



Original article

Self-Discovery and Personal Transformation in Paulo Coelho's Aleph (2010) and Hippiie (2018)

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ABSTRACT

This study examines the themes of journey, forgiveness, self-discovery, and interconnectedness in Paulo Coelho's novels *Aleph* (2010) and *Hippiie* (2018). Using qualitative critical analysis, the research applies close reading to explore how these themes emerge within the narratives. The analysis focuses on textual elements such as character development, narrative structure, and symbolic motifs that shape the protagonists' transformative journeys. The study is guided by Jungian psychoanalytic theory, particularly its emphasis on inner transformation and the path toward self-realization. Through this framework, the research investigates how Coelho portrays forgiveness, spiritual awakening, and the search for personal meaning. It also analyzes variations in Coelho's narrative techniques and their role in expressing philosophical reflections on the human condition. By comparing the two novels, the study seeks to identify recurring patterns in Coelho's representation of spiritual and psychological growth. The findings aim to deepen readers' understanding of how modern literature reflects human struggles.

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Received: 17 January 2026

Accepted: 09 March 2026

Published: 01 May 2026

DOI:

<https://doi.org/10.31185/wjfh.Vol22.Iss2.1573>



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Cite:

Alhayali, M. A. A. (2026). Self-Discovery and Personal Transformation in Paulo Coelho's *Aleph* (2010) and *Hippiie* (2018). *Wasit Journal for Human Sciences*, 22(2).
<https://doi.org/10.31185/wjfh.Vol22.Iss2.1573>

Keywords: Aleph, Hippiie, Human condition, Interconnectedness, Jungian psychoanalysis, Paulo Coelho's.

الاكتشاف الذاتي والتحول الشخصي في روايتي "أليف" (٢٠١٠) و"هيبي" (٢٠١٨) لباولو كويلو

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المُستخلص

تتناول هذه الدراسة موضوعات الرحلة، والتسامح، واكتشاف الذات، والترابط الإنساني في روايتي "أليف" (٢٠١٠) و"هيبي" (٢٠١٨) للكاتب باولو كويلو. وتستخدم الدراسة التحليل النقدي النوعي، إذ توظف منهجية القراءة المتأنية للنص لاستكشاف كيفية تجلّي هذه الموضوعات داخل السرد الروائي. ويركّز التحليل على العناصر النصية مثل تطوّر الشخصيات، وبنية السرد، والرموز الدلالية التي تتشكّل رحلات التحوّل التي يخوضها الأبطال. كما تستند الدراسة إلى نظرية التحليل النفسي اليونغي، ولا سيما ما يتعلّق بتركيزها على التحوّل الداخلي والطريق نحو تحقيق الذات. ومن خلال الإطار النظري، تبحث الدراسة في الكيفية التي يصوّر بها كويلو التسامح، واليقظة الروحية، والسعي إلى المعنى الشخصي للحياة. كما تحلّل الاختلافات في تقنيات السرد التي يستخدمها كويلو ودورها في التعبير عن التأملات الفلسفية حول الحالة الإنسانية. ومن خلال المقارنة بين الروائيتين، تسعى الدراسة إلى تحديد الأنماط المتكررة في تمثيل كويلو للنمو الروحي والنفسي. وتهدف النتائج إلى تعميق فهم القراء لكيفية انعكاس صراعات الإنسان في الأدب الحديث.

الكلمات المفتاحية: أليف، هيبي، الحالة الإنسانية، الترابط، التحليل النفسي اليونغي، باولو كويلو

Introduction

The theme of self-discovery and personal growth is an issue that has captured the interest of authors and philosophers from various cultures and historical periods. As far as contemporary authors are concerned, the Brazilian novelist Paulo Coelho is an important figure from the point of view of the large readership and translation of his works worldwide. Coelho's works are marked by the presence of spiritual and philosophical themes related to the search for meaning in life. A large part of his novels focuses on existential issues, inner struggles, and self-actualization. Some of his important works include *Veronika Decides to Die*, which explores the opposition between desperation and the desire to live (1998); *The Devil and Miss Prym*, which reflects on the essence of human beings (2000); *Eleven Minutes*, which is a narrative work that explores the themes of love, sexuality, and self-esteem (2003); and *The Witch of Portobello*, which narrates the spiritual search of a woman who seeks her identity (2006). Other works by Coelho include *The Winner Stands Alone*, which reflects on ambition and superficial success (2008); *Adultery*, which explores the theme of emotional discontent and self-actualization (2014) (Ye, 2023, p. 23).

On a broader level, human beings are motivated by the need to find out the meaning of their existence in life. The journey, in this context, becomes a metaphor for the human quest to find out the purpose of life and to understand the meaning of existence. Human beings are often compelled to change their geographical location in order to find out the purpose of life and to redefine themselves in terms of their identity. At a socio-cultural level, human beings are often identified by their dressing or their style of living, and this may be correlated to their socio-economic status (Ali, 2025, p. 128). However, there are deeper psychological needs of human beings to find out their identity and to self-realize themselves in life. Capitalist societies, in particular, may lead to a greater sense of alienation and separation among human beings (Alnaftchi, 2025, p. 116). Therefore, the need to find out the purpose of life becomes a socially conditioned need.

From a psychological perspective, the need to find out the purpose of life can be interpreted in terms of humanistic psychology and Jungian psychoanalysis. Maslow (1943, p. 381) has argued that self-

actualization represents the highest level of human motivation, in which human beings are motivated to actualize themselves to the fullest extent in order to attain self-growth and self-realization in life. Similarly, in terms of Jungian psychoanalysis, the human journey represents a state of individuation, in which human beings are compelled to actualize themselves to the fullest extent in order to attain a state of psychological integration (Jung, 1959, p. 92). Individuation, in this context, represents a state of confronting the shadow, reconciling contradictions, and actualizing themselves to the fullest extent in life (Tyagi, 2008, p. 135). In this context, the journey becomes a metaphor for self-realization and spiritual awakening in life. Paulo Coelho, in his novels, such as *Aleph* (2010) and *Hippie* (2018), vividly portrays the psychological journey of human beings in life in order to attain self-realization and self-growth in life.

According to Maslow's Hierarchy of Needs, self-actualization is the highest human need, which involves realizing one's full potential and pursuing personal growth (Maslow, 1943, p. 381). Coelho, in his two novels, portrays self-discovery and personal transformation as essential to human fulfillment. The spiritual underpinnings of Coelho's fictional work have been well acknowledged within the realm of academic discourse. Fernandes (2018, p. 123) comments that the "Coelho's works often explore the theme of spiritual quest and the search for meaning in life". Such a perspective positions the novels within a particular literary tradition that focuses on the existential quest." This supports the argument that the protagonists of Coelho's novels are not merely traveling through space but rather undergoing a process of psychological transformation.

The search for the purpose of life is more of a transmuting experience than an actual realization, and it is achieved by going beyond the ordinary, thereby meeting the inner depths of one's personality. Jung (1999) indicates that a journey involves exploration of external places. Also, it examines 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 self-discovery and personal transformation, which are reoccurring themes in Paulo Coelho's novels, *Aleph* (2010) and *Hippie* (2018). According to Carl Jung, self-discovery is a process of individuation, where an individual integrates his opposites to become a whole and complete person (Jung, 1959, p. 92). In *Aleph*, the protagonist's journey is a simple instance of self-discovery. the author explores it through protagonist's past, he faces his fears, and uncovers hidden facts about himself.

This idea can be further substantiated by Jean-Paul Sartre's existential philosophy, wherein human beings are believed to have a fundamental freedom to choose their path in life and create their own meaning in life (Sartre, 1946, p. 53). In the novel *Hippie*, the journey of the protagonist to India can be viewed as a form of existential self-discovery and spiritual awakening. Through his experiences, he gradually learns to let go of his ego and live in the present, thereby changing his perception of self and his understanding of the world. The idea of narrative identity can also be viewed as a significant concept in understanding the change in the protagonist in the novel *Hippie*. McAdams (2008, p. 316) argues that human beings are believed to develop their identity through the internalized narratives of their lives. Therefore, identity can be viewed as a fluid concept, constantly being rewritten through experiences and reflections. In the novels *Aleph* and *Hippie*, Coelho seems to have employed the idea of narrative identity to explore the complexities of human identity and the search for meaning in life. Through the experiences that the protagonists go through, the unknown selves of the protagonists of the two novels are confronted. As the protagonists seek to understand the unconscious dimensions of their selves, the deeper layers of their psyches reveal themselves. This process leads to individuation, which, for the purpose of this paper, refers to the unification of the conscious and unconscious dimensions, thereby allowing the protagonists to access the wisdom and potential within themselves, leading to a significant change in their personality.. The study examines themes of self-discovery and personal growth in Paulo Coelho's novels *Aleph* (2010) and *Hippie* (2018). It presents the journey of the main characters towards self-awareness and spiritual growth. It sheds light on Coelho's perspective on human experience.

Jungian Psychoanalysis Simple Background

The unconscious mind plays a central role in the development and growth of human beings, according to the teachings of the Jungian school of thought. Johnson (1989) argues that "the unconscious does not wait on the conscious; it is not to be swayed by it. The unconscious is an autonomous system and has its own laws, and it cannot be ignored without psychological consequence" (p. 106). Therefore, the journey towards psychological wholeness requires a conscious engagement with the unconscious mind, and growth requires openness to new experiences and engagement with the unconscious mind, rather than a rejection of it. Walker (2001) adds that "the integration of the conscious attitude with the deeper coordinating forces of the unconscious mind is part of the individuation process" (p. 359), a process that enables the individual to ascend to a higher level of self-understanding and psychological coherence. Therefore, the journey towards psychological wholeness requires the harmonization of the opposites of the human personality, such as reason and instinct, light and darkness, among other opposites. This harmonization of opposites enables the individual to become whole, otherwise the individual will remain fragmented and fail to achieve his or her full potential. Of interest to the individuation process, but also related to the journey towards psychological wholeness, is the concept of the collective unconscious, which, according to Jung (1919), "is the psychological part of the total psyche, and is thus the common psychological ground of all humankind" (p. 19). This collective unconscious contains archetypes such as the Hero, the Shadow, and the Anima, among other archetypes, which influence human behavior and experience. Therefore, the recognition of the archetypes requires integration into the individuation process towards the achievement of psychological wholeness.

Jung believed that self-actualization involves two distinct phases. The first phase occurs during adolescence and focuses on developing an individual identity and distinguishing oneself from others. This phase is typically characterized by a sense of challenge and a desire for independence. As the second half of life begins, we enter the second phase, where individuals begin to connect with human communities and contribute to society in more meaningful ways. (Tyagi, 2008, p. 135).

Another concept is Individuation, which is the process of integrating the opposites, such as conscious and unconscious, rational and emotional, and masculine and feminine, to become a whole and complete individual. (Jung, 1919, p. 19).

The basic driving force behind the individuation process can be attributed to the inherent human need for attaining psychological wholeness. In the context of the Jungian perspective, the process of attaining psychological wholeness can be achieved through the individual's conscious recognition of the archetypes inherent in the human mind. Through the recognition of the archetypes, such as the Shadow, the Anima/Animus, and the Persona, the individual can develop a heightened sense of self-awareness and a better understanding of his or her relationships with other people. In this regard, Tyagi (2008, p. 135) argues that the individuation process can result in the development of self-awareness, emotional security, and maturity of relationships among people. In addition, the individuation process can also result in the development of creativity, communication, and a sense of life meaning among individuals. Therefore, the individuation process can be considered a significant psychological construct for individual development.

The Self is the central component of the Jungian model of the psyche. It is the totality and unity of the human psyche. The Self is different from the ego, which is responsible for the individual's conscious state. The Self is the organizing component of the psyche, integrating the individual towards psychological balance. The Self is rooted in the biological substratum of the individual. It is the component of the psyche that engages with the cultural, symbolic, and religious dimensions of meaning.

Jungian thought suggests that the Self is projected symbolically onto powerful figures or institutions in the external world, like religious figures or God. This is because these figures represent the ideals of the Self. However, the process of psychological maturity demands the gradual withdrawal of these projections. It is realized that the source of meaning is inside the individual. According to Fordham

(1976, p. 217), the Self is the mediator of meaning. It allows the individual to distinguish between the inside and the outside. The Self is the component of the psyche which allows the individual to have an understanding of the world. It is through the development of the Self that the process of individuation is possible.

The Persona is an archetype of adaptation. It represents the mask one wears to adapt to the outside world and its demands (Bessa, 2007, p. 52). It is the face one shows to society. It stands behind the true nature. A healthy Persona is one that adapts flexibly to different social situations while reflecting the ego qualities that stand behind it. However, difficulties arise when we try to assume a Persona that does not fit or identify with it too closely, sacrificing our true selves.

The Shadow is a complex in the personal unconscious with roots in the collective unconscious, containing the parts of ourselves we do not like, do not know, or do not want to know. It can be repressed or projected onto others, and its integration is crucial for individuation. The Shadow can present us with shortcomings to overcome our meaningful parts of ourselves to recognize and live out. According to Dunne, "the shadow can be repressed in us like a cancer or projected outward onto others as qualities we dislike most in a person or group" (Dunne, 2002, p. 23).

Integrating the Shadow is essential for individuation. It permits to acknowledge one and accept our repressed qualities. This integration can help one to develop a more authentic and whole personality. It more than projects the undesirable traits onto others. It brings it into relationship with the Persona. It provides some integration of these two complexes within our personality (Bessa, 2007, p. 52).

Individuation includes two important aspects which are Recognizing and integrating. This approach demands coming to aspects with our unpleasant qualities, mischief, and chaos, and owning them as part of ourselves.

Assimilating the Shadow leads to self-acceptance, self-forgiveness, and taking responsibility for our feelings and actions (Jung, 1919, p. 22). It allows one to bring hidden feelings to the surface, it brings relaxation to our fierce conscience. It develops personal values that are distinct from collective morality. The Anima and Animus are archetypes that represent the feminine and masculine aspects of our psyche. In men, the Anima is the feminine archetype. In women, the Animus is the masculine archetype. These archetypes are derived from our experiences with members of the opposite sex and inhabit the unconscious depths, compensating for our one-sided attitude (Tyagi, 2008, p. 139). Rasheed asserts that "The impossibility of establishing a unified valid system of moral principles stems from the idea that moral values differ from one society to another based on religion, culture, social conditions and others" (Rasheed, n.d, p. 1368).

To individuate is to defy the tyranny of received opinion, disengage from mass culture. It confronts the primordial symbols in the collective unconscious (Jung, 1919, p. 22). This process makes individuals become whole, separate, and indivisible. Besides, fulfilling their collective qualities, individuation is not about withdrawing from the world or abrogating social responsibilities. However, rather about gathering the world to oneself and becoming a full member of the human family in one's own unique way (Tyagi, 2008, p. 140).

Jung saw individuation as a development that occurs predominantly in the second half of life, when individuals are concerned with finding meaning, coming to terms with death, and playing their unique part in the world (Jung, 1919, p.22). In contrast, the first half of life is focused on expanding the ego and adapting to collective norms. Individuation allows greater consciousness and spirituality. It is the main character and often the mission that presents suffering and sacrifice (Tyagi, 2008, p. 140). According to Jung, the Self drives individuals towards individuation, demanding sacrifice and leading them towards greater consciousness and spirituality (Jung, 1942a, p. 233). This process can be challenging and painful, but it ultimately allows individuals to realize their full potential *Aleph* and become their true selves.

The Journey as a motivation for Self-Discovery

Paulo Coelho has received worldwide acclaim for his writings that feature self-discovery and self-transformation themes. Some of his notable works include *Aleph* (2010) and *Hippie* (2018), which feature significant themes of spiritual and psychological self-awakening. *Aleph* is an account of Coelho's real-life spiritual experience while on the Trans-Siberian Railway. It is a story of self-reflection and healing while on a physical journey. *Hippie*, on the other hand, is an account of Coelho's experiences while on a physical journey during the 1970s hippie movement. Both novels present an opportunity for the reader to engage with profound questions of life and purpose. Through the lives of the main characters in *Aleph* and *Hippie*, Coelho challenges societal norms and expectations and advocates for self-actualization and self-spirituality.

Paulo Coelho the author is presented in *Aleph* (2010), as the main character (Ali, 2025). The hero takes long train journey from Amsterdam to Vladivostok in Russia. This trip is a physical adventure. It symbolizes a deeper exploration within himself. Coelho faces inner struggles about who he is, his life's meaning, and his beliefs. He travels through various places and experiencing different culture. The journey works as a metaphor for his personal quest to understand and discover more about himself.

Ultimately, the protagonist's journey is driven by a desire to explore the meaning of his existence. As a way of exploring this meaning, the protagonist embarks on a transformative journey of discovery to identify his life purpose. As McKnight & Kashdan (2009, p.245) argue, "having a purpose in life is a framework that organizes goals, behavior, and a sense of meaning." Within this framework of meaning, purpose is not only a psychological construct but a psychological system that guides personal development and promotes psychological well-being. For the protagonist, his search for purpose is a vital aspect of his development as it helps him identify his values and set meaningful goals. By the end of his journey, the protagonist is able to identify his purpose as he becomes aware of the goals he wishes to achieve as well as the path to take towards those goals. Thus, the protagonist's journey does not only lead to his self-discovery but also to the development of a more integrated sense of identity.

The narrative's exploration of the main character's journey toward self-transcendence and generatively resonates deeply with Jungian psychoanalysis. It is reflected in the main character's quest for meaning and purpose. As Jung suggest, this journey require mixing opposites, such as conscious and unconscious, rational and emotional, to form a merged self (Fernandes, 2018, p. 127).

Change in the protagonist's inner self is depicted through his journey on the Trans-Siberian Railway, which represents his journey of individuation. Through symbolic experiences, in line with the collective unconscious, the protagonist faces his limitations and unknown aspects of his personality. In addition, the change in the protagonist relates to the concept of generativity. According to Erikson, the concept of generativity involves the "wish to make a meaningful contribution to others, to produce something of lasting importance, to leave a legacy of some kind." In this context, the protagonist's journey is not limited to self-discovery; it involves a sense of responsibility to others and a purposeful contribution to society (Fernandes, 2018, p. 128).

The events portray the importance of self-transcendence in finding one's aims. As Dolezal (2012, p. 23) notes, living with passion and constructing point values are important to discovering one's life purpose. the Jungian ideal of individuation is applied through the hero character's experiences on the Trans-Siberian Railway. This leads them to a better understanding of themselves and their place in the world. Moreover, the account highlights that societal economic conditions can impose constraints on the working class, restricting their capacity to cultivate meaningful values and achieve personal aspirations. In response, the working class endeavors to navigate and surmount these limitations, asserting their rights, thereby exemplifying the pivotal role of material circumstances in shaping formative experiences that foster personal growth, value internalization, and the attainment of one's ultimate purpose in life

In Paulo Coelho's *Aleph*, the protagonist's journey as he regrets his past and failures embody the Shadow archetype. It represents repressed thoughts and feelings that he must confront. He meets many persons who symbolize different facets of his psyche; facilitating self-discovery and integration.

Through these encounters, the protagonist undergoes a transformative journey of individuation. He integrates his fragmented psyche and confronting inner darkness. This process of purgation and self-

discovery enables him to move towards greater self-awareness and healing. It illustrates the universal themes of transformation that lead the narrative (Oliveira, 2014, p. 346)

While Coelho's *Hippie*, the theme of self-discovery and personal transformation is woven into the story. It is based on Coelho's own experiences as a young traveler during the countercultural movement of the 1970s. Coelho examines the transformative power of exploration and freedom which are presented through the protagonist's journey.

The protagonist's journey is an example of a quest for self-discovery and personal growth. He meets a different group of characters, each representing different facets of his own psyche, as he travels through Europe. These presents a series of integrating his opposites. It allows him to confront his shadow and develop a more whole and balanced sense of self. He encounters with his collecting fellow travelers like Karla, Rayan, and others. Coelho highlights the importance of embracing different perspectives and approaches to life. This process enables the protagonist to overtake his barriers and move towards greater self-awareness. This exemplifies the transformative power of individuation (Fewston, 2019, p. 44).

Coelho applies Jungian themes into the narrative. The concept of trusting one's intuition and inner voice through the protagonist's journey. He listens to inner guidance and make choices aligned with his authentic self. His psyche is affected and it stimulate greater self-awareness and wholeness. He rooted his instincts and values.as final results, he breaks free from external expectations and redact his own way (Ibid).

In his writing, Coelho uses vivid description and poetic language to encourage readers to embark on a life-altering journey of self-discovery. Through his writing, the author examines the norms of society, portraying the protagonist as a character in individuation. By doing so, the protagonist becomes a whole individual, combining fragmented parts of his personality and achieving a new level of self-awareness. "Hippie" can be seen as a novel representing the ongoing nature of personal development, emphasizing the importance of open-mindedness, intuition, and human connection.

Meaning and Purpose in Coelho's novel

The theme of searching for the purpose and meaning of life is prominent in the book *Aleph* (2010). Coelho plays the role of the main protagonist, who faces the ultimate question of existence. He tries to find his place in the world and the contribution he can make to it. At the same time, the reader gets a view of the protagonist's search for the purpose and meaning of life along with the journey he undertakes. He tries to understand the purpose and meaning of his existence, as revealed along with the journey (Vara, 2016, p. 36).

The train in his journey symbolizes his rediscovery of spirituality and the pursuit of self-discovery. Coelho serves as a messenger through his character. He conveys the idea to attain inner peace. He indicates that one must practice forgiveness and love towards others. Moreover, he indicates that to achieve true self-realization and satisfaction through these actions. As Coelho stated "The journey itself is my home, and the destination is merely a place to rest my feet before moving on" (2010, p. 412). This quote directly links the protagonist's physical journey to his internal exploration and spiritual growth.

Coelho explores the physical world through a train journey that spans continents; however, this external movement mirrors a deeper internal quest. Beneath the geographical travel lies an introspective search, as he confronts profound existential questions that trouble his soul like: "What is my place in this vast universe? What mark can I leave on the world?" (Coelho, 2010, p. 25). These anxieties fuel his search for meaning and purpose. It propels him towards diverse spiritual and philosophical encounters. Hilal's wisdom acts as a catalyst for the protagonist's spiritual evolution. It opens him to the transformative power of forgiveness and self-acceptance (Coelho, 2010, p.182).

The description of the music as a "tapestry woven from sorrow" (Coelho, 2010, p. 181), connected with "hope", implies the protagonist's own grappling with past mistakes and his longing for spiritual development. This connection encourages him to be mixed his own evil and imperfections as root of strength and resilience. Coelho's journey is not just about seeing new places. It is like a rich fabric made of search with fellow passenger and visits to sacred spots. He explains Sufi mysticism with Hilal, who

shares wisdom like, "Life is a pilgrimage, pilgrim. Every step, every encounter, holds a lesson. Seek not a destination, but the meaning etched in the path." (Coelho, 2010, p. 248).

In the context of Japan, the scars of the war are reflected through the character of Yasunari, who represents the spirit of acceptance. Through this character, Coelho becomes aware of his own challenges as opportunities for self-development. Through all these interactions, a transformation takes place within the character of Coelho as he tries to cope with his "shadow," the hidden aspects of his character. The skeptical journalist character who appears on the train represents the symbolic "shadow" of the character of Coelho, which makes him aware of his own imperfections (Vara, 2016, p. 36). As the character of Coelho tries to find a definitive answer to the question of the meaning of life, he slowly becomes aware of the fact that "meaning is not found, it is created" (Coelho, 2010, p. 251). Through the interactions with the various characters, the character of Coelho becomes aware of the fact that the true meaning of the journey lies within the process of learning.

In *Aleph*, the engines driving Coelho's inner change is forgiveness and acceptance. He learns to forgive himself and others. Hence, he shakes off the heaviness of the past and welcomes the opportunities of the present. This journey teaches every one that discovering our true selves is not about hiding our mistakes. It faces them, understanding them, and finally breaking free from their grip. As he indicates: "I understood that the meaning of life is not something we find. It is something we create. And the moment we stop creating, we stop living." (Coelho, 2010, p. 387). Also, he asserts: that "The journey itself is my home, and the destination is merely a place to rest my feet before moving on" (Coelho, 2010, p. 412).

Thus, Coelho emphasizes forgiveness and acceptance as significant components of his self-discovery process. His inner struggle towards self-forgiveness is explicitly stated by his observation that, "I was tired of carrying this burden of guilt on my shoulders. It was time to forgive myself, to understand that I had done what I had done with the best intentions, and that life was a journey of learning, not a collection of mistakes" (Coelho, 2010, p. 123). This statement by Coelho emphasizes his understanding that self-development involves letting go of guilt and seeing mistakes as an important part of the learning process. Hilal's expression underscores the profound impact of forgiveness "Clutching onto anger is akin to consuming poison and anticipating the other person's demise. Extend forgiveness to yourself, wayfarer. Pardon those who have caused you pain, not for their sake, but for your own well-being" (Coelho, 2010, p. 247). Coelho's move towards forgiveness is clear in his conversation with the journalist: "I realized that forgiving him wasn't condoning what he had done, but rather releasing myself from the prison of resentment in which I had been keeping myself captive" (Coelho, 2010, p.318).

Coelho's early difficulty in accepting his flaws is revealed through his internal dialogue: "Why accept the shadow? Isn't it better to fight it, to deny it, to pretend it doesn't exist?" (Coelho, 2010, p. 87). The importance of acceptance is emphasized by Yasunari: "Even the most beautiful flower grows from the mud. Embrace your darkness, pilgrim, for it is the source of your strength and resilience" (Coelho, 2010, p. 179). Coelho's embrace of acceptance marks a turning point in his journey: "I closed my eyes and let go of everything. The guilt, the regrets, the anger, the fear. I accepted myself, fully and completely, with all my light and shadow" (Coelho, 2010, p. 420).

Coelho's path to forgiveness is evident in his talk with the journalist: "I understood that forgiving him wasn't approving of his actions; instead, it was liberating myself from the shackles of resentment in which I had imprisoned myself" (Coelho, 2010, p. 318).

In another quote, he says, "Holding onto anger is like drinking poison and expecting the other person to die. Forgive yourself, pilgrim. Forgive those who hurt you, not for them, but for yourself" (Coelho, 2010, p. 247). This means that harboring anger is harmful, and forgiveness is more about freeing yourself than letting others off the hook. This quote directly addresses the poisonous nature of clinging to resentment and highlights the personal benefit of forgiveness (Vara, 2016, p 37).

The previous quote indicates that forgiveness is more than just forgetting the past. Instead, it's about recalling without feeling hurt. It explains learning lessons in every painful experience and seeing

personal development in each wound. Choosing to progress with love instead of holding onto bitterness is the essence of forgiveness. It introduces that forgiveness is about learning and moving forward positively.

The novel, *Aleph*, points to a special point in space where everything in time and existence comes together. Aleph is a symbol of his own inner basically and the way everything is connected. Aleph is not just a travel story or a personal recounting of experiences. It is a deep look into how humans discover themselves. Coelho shares his thoughts, and readers are encouraged to think about their own journeys of self-reflection and personal growth (Soendayana, 2016, p. 65).

Coelho's *Hippie*, uncover who you are and changing 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 many experiences, like trippy adventures and meeting different folks. These experiences help them face their fears, wants, and beliefs. This helps them go free from what society expects and find out who they truly are.

Furthermore, the protagonists' stories involve self-discovery as the narrative incorporates elements of Eastern philosophies/spirituality that significantly impact the protagonists' belief systems. Each character's journey represents a search for meaning that goes beyond the physical, money-based world and instead focuses on the concept of the interconnectedness of all things. As Coelho explains, "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 novels for madness and wonder then you will be a bit closer to what you seek. Novels bring opinions and studies, analyses and comparisons, while the sacred flame of madness brings us to the truth" (Coelho, 2018, p. 23). This quote illustrates the idea that the novel supports the concept of the search for spirituality through experience rather than intellectual knowledge.

The text explores the ways in which individuals transcend conventional social norms and live differently. Altered perceptual states question conventional beliefs, providing space for rich inner experiences. Eastern philosophies, which focus on interconnectedness and expanded teleology, provide an alternative viewpoint compared with the conventional social viewpoint, which centers on wealth and material goods. Bethan's confrontations with authority, acts of rebellion, and resulting conflicts all contribute to the development of Bethan's identity, which appears to be a constantly evolving process with no definitive outcome.

The experiences, both good and tough, become important parts of Bethan's changing identity. Coelho's novel presents that about enjoying the journey itself (Vara, 2016, p. 48). Also, searching for meaning and about finding a specific "purpose". Bethan learns that the strength is in the experiences she gathers from being part of protests to feeling super connected. All these moments together create a purpose. Because others say so but because she bravely chooses her own way. The novel tells people to face the messy and always changing process of discovering meaning. It faces the ups and downs with rebellion, connecting with others. The novel believes in the chance to change (Safaei, 2018, p. 115).

Self-discovery and personal transformation in *Hippie* portrayed by Paulo Coelho. The novel emphasizes the importance of embracing different perspectives, trusting one's intuition, and forming meaningful connections with others through the protagonist's journey. Coelho's vivid storytelling and insightful reflections. He invites one to embark on transformative journeys and discover their true selves.

Aleph presents a unique case as Paulo Coelho is the protagonist. The narrative follows his physical journey across Asia in search of the legendary. Aleph is a point in space and time where all existence converges. However, a profound metaphor for introspection and self-discovery is this outward journey becomes (Oliveira, 2014, p. 346).

He wrestles with his inner demons while Coelho continues with his rapid progression along the solitary path. He wrestles with regrets, hidden desires, and deep-seated fears. This introspection forces

him to come to terms with who he is as an individual, revealing sides of himself he might have chosen to ignore. The journey becomes one of self-acceptance as he learns to embrace his vulnerabilities (Fewston, 2019, p. 37). Coelho's journey through Asia is an apt metaphor for introspection and self-discovery.

Coelho emphasizes the inherent and individualistic nature of the transformative process through the following statement: "The Aleph is within us all, and the path to finding it is unique to each individual" (Coelho, 2010, p. 12). This statement serves to further validate the idea that the self-discovery process is a solitary one and that the transformative experience is not necessarily a linear or universally applicable one.

Coelho presents a transformative model through the novel *Hippie*. The novel presents the reader with the experiences of Paulo, an aspirational young man who is seeking adventure and self-actualization, during his travels to Amsterdam in the 1970s. Paulo finds himself in Amsterdam and becomes a significant member of the hippie movement.

Paulo's experiences present him with a paradigmatic shift. Paulo challenges his conventional thinking and gradually assimilates the values and beliefs associated with the hippie movement. Paulo's experiences push him beyond his comfort zone; this enables him to challenge conventional thinking and introduce novel possibilities into the equation.

Coelho also presents the transformative power associated with the dynamics of human relationships through the following statement: "We are all mirrors reflecting each other. In the eyes of others, we discover who we truly are" (Coelho, 2018, p. 87). Paulo's experiences with the diverse perspectives allow him to recognize the previously unrecognized dimensions of his own personality. This is a significant component of Paulo's transformative experience.

Paulo Coelho has affected readers worldwide with his exploration of human experiences, including the multifaceted journey of personal transformation (Al Jasim, 2025). In his novels *Aleph* (2010) and *Hippie* (2018), Coelho shows this theme through contrasting narratives; it showcases the diverse paths individuals can take towards self-discovery and growth.

Paulo Coelho presents *Aleph* as a unique case. The narrative follows his physical journey across Asia in search of the legendary Aleph, a point in space and time where all existence converges. However, this outward journey becomes a profound metaphor for introspection and self-discovery (Oliveira, 2014, p. 347).

Fewston (2019, p. 39) explains that as Coelho goes aboard on this solitary quest, he meets his inner evils. He fights his past regrets, hidden desires, and old fears. This internal idea is revealed forcing him to confront his true self. It sheds light on aspects that he may have chosen to ignore previously. The journey becomes a symbol for self-acceptance, as Coelho learns to hold his flaws and sensibility.

Coelho's journey across Asia becomes a metaphor for self-analysis and self-discovery. This internal exploration enables him to integrate his opposites. It enables him to accelerate his self-acceptance and give him a deeper understanding of his flaws and vulnerabilities. Coelho indicates the individualistic nature of this transformation. He states, "The Aleph is within us all, and the path to finding it is unique to each individual" (Coelho, 2010, p. 12). This refers to a personalized journey of self-discovery and reinforces the idea that personal growth is not a linear or universal process.

In *Hippie*, the author draws a story of a young man yearning for adventure and fulfillment. He travels to Amsterdam in the 1970s. There, he meets a vibrant *Hippie* community and immerses himself in their free-spirited lifestyle. Coelho illustrates an opposite approach to personal transformation through external influences. Coelho's journey across Asia symbolizes self-analysis and self-discovery. This internal dissection enables him to integrate his opposites. It enables him to indicate his self-

acceptance and give him a deeper understanding of his badness and vulnerabilities. Coelho indicates the individualistic nature of this transformation.

He argues that “the Aleph is within us all, and the path to finding it is unique to each individual” (Coelho, 2010, p. 12). This statement, therefore, highlights the uniqueness of self-discovery, thus supporting the idea of non-linear and non-universal personal development. In his book *Hippie*, Paulo Coelho describes a young man in search of adventure and self-fulfillment. His journey takes him to Amsterdam in the 1970s, a period in which there was a thriving hippie culture, and he becomes a part of this culture characterized by a carefree attitude.

Paulo experiences a change of heart as a consequence of his interactions with the Hippies. He challenges his own fixed ideology and meets the ideology of the values of freedom. His self-expression is emphasized in the context of the relationship. The experiences he has with the Hippies force him to venture out of his comfort zone, which allows him to break away from his preconceived ideas. Coelho highlights the power of relationships in the following quote: “We are all mirrors reflecting each other; in the eyes of others, we discover who we truly are” (Coelho, 2018, p. 87). The author has clearly defined the process of self-reflection through relationships, which is an important factor in the development of Paulo.

Conclusion

Paulo Coelho's novels *Aleph* (2010) and *Hippie* (2018) deal with the theme of self-discovery and transformation before the next transition occurs. Both novels describe how an individual undergoes significant transformations to attain self-discovery and find his/her place in the world. *Aleph*, for instance, focuses on the theme of spirituality and its role in self-expression during the significant transformation of the main character. The story revolves around the main character's major transformation journey via the Trans-Siberian Railway, which is physically and psychologically portrayed. The main character undergoes an analysis of his external and internal environments while interacting with other people on his way. During his encounter with other people, particularly mystics, the main character undergoes self-discovery experiences. Eventually, the main character makes significant connections and discovers his purpose in life.

On the other hand, *Hippie*, which focuses on the Hippie movement of the 1960s, portrays the main character's experiences during this period. The protagonist, Bethan, undergoes significant events as she interacts with other Hippies during this critical phase. These events and interactions with other Hippies promote processes of self-discovery and self-transformation. The major theme in this novel is the dynamic nature of interconnectedness and self-identification. The *Aleph* and *Hippie* novels present significant events in self-discovery and processes of self-identification and self-transformation from the perspective of one character. These stories present how Coelho's major characters undergo significant transformations in their self-discovery and identification in the larger world. Coelho's novels encourage readers to undergo self-transformation through initiating processes of self-discovery.

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