review. Khyatimaloo.com. <https://khyatimaloo.com/book-review-hippie-paulo-coeloh/>
- McKnight, P. E., & Kashdan, T. B. (2009). Purpose in life as a system that creates and sustains health and well-being: An integrative, testable theory. *George Mason University*.
- Oliveira, C. E. (2014). *O Aleph de Paulo Coelho: Uma Jornada Existencial* [The Aleph of Paulo Coelho: An Existential Journey]. Edições Loyola.
- Parmar, A. K. (2023). Paulo Coelho's Hippie: A Critique with Special Reference to Spiritual Aspects. *Vidhyayana – An International Multidisciplinary Peer-Reviewed E-Journal*, 8(4). Retrieved from <http://j.vidhyayanaejournal.org/index.php/journal/article/view/879>
- Purwandoyo, H. (n.d.). Paulo's Redemption in Paulo Coelho's Aleph. *Litera-Kultura*. <https://doi.org/10.26740/lk.v1i3.4276>. Retrieved from <https://ejournal.unesa.ac.id/index.php/litera-kultura/article/view/4276>
- Rai, B. (2022). Quest of Spiritual Knowledge in Paulo Coelho's Hippie: A Popular Cultural Perspective. *Pursuits*, 6(1).
- Safaei, M. (2018). Time and Perennial Philosophy in Paulo Coelho's Aleph. *Romance Studies*, 36(3), 111–121.
- SARI, R. C. (2013). *Manifestation of Theosophical Perspective in the Process of Gaining Self-Discovery in Paulo Coelho's Aleph* (Doctoral dissertation, Brawijaya University).
- Soendayana, J. N. T. (2016). Journey and Life Purpose in Aleph by Paulo Coelho. Retrieved on March, 19, 2018.

Vara, A. M. (2016). The Mystical Journey in Paulo Coelho's Aleph. *Journal of Religion and Literature*, 49(2), 34–52.

Wang, C. C. (1999). Photovoice: A participatory action research strategy applied to women's health. *Journal of women's health*, 8(2), 185–192.

Washburn Review. (2020, April 1). *“Hippie” by Paulo Coelho (2018): A reflection and summary from a novel novelist, Paulo Coelho*. Retrieved from

Weiss, Brian L. (1992). *Through Time into Healing*. New York: Fireside.