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**Anxiety and Fulfillment in Paulo
Coelho's *The Alchemist* (1988) and Robin
Sharma's *The Monk who Sold his Ferrari*
(1996)**

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complete this work. Thereby, I dedicate it to:

My father, the brightest part of my life

My mother, the heart that keeps me alive

The sweetness of my life, My sister

My brother, the light that shines my heart

and finely, all who keep support and love me...

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Abstract:

This research work is a comparative study that analyzes the affinities between: Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk who Sold his Ferrari* (1996) in relation to the issues of **Anxiety** and **Fulfillment**. The purpose of this dissertation is to study these issues by drawing a comparison between the two mentioned novels. To support our research with theoretical basis, we rely on Sigmund Freud's General Introduction to Psychoanalysis and Alan Gewirth's Self-fulfillment. This work discusses notions referring to Freud's concept of fear and anxiety, and Alan Gewirth's concepts of: capacity and aspiration fulfillment. After our analysis, we reached the results that both authors share affinities, first, in the way they present the main characters' anxiety throughout their journeys, and in the way they realized several achievement. Finally, we examined the literary devices to explore the parallel abstract and complex ideas linked to anxiety and fulfillment in both novels.

Key Words: Anxiety, fulfillment, fear, self-fulfillment, capacity, aspiration fulfillment.

Praise For *The Alchemist*

“*The Alchemist* is an unabashed delight and inspirational wonder. This fable is a roseate amalgam of spiritual quest, existential puzzle, lovely sensitivity, and deep strength.” —

Malcolm Boyd, author of
Are You Running with Me, Jesus?

“Paulo Coelho gives you the inspiration to follow your own dreams by seeing the world through your own eyes and not someone else’s.”

Lynn Andrews, author of
the Medicine Woman series

Praise for *The Monk who Sold his Ferrari*

***“The Monk Who Sold His Ferrari is a treasure
an elegant and powerful formula for true
success and happiness. Robin S. Sharma has
captured the wisdom of the ages and made it
relevant for these turbulent times. I couldn't
put it down.”***

Joe Tye, author of *Never Fear, Never Quit*

“A captivating story that teaches as it delights.”

Paulo Coelho, author of *The Alchemist*

I. General introduction:

This research paper tackles the subject of **Anxiety** and **Fulfillment** in Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk Who Sold His Ferrari* (1996). Its aim is to draw a comparison between the two authors' presentation of the two concepts in their mentioned novels and to show that their preoccupations in their works are not dissimilar. According to Sigmund Freud's *A General Introduction to Psychoanalysis* (1917), **Anxiety** could be defined as an aimless fear¹. It represents the sensation committed by the psychological conflicts of the three powers of the psyche which are: the ego, the Id and the superego's drive. The concept of **Fulfillment** refers to the need of achievement. Alan Gewirth in his book *Self-fulfillment* (1998) defines it as: "The actualization of one's best or highest capabilities"².

The two novels relates stories about finding one's destiny. Anxiety and fulfillment, in the two novels are related to the social and political background of their authors.

Paulo Coelho's *The Alchemist* is considered as an allegorical novel. It is firstly published in 1988, in Brazil and written in Portuguese. The novel sets in Andalusia where the protagonist embarks in a journey to Africa. It is published in the period during the continued international Cold War tensions in the late 1980, when Brazil passed through an economic crisis, which explains the choice of the author to the protagonist as an ordinary boy following his dream of wealth, success and fortune. In addition, Brazil is a tropical country known by its hazy weather, and it is obvious that the hot temperature has been constantly associated to the psychological behavior of the person and creates in him feelings of anxiety and psychological conflicts. The author also depicts the protagonist as a Spanish boy with brave and headstrong behavior. Therefore, while reading the novel, one notices the manifestation of the two concepts of Anxiety and Fulfillment.

Robin Sharma's subtitled his book *The Monk Who Sold His Ferrari: A Fable about Fulfilling your Dream and Reaching your Destiny* (1996). It is a self-help classic telling the

story of a fictional lawyer, who sold his mansion and Ferrari to study the seven virtues of the Sages of Sivana in the Himalayan mountains. The novel is published in Canada during the economic stability. In addition, the United States of America is known also by its hazy weather and climate changes, which affects the psychological well being of the person and leads to mild stress, depression and anxiety³. That explains the depiction of the novel's protagonist by the author as a wealthy and successful man, suffering from a high anxiety and stress because of his addiction to work.

Review of the literature:

Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk Who Sold his Ferrari* (1996) have been the subject of numerous critics who examined their significance.

Rajendra Kumar Dash is one of the reviewer of *The Alchemist*. In *Search journal of Art, Humanities and Management*, he compares Coelho's *The Alchemist* to Hermann Hesses's *Siddhartha* in an article entitled: "Alchemy of the Soul: A Comparative study of Hermann Hesse's *Siddhartha* and Paulo Coelho's *The Alchemist*". He argues: "as for Paulo Coelho, following one dream or destiny is the only obligation of an individual and it will eventually lead to self-discovery and self-realization"⁴. Dash indicates by his words that Coelho emphasizes in the novel the importance of the pursuit of dream to the individual in order to discover and fulfill himself. In addition, he represents the process of self-realization in relation to the psychology of alchemy. He mentions the example of the alchemist's search of the philosopher's stone that could transmute lead into gold. Therefore, he clarifies that it could be described as a journey of "psychological transformation"⁵.

Moreover, Dipendra Raj Regmi writes in the *Outlook: Journal of English studies* an article entitled: "Heroic Self-discovery of the shepherd in Paulo Coelho's *The Alchemist* (1988)". In this article, he examines the journey of the novel's protagonist and represents it as an example of "Self-discovery". He argues: "Thus, Santiago's journey reflects the most significant stages of adventure of the hero, and his excursion to explore the unknown world establish a new

paradigm of a hero in domain of Popular Culture.”⁶ According to this quotation, Dipendra Regmi considers Santiago as a model hero who raises the ancient faiths of different cultures, where he embodies the most broadly shared meanings and beliefs in the social system. He also evokes the concept of “Popular Culture” and presents it in the novel through the protagonist’s actions. Therefore, he considered *The Alchemist* as an image of popular culture through its several themes and symbols.

Concerning Robin Sharma’s *The Monk who Sold his Ferrari*, Kamel Sharma, a teaching assistant of English, devotes to it a recent literary study entitled: “The Journey Within: Inner Calling as Spiritual in R. K. Narayan’s *The Guide* and Robin Sharma’s *The Monk who Sold his Ferrari*” published in (2021). Kamel Sharma’s comparative study of the two novels is based on major concepts, which are spirituality and materialism. He reveals in his study “the self-realization” of the main character in Robin Sharma’s *The Monk Who Sold His Ferrari*. He argues that “Julian Mantle enjoys his journey to live a simple life in Sivana, where he becomes simple and disciplined and that was visible in Julian’s transformation of personality⁷”. Through this study, Kamel Sharma clarifies that the change of the protagonist’s personality is based on spirituality as an individual experience. He considers spirituality in the novel as the ability to achieve “treasure within oneself and happiness within oneself.”⁸

Kajal Dangar writes an article entitled “Life Skill Learning Through Symbols in Robin Sharma’s *The Monk Who Sold His Ferrari* (1996)” in which she treats symbolism through the novel. She argues, “In this book, the author Robin Sharma beautifully explains various techniques of improving life quality by using symbols. Each symbol represents one key aspect of a happy and successful life.”⁹ To clarify the seven virtues mentioned in the novel, Dangar demonstrates the symbols of the novel in her study and relates the analysis of these symbols to the achievement of a better understanding in “Life Skill”. She reveals the abilities that leads to success in several aspects of life and to get a better understanding of the deep meanings behind the novel.

I argue that the above critics study the two literary works from different perspectives such as: dreams, spirituality,... Nevertheless, no critic associates the matters to major issues as: **Anxiety** and the concept of **Fulfillment** in both novels. Therefore, I suggest to join the two novels in a single comparative study and present the linked points between Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk who Sold his Ferrari* (1996) in relation to **Anxiety** and **Fulfillment**.

The issue and the Working Hypothesis:

According to the above review of the literature, it appears that many studies dealt with the two novels, and it is clear that the aforementioned critics confer to a better understanding of these two works. This research paper is a comparative study that focuses on the themes of Anxiety and Fulfillment in Paulo Coelho's *The Alchemist* and Robin Sharma's *The Monk who Sold his Ferrari*. Since they can be considered as allegorical novels, the readers can extract series of moral lessons in view of the adventure of the protagonists.

In order to achieve the purpose of this research, I analyze the two literary works in relation to the issues of anxiety and fulfillment to demonstrate the parallel parts revealed by the study of these two mentioned novels. This work will be an attempt to study anxiety as a problem in fulfilling dreams since the two novels relate stories of success and dream fulfillment. I will also pose the problem of anxiety and fear of failure that can be a barrier in the achievement of one's ambitions. In addition, I will analyze fulfillment as an issue which can lead to the problem of choosing the right way of finding one's life goal and destiny.

Notes

1. Sigmund Freud, *A General Introduction to Psychoanalysis*, (Pdf Book World, 2013), 345, <https://eduardolbm.files.wordpress.com/2014/10/a-general-introduction-to-psychoanalysis-sigmund-freud.pdf>
2. Alan Gewirth, *Self-Fulfillment*, (New Jersey: Princeton University press, 1998), 16, <https://www.perlego.com/book/734030/selffulfillment-pdf>
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4. Rajendra Kumar Dash, "Alchemy of the Soul: A Comparative study of Hermann Hesse's *Siddhartha* and Paulo Coelho's *The Alchemist*," *Search A Journal of Arts, Humanities & Management* (2012): 17
5. Ibid., 18
6. Dipendra Raj Regmi, "Heroic Self-discovery of the Shepherd in Paulo Coelho's *The Alchemist*", *The Outlook: Journal of English Studies* 11 (2020): 105, <http://www.ejournals.pncampus.edu.np/ejournals/outlook>
7. Kamal Sharma, "The Journey Within: Inner Calling as Spiritual in R. K. Narayan's *The Guide* and Robin Sharma's *The Monk Who Sold His Ferrari*," *Journal of Literary Studies* 34 (2021): 62, <https://doi.org/10.3126/litstud.v34i01.39524>
8. Ibid., 57
9. Kajal N. Dangar, "Life Skill Learning Through Symbols in Robin Sharma's *The Monk Who Sold His Ferrari*," *Journal of Language in India* 19 (2019): 151, www.languageinindia.com

II. Method and Materials:

1. Method:

To achieve the purpose of this research, I analyze the concepts of **Anxiety** and **Fulfillment** in Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk who Sold his Ferrari* (1996), according to Sigmund Freud's psychoanalysis theory developed in his famous work: *A General Introduction to Psychoanalysis* (1917). Concerning the issue of anxiety, I selected a part in Freud's book, where he introduces the issues of "**Fear and Anxiety**" in relation to "The Neuroses Theory". Going forward to the concept of Self-Fulfillment, I have selected the work of Alan Gewirth's *Self-Fulfillment* (1998) as a theoretical background for interpreting the theory of fulfillment in this study.

Sigmund Freud's *A General Introduction to Psychoanalysis* (1917) is a book that consists of several theories. The selected part embodies "General Theory of Neuroses" that deals with the concepts of **Anxiety** and **Fear**. Freud defines anxiety as an aimless fear, and he uses the two concepts in an alternative way. He considers fear as "a sensation that could be rational or purposeful"¹. In other words, anxiety is used to describe a condition without regard to a specific objective, while fear is essentially pointed toward an object or a danger. Guy Thompson, in his book *The Truth about Freud's Techniques* (1994), explains two types of anxiety in a chapter entitled "The Realistic and Neurotic Anxiety". Starting with the Realistic Anxiety, he presents the control of the ego over the id's drives which is referred to as "frontier creature"², this control and ego's view to the reality lead to this type of anxiety. Freud states several symptoms of anxiety, such as "a displacement of repressed wish that was incapable of being fulfilled"³. In other words, anxiety could be described as the consequence of the prohibition of expressing some deepest desires and wishes. Freud considered the Realistic Anxiety as objective anxiety. According to Freud, the Neurotic Anxiety is the fear from authority such as "parents". A symptom of neurotic anxiety is Phobias, which is explained as the first neuroses of childhood; such as, the fear of punishment. He describe this type of anxiety as "anxious expectation"⁴, which means to give rise to negative expectation and it is a condition of "free-floating anxiety"⁵. Guy Thompson concludes that Freud believes in the interference between the realistic and neurotic anxiety. He argues that: "the difference between this situation and that of realistic anxiety lies in two points:

the danger is an internal one instead of external one and that is not consciously recognized”⁶. Specifically, in the neurotic anxiety the danger is internal and unconscious, while in the realistic one the danger is external.

The theory of **Fulfillment** includes many concepts, I selected one major concept to be applied in the two selected literary works of this research paper which is **Self-fulfillment**. According to Alan Gewirth, in his book *Self-Fulfillment*, it is “The realization of elevated capabilities”⁷. He regards that self-fulfillment can be considered in two main modes: The first one comes from the source of desires that are represented according to the growth of the character, and it is referred to as “aspiration fulfillment”⁸. The second derives from the element of power or potentiality which is directed to the realization of all capacities or potentialities in the fullest sense, and it is called “capacity-fulfillment”⁹.

The above selected works and the mentioned theories will be of significant use of our study of anxiety and fulfillment in the previously mentioned novels. Sigmund Freud’s Theory of Psychoanalysis and Alan Gewirth’s *Self-fulfillment* will be an attempt to enlarge the scope of this research and help to study the themes of Anxiety and Fulfillment in Paulo Coelho’s *The Alchemist* and Robin Sharma’s *The Monk who Sold his Ferrari*. Through the aforementioned theories, the analysis of the two literary works will help to explore the world of psychology in literature specifically, to learn about achievement and fulfilling dreams by analyzing two works of fiction. And finally, these theories will help to analyze deeply the mentioned literary works to end with an attempt to solve the problematic of anxiety and fear in the fulfillment of dreams.

Methodological Outline:

To deal with subject of this research, the Discussion Section will be divided into three chapters. The first chapter deals with the analysis of parallelism between the main characters in *The Alchemist* and *The Monk who Sold his Ferrari* and explains how the concepts of Anxiety and Fulfillment are represented through the characters. The second chapter directs the similar themes in the two novels,

and the last chapter is an examination of the parallel literary devices in the two novels which are: “allegory” and “symbolism” within the context of anxiety and fulfillment. Finally I conclude with a General Conclusion which gathers the general ideas developed in this research paper.

2.Materials:

a-Summary of *The Alchemist*:

Paulo Coelho's *The Alchemist* (1988) is an allegorical novel that gives the reader several moral lessons, such as the pursuit of dreams, the overtaking of fear of failure and making decisions...etc. The novel is set in indistinct time in the past and it is divided into two parts. It follows the story of an Andalusian boy named Santiago, whose obsession to travel made him choose to work as a shepherd.

The boy used to see repeatedly a dream of pyramids and treasure. He searched for an interpretation for his dream and he consulted a gypsy woman who told him to go to Egypt. Then he found an old man who is claimed to be the king of Salem, and told him that his Personal Legend is to travel to the pyramids. This created in Santiago a desire to embark in a journey in search for the treasure. After selling his flock, he arrived to Tangier, where a thief stole his money. This forced him to work with a local crystal merchant. Around a year, he improved the business in the crystal shop and became rich. He decided to continue his journey in order to find the treasure.

Santiago joined a caravan crossing the Sahara desert toward Egypt. During the trip, he met an English man who dreamed to become an alchemist and he learned from him many things, such as the secret of alchemy which was to write on a stone called the Emerald Tablet. Also he tells him about the philosophers' stones that turn lead into gold and liquid called the Elixir of Life that can cure all ills. When they arrived to Al-Fayoum, Santiago fell in love with a woman called Fatima. The boy discovered also his ability to read omens by observing the world around him. He warned the tribal chieftain of an attack, then Al-Fayoum successfully defended itself.

The Alchemist got word of Santiago's vision and invites him on trip into the desert. Santiago left Fatima and the caravan to finish his journey to the pyramids. After some tribal troubles in the desert, the alchemist and Santiago continued to travel several hours from the pyramids. There, the alchemist demonstrated to Santiago his ability to turn lead into gold and gave him gold and send him off to continue his journey. When he arrived to the pyramids, he began digging but two men beat him. Then, Santiago told them about his dream. At that time,

they realized that he had no money and they let him left. Before leaving, one of them tried to clarify that the dreams are worthless by telling his dream, which concerns a treasure buried in desolate church in Spain where a sycamore tree grows. It was the same church where Santiago shepherd his sheep. He finished by returning to Spain and finally found a chest of jewels and gold buried under the tree and plans to return with it to Al-Fayoum where he will unit again with Fatima. *The Alchemist* is an allegory for life journey; it is a novel from which the reader extract several valuable lessons.

b-Summary of *The Monk who Sold his Ferrari*:

Robin Sharma's *The Monk who Sold his Ferrari* (1999) is an autobiographical novel. It is a motivational and inspiring book. The novel is divided into thirteen chapters. It tells the Story of a famous and rich lawyer named Julian Mantle, whose story is narrated by John who is also

a character in the novel and he is Julian's friend. In the first, the second and the third chapters entitled: “The Wake Up Call”¹⁰, “The Mysterious Visitor”¹¹ and “The Miraculous Transformation of Julian Mantel”¹², John introduced Julian and described his life style.

Julian Mantel, a Harvard graduate who lived in a mansion and owned a Ferrari, private plane and made million of dollars on a yearly basis. Despite all his material wealth and success in his profession as a lawyer, he was always stressful and unsatisfied. One day, the pressure overpowered him, and he suffered a heart attack in the middle of a courtroom. After Julian’s recovery, John discovers that he decided to quit his work and to sell his mansion, his Ferrari and every material that he possessed and he traveled throughout India. Three years later, Julian Mantel shows up unannounced at his best friend and former college John’s office.

In the following chapters, Julian Mantel told John about the experience he had in his journey into India, where he learned of the great Sage of Sivana who eventually found in Himalayan mountains. Julian told his friend about his gathering with the wise man, named Yogi Raman who taught him the seven virtues of Sivana system. Yogi decided to offer Julian the seven virtues in order to achieve inner peace and enlightenment, by telling him a story that had hidden meanings. The beginning of the story is about a green garden where everything around is silent and tranquil, and there was a lighthouse in front of the garden. Suddenly, a Sumo wrestler appears in the beautiful garden, then he saw a gold watch on the ground. While the sumo tried to pick up the watch, he slid and fell into the ground motionless. After his senses got back, he noticed the thing that made him awake again was the fragrance of the yellow roses surrounding him!...after a while he found a path of millions of diamonds, then he walked on that path.

Julian Mantel thought that the story had no sense but the monk explained to him the valuable hidden meanings of the story. The first virtue is “Master your Mind”¹³, associated with the garden, and gave the secret of the techniques of mastering the mind. The second virtue is “Follow your purpose”¹⁴ which is linked to the lighthouse, the third virtue is: “practice Kaizen”¹⁵ which is associated with the sumo. The fourth virtue is “To be Discipline and self

Control”¹⁶. The fifth virtue is: “Respecting Time”¹⁷, which is related to the Gold Watch. The sixth virtue is associated to the fragrant Rose is: “respecting others”¹⁸. The seven and the last virtue is: “Live the Present Moment”¹⁹ and it is related to the path of diamonds. The monk made a deal with Julian that this story should spread all over the world. *The Monk who Sold his Ferrari* is a motivational story that teaches the reader valuable lessons and how to simply enjoy life.

Notes

1. Sigmund Freud, *A General Introduction to Psychoanalysis*, (Pdf Book World, 2013), 344, <https://eduardolbm.files.wordpress.com/2014/10/a-general-introduction-to-psychoanalysis-sigmund-freud.pdf>
2. Michael Guy Thompson, *The Truth About Freud's Technique*, (NYU Press, 1994), 13 <https://www.jstor.org/stable/j.ctt9qfvqq.8>
3. Ibid., 15
4. Freud, 347
5. Ibid.
6. Michael Guy Thompson, 15
7. Alan Gewirth, *Self-Fulfillment*, (New Jersey: Princeton University press, 1998), 16, <https://www.perlego.com/book/734030/selffulfillment-pdf>
8. Ibid., 10
9. Ibid.
10. Robin Sharma, *The Monk who Sold his Ferrari*, (New York: HperCollins, 1997), 01, [APNmbh](#)
11. Ibid., 08
12. Ibid., 12
13. Ibid., 71
14. Ibid., 92
15. Ibid., 143
16. Ibid., 158
17. Ibid., 172
18. Ibid., 180
19. Ibid., 197

III. Results:

In this piece of research, we have conducted a comparative study between Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk who Sold his Ferrari* (1996). Through analyzing these two works, we have tried to explore the affinities between them in relation to the issues of anxiety and fulfillment. To reach our purpose, we have applied Sigmund Freud's *General Introduction to Psychoanalytic* (1917) and Alan Gewirth's *Self-Fulfillment* (1998). We have mainly focused on the concept of fear and the two modes of fulfillment which are aspiration and capacity fulfillment. For better understanding the issues mentioned above, we have divided the discussion section into three main chapters. The first one is a study of anxiety and fulfillment in the main characters of the two novels, the second deals with the themes of both novels in relation to the two issues and finally the last chapter is an analysis of the literary devices of the novels regarding the aforementioned issues.

In the first chapter, entitled the main characters' anxiety and fulfillment, we have analyzed the two protagonists and their journeys in relation to anxiety and fulfillment. We have come to conclude that the two protagonists share some aspects of anxiety and fear due to the obstacles and the difficulties they met through their journeys of life-goals' fulfillment. Through the analysis we figure out the manifestation of the two types of anxiety which are the realistic and neurotic anxiety. In addition, the two main characters' achievements and the development throughout the novels give a image to fulfillment in the way of reaching destiny. Therefore, we have deduce that both protagonists reach their self-fulfillment by realizing their aspirations and developing their capacities.

In the second chapter, we have explored the common themes between the two novels, which are: the pursuit of personal dream, family, love, religion and culture. We have studied these themes in a dual way, so that it turns out that they lead to the protagonists' anxiety and achievement of goals. This chapter allows us to pose the problem of fear of failure in the way of chasing life-goals. Afterwards, we have moved to the role and the impact of family and love in the construction of the confident of the two protagonist in both novels. The results

demonstrate two findings; first, it suggests the impacts of fatherhood and love in the person's psyche as relation that can create worry and stress. Second, it is clear that these themes are presented also as a support and lead to self-fulfillment in both novels. For religion and culture, they may be considered as double-edged weapons, and their effects vary according to the person's reactions in certain situations.

In the third chapter, we have studied two literary devices in the two novels within the contexts of anxiety and fulfillment. The first analyses the novels as allegories for anxiety and fulfillment. This study confirmed the finding about ideas and moral lessons that relieve the problems of anxiety and fear in life's journey. The control over anxiety is the powerful step to the self-fulfillment. The second part of this analysis deals with the symbolism in the setting of the two novels. We have come to deduce the common hidden meanings that are conveyed through the use Symbolism in the depiction of the two different places which are: the Sahara desert in *The Alchemist* and the Himalayas mountains in *The monk who Sold his Ferrari*.

This section can be closed by saying that this comparative study between *The Alchemist* and *The Monk who Sold his Ferrari* has allowed us to find the shared points between the two works. It is notable that this work deals with the issues of anxiety and fulfillment basing on the Freud's and Alan Gewirth theories.

IV. Discussion:

Chapter One: The main Characters' Anxiety and Fulfillment

This chapter aims to present the main characters of *The Alchemist* and *The Monk who Sold his Ferrari* in relation to the issues of anxiety and Fulfillment. In fact, the protagonist is the central focus of the novel and the character who derives the story forward. This analysis focuses on the affinities between the two novels' protagonists Santiago and Julian Mantel in relation to their journeys. Regarding the physical and the inner journeys that the two protagonists experience over the course of the stories, they pass through transformations at the level of physical appearance, spiritual maturity and moral strength. This analysis reveals aspects of anxiety and fulfillment in the protagonists of the two novels. The aspects of anxiety appear in the common conflicts that these two main characters experience over the course of the novels. The inner conflicts portray the struggle of both protagonists with their own destiny and the environmental one reveal the conflicts with their surrounding world. Fulfillment centers in the full use of the protagonists' abilities and their achievements over the course of the journeys.

a)- The Characters' journey in Paulo Coelho's *The Alchemist* and Robin Sharma's *The Monk who Sold his Ferrari*:

Paulo Coelho and Robin Sharma depict the protagonists in their novels as ordinary persons who embark in journeys to reach their destiny. These journeys led them experience radical transformations at the cultural level, the thing that influences particularly their physical appearances: their manner of dress, their language and their facial features. The journeys influence also the spiritual growth of the two protagonists at the level of life purpose, social relationships and the values learned through the journeys. In addition, the two characters achieve moral strength, which is reflected in their personalities and behaviors.

Santiago, in *The Alchemist*, goes through important transformations and developments over the course of his journey. The time he spends in Tangier, working with the crystal

merchant is an important phase that influences his life. As it is narrated in the novel, Santiago and the crystal merchant are smoking “the hookah”¹ and they are conversing in Arabic. Learning the new language is an important achievement for Santiago in Tangier because the Arabic language permits him to deal easily with the people of the region. Besides, the narrator describes the change in his manner of dress “He dressed in his Arabian clothing of white linen.”² This indicates how he gets closer to the culture of the country.

Moreover, the spiritual growth of Santiago clears up his purpose as he progresses in his journey. Even though his dream is to find the treasure, one of his inner desires is to communicate with the “Soul of the world”³. The latter expresses his faith in the unity of the world and the parallelism in the language of all creatures. Therefore, he communicates with his sheep, the sun and other creatures. Concerning the omens are another aspect that serve to demonstrate Santiago’s spiritual growth throughout his journey. Likewise, his vision of the hawks and approaching armies that he has in Al-Fayoum.

The social relationship, that consists of friendship, social support and love takes a great deal of Santiago’s spiritual and emotional growth as he progresses in his journey. In fact, Santiago reunites with people from different parts of the world and builds up friendships. He also falls in love with a woman named Fatima. On top of that, he considers her worthy than his treasure.

Santiago becomes spiritually developed by learning several values over the course of his journey. One of the important spiritual values that he learns, is the unrealistic beliefs. when the thief betrays him another man in the bar tries to warn him that the man is a thief. However, at that time Santiago does not understand the language. After that experience he realized that the great achievement started with the mind that ignore the impossible, and he recognizes the truth from the facts. As it is narrated in the novel, “Now he understood why the owner of the bar had been so upset: he was trying to tell him not to trust that man. I’m like everyone else_ I see the world in terms of what I would like to see happen, not what actually does.”⁴

Santiago's personality improves and develops throughout the novel. He is described as a curious boy, who wants to learn every thing about the world. He makes an adventure to find the treasure that he dreams about, but as the story progresses and Santiago comes closer to his treasure, he focuses in growing his understanding of the spiritual force that imbues everything called the Soul of the World. In other words, the important lesson he learns while crossing the desert into the pyramids teaches him to pay attention to the world around him and to understand the language of all his surroundings even a single grain of sand.

In *The Monk who Sold his Ferrari*, Robin Sharma depicts Julian Mantel as a very successful and wealthy lawyer, who dedicated his life to the work. Julian's journey is not much different from Santiago's one. As in *The Alchemist*, the journey is about finding one's destiny, where the protagonist learns the most valuable lessons. Julian's journey starts from America to India, where he rounds and climbs the Himalayas Mountains in order to realize his goal, which is to become wise and find inner harmony and peace.

Like Santiago in *The Alchemist*, Julian experiences a total change after his magical trip. The first notable transformation is in his physical appearance, his manner of dress and facial features. Even John, his friend does not recognize him after his return. He resembles Santiago in *The Alchemist* when he dresses with Arabic cloths and no one recognizes that he is a stranger in Tangier. There are some quotes from the novel that indicate the physical transformation of Julian.

At the beginning of the novel, John says: "At fifty-three years of age, Julian looked as if he was in his late seventies. His face was a mass of wrinkles, a less than glorious tribute to his "take no prisoners" approach to life in general and the tremendous stress of his out-of-balance lifestyle in particular"⁵. And after his return, he describes him in this way:

The door to my office opened slowly. At last it swung fully open, revealing a smiling man in his mid-thirties. He was tall, lean and muscular, radiating an abundance of vitality and energy. He reminded me of those perfect kids I went to law school with, from perfect families, with perfect houses, perfect cars and perfect skin.⁶

The description above reveals Julian's change physically, particularly in the facial features. He says at first, "His face was a mass of wrinkles", and after his return, he is described smiling, strong man with perfect skin.

Julian's change in the manner of dress reflects his transformation, and highlights his new personality. He used to dress the Armani suits, which introduce his elegance and luxurious lifestyle. However, after his return from the journey, John describes him that he dresses a red robe with blue hood like the monks of the Himalaya. This indicates that Julian is not only influenced by the values of the sages but also by their culture and lifestyle. This situation is pretty much corresponding to Santiago's acquiring of the Arabic manners of dressing and living.

Julian's physical transformation is brought about by his spiritual improvement. He develops at the level of the soul, which leads him to recognize his true purpose in life. He reaches wisdom and finds inner peace of mind, which drives him to the achievement of happy and healthy life. When Julian tells his experience to John after his return from the journey, he expresses how he attains happiness by finding the inner harmony and peace. He tells him: "I've realized something very important, John. The world, and that includes my inner world, is a very special place. I've also come to see that success on the outside means nothing unless you also have success within"⁷. The important experience in Julian's journey is the finding of the Sages of Sivana in the Himalayas mountains that are not found for many years. From that adventure, he learns many values which are the seven Virtues of the Sivana. One of these virtues is to "Master your Mind"⁸, which clarifies the importance of cleaning the mind from negative thoughts and removing stress.

Julian's moral strength appears in his behavior and personality. After being an anxious and stressful man, he becomes calm and full of tranquility inside him. When he narrates his adventure to John, the latter notices the complete change in his behavior and personality. He is no longer the anxious man who thinks only about work. John describes him the next day of

his visit by saying, “Julian himself looked different than he had the day before. He still embodied radiant health and exuded a wonderful sense of calm.”⁹

The two protagonists in *The Alchemist* and *The Monk who Sold his Ferrari* share some characteristics. Santiago and Julian Mantle experience journeys, which change their lives and lead up to transformations and developments on the level of their physical appearance, spiritual maturity and moral strength. These transformations are achieved by the protagonists after experiencing many moments of anxiety, and these transformations are considered fulfillment.

b)- Aspects of Anxiety and Fulfillment in the protagonists of *The Alchemist* and *The Monk who Sold his Ferrari*:

Paulo Coelho and Robin Sharma employ significant aspects of anxiety and fulfillment in their mentioned novels. As the novels’ plots progress, each protagonist passes through conflicts that lead them to experience at least some aspects of anxiety. The analysis will be based on the themes of anxiety and fear in relation to the experiences of the protagonists over the course of the novel and the journey’s impacts on their personal psyche. Furthermore, the main characters’ analysis at the level of their fulfillment is based on their achievements throughout the novel in relation to the process of Self-fulfillment.

Santiago, in *The Alchemist*, is depicted as a brave and headstrong boy that takes the risk to chase his dream. But, as any protagonist he runs into conflicts and difficult experiences that impact his psyche. He passes through hard situations that create in him psychological problems as fear and anxiety. According to Freud, fear is a sensation that could be rational or purposeful, while anxiety usually describes condition without regard to any objective.

The first difficult experience that Santiago encounters in Tangier is betrayal. When he arrives in the Moroccan port city of Tangier, he is aware that he has no friend in this foreign country. He is sitting in a bar, worrying about his inability to speak or understand Arabic, then a young man of a similar age addresses him in Spanish. The two start chatting, and become friends. Then, they walked together through the narrow streets of Tangier but after they reach

the center of the market, this strange man betrays him and steal all his money and sheep. This situation can be considered as environmental conflicts. He views the marketplace as a strange and scary place, because of the strong emotions of fear and loneliness. This sensations of fear is caused by his being there without companionship. This kind of fear can be described as “anxious expectation”¹⁰. Freud explains that “the person who suffers from anxious expectation prophesy the most terrible of all possibilities, interpret every coincidence as an evil omen, and ascribe a dreadful meaning to all uncertainty.”¹¹ Santiago expects to be lonely in north Africa, where he cannot even discuss in Arabic. He says sadly: “A strange in strange land”¹². He thinks:

When I had my sheep, I was happy, and I made those around me happy. People saw me coming and welcomed me, he thought. But now I’m sad and alone. I’m going to become bitter and distrustful of people because one person betrayed me. I’m going to hate those who have found their treasure because I never found mine. And I’m going to hold on to what little I have, because I’m too insignificant to conquer the world.¹³

He rises to “the negative expectation” while he thinks that he will lonely and will never fulfill his personal legend. This reveals his anxiety after the first failure in his way to pursue his dream. This type of anxiety that he experiences is called by Freud “anxiety neurosis”¹⁴.

During Santiago’s trip with the alchemist, they have some tribal problems in the desert, where Santiago yearns to turn himself into wind. When the alchemist tells the Arab chief that Santiago can destroy the camp with the force of the wind, he reacts fearfully by saying: “but I have no idea how to turn myself into the wind.”¹⁵ This reaction reveals that Santiago already displays unwillingness and suffers from inner conflicts because of his fear to fail. Therefore, the alchemist relieves him from his fear by offering him some words of wisdom: “If a person is living out of his personal legend, he knows everything he needs to know. There is only one thing that makes a dream impossible to achieve: The Fear of Failure”¹⁶. These difficult experiences developed certain maturity in Santiago’s personality. Ultimately, he understands the words of the alchemist when told him: “before a dream is realized the Soul of the World tests everything that was learned along the way”¹⁷.

Santiago does not fulfill his dream easily because of the conflicts and the challenges he faces throughout his journey. In fact, the first goal of Santiago is the treasure. But while he progresses in his trip, he learns worthwhile values that change his life. Joseph Campbell in his book *The Hero of Thousand Faces*, argues:

The journey to the treasure is undertaken with as much valor and vision as each can master. Even when one's will or one's understanding wavers, the creative gifts to follow and learn this larger life are fully present. People may be unprepared, but they are never unprovisioned. Each person is born with the wherewithal fully intact¹⁸.

From the quotation above, it is clear that the moral lessons learned by Santiago over the course of the novel are more valuable than the treasure itself.

The conflicts lead Santiago to experience some aspects of fear and anxiety. However, he does not give up his dream. Instead, he decides to overtake these obstacles in order to achieve his goal.

The achievements of Santiago throughout the journey differ according to the kinds of his needs. After losing everything in Tangier, Santiago comes across as a thoughtful, strong individual who uses self-examination to change his mindset from the one of fear to the one of opportunity. He views the marketplace before as a strange and scary place. Now, Santiago realizes that the market is not a strange place, but just a new one. This shift in perspective furthers the development of Santiago. His control over the anxiety and fear empowers him to stay the course and to work with the crystal merchant in the calm, relaxed, and open mindset. So that, he needs to overcome obstacles and make his destination. Thus, his decision to work at the crystal shop justifies his need to earn money, buy sheep and continue his journey to find the treasure. His work with the crystal merchant is a solution to fulfill even his basic needs, which are to eat and get a place where to sleep. This situation portrays an experience of Self-fulfillment for the main character in the novel.

Another experience of Santiago's resistance is when the crystal merchant refuses at the beginning to accept him as a worker in his shop, but he starts cleaning the crystals even though the old merchant refuses. In this case one mode of Self-fulfillment is represented through the

protagonist of the novel, which is “Capacity Fulfillment”¹⁹; Santiago attains his Self-fulfillment by developing his abilities in order to possess his strong wish.

Santiago’s emotional experience is considered his most important achievement. For the protagonist, finding love is beneficial. He believes that this achievement will cure all his troubles and makes him a better person. “when we love, we always strive to become better than we are”²⁰. Santiago proves by his words how love satisfies him. This situation corresponds also to the process of “Capacity fulfillment”²¹. Alan Gewirth affirms:

To fulfill oneself by reference to one’s capacities involves that the self is viewed as a more or less ordered set of powers, abilities, or potentialities. To fulfill oneself is to bring the best of those powers to as full development as possible, so it involves a normative selection among a person’s capacities.²²

In other words, capacity fulfillment is one’s desire to achieve a particular power or potentialities, which lead to his development and self-fulfillment.

Paulo Coelho’s depiction of the protagonist in *The Alchemist* presents several transformations and developments in him over the course of his journey. Santiago faces several obstacles and conflicts both from environment and himself so that it brings up anxiety and fear to himself. Ultimately, his aspiration and capacities help him to overtake these obstacles to reach self-fulfillment. The valuable lessons that he learns throughout his journey help him to reach wisdom and spiritual advancement.

Julian Mantle, in *The Monk who Sold his Ferrari*, is described as a successful lawyer who is not satisfied in his life despite the big pleasure and the material wealth that he possesses: a mansion, a private jet, a Ferrari...actually, this luxurious life brings to Julian illusory and temporal happiness. Before he suffers a heart attack, and passes through environmental and inner conflicts.

The experience of Julian for the environmental conflicts occurs in the American society. His surroundings society increases in him anxiety and worry, since he limits his time particularly in work. Someone who has an anxiety will easily experience conflicts with himself or others that do not make sense for unfounded fears. For Freud, the source of anxiety

can include demands originating from the social environment. In Julian's case, his relationship with his family and the connection to other people play an important roll in his personal well being. His relationship with his father gets worse, since he no longer communicates with him. This led to the lack of familial support. In addition, his divorce represents a loss of love in his emotional life. So, he experiences failure in his the relationships, even he owns several means of pleasure in life, the thing that leads unsatisfied and displeased. John describes him as follows:

The more time I spent with Julian, the more I could see that he was driving himself deeper into the ground. It was as if he had some kind of a death wish. Nothing ever satisfied him. Eventually, his marriage failed, he no longer spoke with his father, and though he had every material possession anyone could want, he still had not found whatever it was that he was looking for. It showed, emotionally, physically and spiritually.²³

Julian's environmental conflicts lead also to inner conflict. The latter, creates in him substantial problems; such as stress, anxiety and fear of loneliness. This situation resembles that of Santiago in Tangier, where he finds himself alone in Tangier. In fact, the feeling of uncertainty creates that kind of fear and anxiety inside the person.

The heart attack from which Julian suffers is considered as an alarm of danger in his life. He experienced the realistic anxiety, which indicates his fear of threats or danger. That is why after his recovery, he decides to embark in a journey to find inner harmony and peace.

Moreover, Julian's experience on the professional side is the more stressful. John, the legal assistant of Julian, describes the relation between the latter and his work as a lawyer and says: "We were always together because we were always at work. Things never seemed to slow down. There was always another blockbuster case on the horizon that was bigger than the last. No amount of preparation was ever enough for Julian"²⁴. Julian's work as a lawyer makes him prone to anxiety. In Oregon Attorney Program, Karen A. Neri presents a program of improving the quality of personal and professional life of Oregon lawyers and Judges. The presenter of the program says: "Lawyers are expected to find ways to control uncertainty, eliminate mistakes (perfection), focus on potential problems (pessimism) and avoid vulnerability. All of these combined generate high anxiety."²⁵

Robin Sharma depicts the protagonist in the novel as a successful lawyer, but his levels of anxiety get out of his hands. Therefore, he survives a tragic heart attack that opens to him the doors to reach his destiny and fulfill his true goals. According to the novel's description, the journey of Julian Mantel is the great achievement in his life. It is the subsequent wisdom that he gains in a life changing odyssey that enables him to create a life of passion, purpose and peace. Julian's trip throughout India leads him to discover several valuable experiences. The most important experience is "The magical meeting with the Sages of Sivana"²⁶. Once in the Himalayas, he struggles to find the sages and puts himself in danger where he climbs the mountains in order to attain his goal. This expresses an important fulfillment in his journey in India. Alan Gewirth says: "fulfillment involves the idea of a sequence of choices and strivings that culminate in an achievement or product that is a full development of the end or aim of the strivings."²⁷ This means that fulfillment is considered as the result of the efforts made to attain a goal. Julian's fulfillment in this experience is learning from the sages of Sivana the values of mystical life. He discovers to enjoy simplicity and little worthy things, he says: "I stopped spending so much time chasing the big pleasures of life, I began to enjoy the little ones, like watching the stars dancing in a moonlit sky or soaking in the sunbeams of a glorious summer morning."²⁸ The life in Sivana is more quieter, full of peace and serenity, where Julian discovers the "Power of Simplicity"²⁹.

Like Santiago who met the alchemist and teaches him valuable lessons, Julian meets Yogi Raman. The latter teaches him the seven virtues of a life overflowing with inner peace, joy and a wealth of spiritual gifts by a mystical fable. The first important virtue is "Control the Mind"³⁰, from which Yogi Raman teaches Julian to clear his mind from unnecessary information, groundless worries and anxious thoughts. Julian develops an understanding in controlling his mind and becomes able to block all distractions. Alan Gewirth argues that "the fulfillment also creates new potentialities that are improvements of what one was before"³¹; Julian develops himself to become wiser and more conscious of his thoughts as he is its keeper. Finally, the key of Fulfillment is mentioned by Julian when he says to John: "those who keep

their minds open to new concepts... those whose cups are always empty... will always move to higher levels of achievement and fulfillment.”³²

Paulo Coelho and Robin Sharma portrays the two protagonists as stragglers to fulfill life goals. The two authors prove through these protagonists’ journeys that there are many conflicts they experience. Both environmental and inner conflicts create the protagonists obstacles such as: anxiety, fear and stress and that prevent them to reach their life-goals. Fulfillment appears throughout the achievements of Santiago and Julian Mantle over the course of their journeys in order to reach their destiny and experience self-fulfillment by facing conflicts and obstacles.

Notes

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5. Robin Sharma, *The Monk who Sold his Ferrari* (New York: HarperSanFrancisco, 1997), 5, ApnaMBh
6. Ibid., 10
7. Ibid., 39
8. Ibid., 71
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11. Ibid.
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16. Ibid.
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20. Paulo Coelho, 115
21. Alan Gewirth, 14
22. Ibid.
21. Robin Sharma, 15
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25. Karen Neri, “Resilient Lawyers: Managing Stress and Anxiety in Practice of Low”, Oregon Attorney Assistance Program (2020), www.aaap.org
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Chapter Two: Anxiety and Fulfillment in *The Alchemist* and *The Monk who Sold his Ferrari*

who Sold his Ferrari: A Thematic Study

This chapter is an attempt to study some themes in *The Alchemist* and *The Monk who Sold his Ferrari* in relation to the issues of Anxiety and Fulfillment. It deals with the analysis of some themes which are common between the two novels, namely: The Pursuit of Personal Dreams, Family and Love, and Religion and Culture. This chapter will be divided into two parts: the first will deal with anxiety in relation to the mentioned themes in *The Alchemist* and *The Monk who Sold his Ferrari*. The second part will treat the manifestation of fulfillment regarding the mentioned themes in the two novels.

a)-Anxiety in *The Alchemist* and *The Monk who Sold his Ferrari*: Thematic Analysis

This part discusses the way that Paulo Coelho and Robin Sharma include the concept of anxiety in their mentioned novels throughout the themes of the pursuit of personal dreams, family, love, religion, and culture. Anxiety and fear appear as obstacles for chasing goals in the two novels. This is manifested in the family and love relations. However, religion and culture are used in the novels as a cure for anxiety and stress.

The pursuit of personal dream is considered as a major theme in *The Alchemist*. The author of the novel refers to it as “A Personal Legend”¹ and suggests whether the person chooses to pursue his legend, which means his destiny, or not. He presents fear as an obstacle that prevents people from achieving their goals and living meaningful lives. This fact is portrayed through the character of the crystal merchant. The latter is unwilling to pursue his dream by traveling to Mecca, because of his fear of what his life will be like after completing this dream. The crystal merchant always pushes his goal into the future to protect himself from this feeling of fear and uncertainty. The rise of “anxious expectation”¹ in the merchant’s mind

leads to the “evolution of fear”². Freud states when he explains the evolution of fear that, “if fear is too strong, it proves absolutely useless and paralyzes every action”³. This is depicted in the novel through the paralysis in the crystal merchant’s actions and his inability to improve the business in his shop, which makes him a passive character.

The manifestation of fear appears also when Santiago experiences difficulties in the desert. Here, Paulo Coelho gives voice to the protagonist’s heart and makes him able to communicate with it to portray his inner struggle. The heart expresses the feeling of fear and focuses on the possible failures Santiago could face in his quest to fulfill his personal legend. He tells the alchemist that his heart is afraid of suffering, the alchemist answers him as fellow: “Tell your heart that fear of suffering is worse than suffering itself”⁴. The dialogue between Santiago and his heart in the novel conveys the idea that most people are afraid to pursue their important dream due to feelings of insufficiency and anxiety. In this context, Freud argues: “Everything that happens would be consummated just as well and better without the development of fear”⁵. Santiago’s contact with his heart marks the distraction of the negative feelings, particularly the sensation of fear on the his way to achieve his goals.

Like *The Alchemist*, *The Monk who Sold his Ferrari* presents the pursuit of personal dream and finding destiny as an important theme in the novel. The whole novel is about the lifelong goal of looking for fulfillment and anxiety as an obstacle in the way of achieving life goals.

Robin Sharma depicts the protagonist Julian Mantle as a successful lawyer blinded by the illusory version of success. Pursuing his personal dream, anxiety disorder and high stress can be caused by the competitive and fast life that led to anxiety and high stress. That is how John describes Julian's daily routine: “He was tough, hard-driving and willing to work eighteen-hour days for the success he believed was his destiny”⁶. The protagonist believes that his destiny is looking for wealth and fame to guarantee big pleasure. Yet, excess of work led him to suffer from anxiety. John narrates:

The late-night dinners in expensive French restaurants, smoking thick Cuban cigars and drinking cognac after cognac, had left him embarrassingly overweight. He constantly complained that he was sick and tired of being sick and tired. He had lost his sense of humor and never seemed to laugh anymore.⁷

The statistics of the Oregon Attorney Assistant Program affirm that “a high prevalence of problematic alcohol use and mental health concern among lawyers”⁸. Likewise, Julian experiences anxiety and high stress despite his success and huge wealth. His attraction toward material possession vanishes after he survives a severe heart attack. The anxiety and the stress he experienced can be the reason of his heart attack because the problem of anxiety does not affect only mental health but also the physical one. It is argued by some researchers that “Being in a constant state of distress and being unable to manage healthily increases the risk of negative physical health and mental health, leading to trauma.”⁹ It is clear in the novel that the damage at the level of Julian’s mental health affects his physical state.

Paulo Coelho and Robin Sharma employ the theme of the pursuit of personal dreams in their mentioned novels to reveal the issue of anxiety. The latter represents the obstacle in the way of chasing life goals and destiny. The two authors' resemblance in the employment of this theme occurs in the two protagonists' struggle against the obstacle of anxiety while trying to achieve their dream.

Moreover, family and love are themes that correspond accurately to the relationships throughout *The Alchemist* and *The Monk who Sold his Ferrari*. These themes somehow represent the manifestation of anxiety.

In *The Alchemist* family involves parenthood and appears at the beginning of the novel. Santiago’s desire to travel and become a shepherd contradicts his father’s wish who wants him to become a priest, since they are a simple farm family. The difference of opinion creates a kind of worry between the father and his son and makes Santiago hesitant to leave. The father says when trying to convince Santiago to not travel:

People from all over the world have passed through this village, son. They come in search of new things, but when they leave they are the same people they were when they arrived. They climb the mountain to see the castle, and they wind up thinking that the past was better than what we have now. They have blond hair, or dark skin, but basically, they're the same as the people who live right here.¹⁰

The words of the father obscure and confuse Santiago because of his attitude as a farmer who buried all his dreams in order to struggle for food and water.

The theme of love appears in the novel, it drives the personal legend of Santiago and his beloved Fatima as well. This love is presented beyond Santiago's control and written by the hand that writes all. Therefore, he ties this love to the idea of "Maktub"¹¹. This idea of instant love seems to be new and strange for Santiago, which leads him to worry and confusion about this feelings. Even though Fatima was not against the fact that Santiago continues his trip to pursue his dream, he feels torn between staying with her or departing. This creates again a kind of worry in his mind, he is afraid to fail in realizing his dream and lose the love of his life.

Family and love are also essential themes in *The Monk who Sold his Ferrari* that can be related to anxiety. These themes seem to be important relations in a person's life, but in the novel, Julian neglected this part of his life. John describes Julian's life before he suffers the heart attack as follows: "There we were, two slaves to the clock, toiling away on the sixty-fourth floor of some steel and glass monolith while most sane people were at home with their families, thinking we had the world by the tail, blinded by an illusory version of success"¹² John's words indicate that Julian gives no time to family or love. He also says; "He no longer spoke with his father"¹³, unlike Santiago who communicates with his father, Julian's situation explains that he has serious troubles with his father that lead to the lack of communication and creates a kind of anxiety between them.

Love in the novel is indicated through the concept of marriage. While Julian is presented as a divorced man, this points to the lack of love in his life. His divorce is like an alert to the danger that leads to fearful and panicked reactions toward many actions in his life. The fear of loneliness can be derived from the situation of Julian, as Freud argues: "some fearful situations have relation to danger, and some people thought they are exaggerated in intensity"¹⁴. The danger here is experienced by Julian in his relationships that consist of family

and love. Therefore, it is claimed in Oregon Attorney Assistance Program that “Connection to other people is important to our well-being because it activates our soothing, safety and contentment system.”¹⁵

Themes of family and love in *The Alchemist* and *The Monk who Sold his Ferrari* are effective in the psyche of the analyzed character. The relationship with parents shape the personality of the individual and leads to the foundation of other relations such as love. This is why the minimum of tension in these relations can lead to psychological problems as anxiety.

In addition to the mentioned themes, religion and culture can be related particularly to the fear of the future in connection with danger. In *The Alchemist*, the leader of the caravan says that there are a lot of people accompanying the caravan and they believe in many different forms of God. He tells his followers that the only god he serves is Allah. The camel driver, who is the leader of the caravan, is presented as a Muslim who believes that everything is under the mercy of Allah, so he is never afraid of the future. When the caravan encounters another group in the desert, some men share information about thieves and warring tribes. At that time the silence in the caravan makes Santiago feels the sense of fear in the air and the desert warfare that foreshadows the sense of the threat. According to Freud, some fearful situations have relation with danger. He argues: “The fearful objects and situation have somethings gruesome for all normal people and the prototype for the effect of danger to life, and is ever after repeated within us as a condition of fear”¹⁶. In other words, every normal individual is influenced by fearful situations, and life's danger is considered as the main part of fear that is shared between the members of the caravan.

The camel driver represents the religious aspect of the Islamic society that makes him believe in fate and destiny. From his strong faith, he achieves peace of mind by living in the present moment. This concept of being aware and living the present time brings other worldwide religions into the novel; in Hinduism and Buddhism, the practice techniques of mindfulness that often based on the idea of living in the present moment and detaching from anxiety or fear connected to the past or the future.

Religion and Culture in *The Monk who Sold his Ferrari* appear in two different ways. At the beginning of the novel, the American culture is represented through the description of Julian's lifestyle. The American society in the 1990s was characterized by advanced technology and development. Researchers claim that "Americans in the 1990s built bigger and more elaborate homes and drove more expensive automobiles and work longer hours to pay for them"¹⁷. Julian's comfortable life and his possession to a mansion and a beautiful red Ferrari is considered a sign of riches, especially at that period.

Concerning religion, several Buddhist beliefs appear in the novel. After Julian's trip to India, the sage teaches him many virtues that cure him of fear and anxiety.

The only thing standing between most people and their dreams is the fear of failure. Yet failure is essential to success in any endeavor. Failure tests us and allows us to grow. It offers us lessons and guides us along the path of enlightenment. The teachers of the East say that every arrow that hits the bull's eye is the result of one hundred misses. It is a fundamental Law of Nature to profit through loss. Never fear failure.¹⁸

This is one of the big lesson that Julian learns from the sage of Sivana, and this attitude is close to the Buddhist perspective which points to "The fearlessness as the motivated act for the achievement of goals"¹⁹. In the novel, Sharma have derived several preaching from the ancient scriptures of Buddhism.

The themes of religion and culture in *The Alchemist* and *The Monk who Sold his Ferrari* influence the characters in different ways. Culture and religion in the two novels are used as human knowledge, behavior and moral values that can adopt in the life journey, and how can this human behavior and religious ideas affect the psyche to develop or cleanse the mind from certain thoughts as anxiety and fear.

b)-Fulfillment in *The Alchemist* and *The Monk who Sold his Ferrari*: Thematic Analysis

This part discusses the issue of fulfillment through the themes mentioned above in both novels. *The Alchemist* is a novel that exposes the pursuit of personal dream as a prominent theme, which is referred to as "Personal Legend"²⁰. The latter appears in the novel as the

destiny of everyone in the world. It focuses on the importance of chasing dreams, despite all the obstacles that prevent the person from achieving his goals. For the novel's protagonist, his choice to pursue his personal legend is the most important fulfillment in his life.

At the beginning of the novel, fear and anxiety prevent Santiago from pursuing his dream, but he struggles under all the circumstances to fulfill it. The old man, who claims to be the king of Salem, advises him to pursue his dream. He tells him that he must own much confidence to fulfill his personal legend. Therefore, he sells one-tenth of his flock to the old man to start his journey of chasing his dream. In this situation, the old man appears as a character that motivates him and offers him the aspiration to fulfill his dream. He is a guide that leads him to the way of his destiny. In this context, Alan Gewirth assumes that "aspiration is one's deepest and higher_order desires, one's come to have it when is dissatisfied with his life or world and that leads him to form a conception of something better"²¹. He also adds:

An ideal of personal or social development that remedies the deficiencies of one's present existence and moves on to a better phase of one's life. This new phase may be viewed as a fulfillment both of aspirations and of tendencies or potentialities that are latent in oneself; the fulfillment also creates new potentialities that are improvements of what one was before.²²

This means that when the person is not satisfied in his life he tries to look for better situations.

Santiago's desire to find the treasure creates in him the aspiration to pursue his dream. Thus, he decides to overtake the obstacles to succeed in fulfilling his goals. This decision led to Santiago's progress as a person and leads him to improve his potentialities and strive for better fulfillment of his personal legend.

Santiago is almost close to his treasure, but his journey is the reason that drives him to reach his destiny and learn several valuable lessons. At the end, even-though Santiago has not yet found his treasure, he seems to see that all his quest has already been given. The journey itself can be considered Santiago's personal legend. This is mentioned in the novel through the words of the alchemist, who tells him that "there is only one way to learn, it is through action. Everything you need to know you have learned it through your journey"²³. It means that learning things does not only depend on observing, but taking action and participating in the experience lead to gaining a piece of great knowledge. As Alan Gewirth affirms, "the

capacities that are developed in self-fulfillment are real in that they exist as a power inherent in self and self-realization seems to pertain primarily to capacity fulfillment.”²⁴ The development of Santiago's capacities appears in the knowledge and the wisdom that he learns throughout his journey. In fact, all that he learns grows strength and power in his self and improves his abilities. This can be interpreted as “capacity fulfillment”²⁵.

Like *The Alchemist*, *The Monk who Sold his Ferrari* links the theme of the pursuit of personal legend to the concepts of fulfillment. The pursuit of personal dream in *The Monk who Sold his Ferrari* appears as an important theme, since the whole story is about fulfilling of dreams and finding one's destiny. The protagonist, at the beginning of the novel, is chasing life's big pleasure and succeeding in his profession as a lawyer. He owns every material of wealth that any person wants to get, but he fails at the spiritual level and loses an important thing which is his health suffering from a heart attack. After his recovery, Julian's doctor gives him a warning “either to give up the law or to give up his life”²⁶. The doctor in this situation resembles the old man in *The Alchemist* who appears when Santiago is at the point of giving up his dream. Julian does not sell only the tenth of his wealth as Santiago does, but he sells every material of wealth he has and he starts his journey to reach his destiny.

After the arrival of Julian to India, he meets a man named Yogi Krishnan, who lived the same experience as him. Krishnan gives up his work as a lawyer and embarks on a journey to reach his destiny and his self-fulfillment. He says:

I was tired of living my life like one long air raid drill. I realized that my mission is to serve others and somehow contribute to making this world a better place. Now I live to give, I spend my days and nights at this temple, living an austere but fulfilling life. I share my realizations with all those who come here to pray. I serve those in need. I am not a priest. I am simply a man who has found his soul.²⁷

Krishnan gives Julian a bit of precious advice, he says: “failure, whether of the personal, professional or even spiritual kind, is essential to personal expansion. It brings inner growth and a whole host of psychic rewards. Never regret your past. Rather, embrace it as the teacher that it is.”²⁸ Julian's meeting with Krishnan motivates him to have more aspirations to reach his goal. Like Santiago who desires to find the treasure, Julian desires to find the sages of

Sivana that many people fail to find. When the desires start to appear, this is highly represented by the “aspiration fulfillment”²⁹ in Julian’s character. The important fulfillment in his journey is when he finds the sages of Sivana and learns the seven virtues that changed his life. Julian’s experience in the Himalayas mountains is the best example that reveals self-fulfillment in the pursuit of his personal dream.

Fulfillment is indicated in the two novels through the theme of the pursuit of dreams. This theme is not only hindered by anxiety but also by the achievements and the development of the characters while searching for destiny and striving for life goals. The pursuit of dreams is the theme that leads the characters in both novels to reach their self-fulfillment.

Family and love in *The Alchemist* and *The Monk who Sold his Ferrari* are themes that indicate the relationship that influences the achievement of the protagonists throughout their journeys to fulfill their goals. Family, in *The Alchemist*, is a temporal theme that appears particularly at the beginning of the novel through the presentation of fatherhood. In fact, Santiago’s father wants him to be a priest. This is why he tries to convince him to forget about the idea of traveling and becoming a shepherd. However, Santiago's headstrong attitude leads the father to accept his son's decision and give him his blessing. This situation proves the importance of the family in the productivity and development of the person.

Throughout Santiago's journey, another relationship appears in his life and hinders the fulfillment of his dream. This relation is that of love, which leads to the development of potentialities in the protagonist’s personality. He experiences love at first sight which is something different from his attitude and beliefs. His ideas about love come from his family that taught him to take his time to get to know someone. However, the experience with Fatima is different. As it is described in the novel,

At that moment, it seemed to him that time stood still, and the soul of the world surged within him. When he looked into her dark eyes and saw that her lips were poised between a laugh and silence, he learned the most important part of the language that all the world spoke—the language that everyone on earth was capable of understanding in their heart. It was love.³⁰

Santiago feels that this love will be an obstacle in continuing his adventure to find the treasure.

While Fatima, the woman he loves, learns about his personal dream, she encourages him to

pursue his goal and decides to wait for his return. Love in the end of the novel is described as a support and more than that is a great wealth and fulfillment in life. As it is narrated in the novel, “Fatima was more important than his treasure.”³¹

In *The Monk who Sold his Ferrari*, the themes of love and family are manifested along with the notion of fulfillment through a collection of instructions and advice that the protagonist realized and lead him to attain self-fulfillment.

Julian’s journey makes him gain inner peace and wisdom. On his return, he gives this advice to his friend John:

There is a huge difference between making a lot of money and making a lot of life. When you start spending even five minutes a day practicing the art of gratitude, you will cultivate the richness of living that you are looking for. Even the person you spoke of in your example can find an abundance of things to be thankful for, notwithstanding his dire financial predicament. Ask him if he still has his health, his loving family, and his good reputation in the community.³²

Through these words, Julian expresses the importance of gratitude and being thankful for everything one gets in his life. Through Julian’s growth in the understanding of gratefulness and self-discipline, it is clear that he fulfills his capacities on the level of gratitude. That is when he starts feeling the little immaterial favors he owns, and stops seeking the big material pleasure of life. He states in the quote above, “Ask him if he still has his health, his loving family, and his good reputation in the community.”³³ Here, he shows the power of family and the relationship over the financial situation of the person. This is similar to when in *The Alchemist* the protagonist claims that love is much more important than material wealth.

Love and family are important relations that influence a person, whether positively or negatively. These relations can motivate the person to fulfill his life goals. As it is presented in *The Alchemist*, the concept of self-fulfillment appears through the support that Santiago gets from his father, the woman he loves and other characters that are considered guardians or advisers to him. In *The Monk who Sold his Ferrari*, these themes come through a series of moral lessons that Julian offers to his friend John. The novel emphasizes the importance of giving love to wife and children and taking care of health in order to achieve inner peace and fulfillment.

In *The Alchemist* and *The Monk who Sold his Ferrari*, Religion and culture are themes that reveal the understanding of the person to his experiences. In *The Alchemist*, several beliefs and social cultures are presented in a way that they are completely close to a person's life. Santiago learns about an important spiritual force during his journey, which is called the "Soul of the World"³⁴. The latter is the unity of every living or non-living thing in the world, and it might be connected to the term of destiny. In the novel, it is said: "But this fear evaporates when we understand that our life stories and the history of the world were written by the same hand."³⁵ These are the words of the camel driver, who explains the oneness and the unity of Allah in the Islamic religion.

The novel assures that culture influences the behavior of Santiago, who learns several things from the Arab society. During his time in Tangier, he learns the language, lifestyle, clothes, and even beliefs of Moroccan community. In addition, he stopped drinking Alcohol from his first step in Africa. He says: "There is no wine in this country, the religion here forbids it"³⁶. When he finds himself obliged to stay longer in Tangiers, he develops a great understanding of the culture and the lifestyle of the Arabs. After almost a year in Tangier, the narrator describes him as fellows:

He dressed in his Arabian clothing of white linen... He put his head cloth in place and secured it with a ring made of camel skin. Wearing his new sandals, he descended the stairs silently. The city was still sleeping. He prepared himself a sandwich and drank some hot tea from a crystal glass. Then he sat in the sun-filled doorway, smoking the hookah.³⁷

It is clear from the quote above that Santiago is experiencing a new culture and a new lifestyle.

In the novel, Santiago encounters several religions and cultures, he does not deny the other beliefs, but he reaches his knowledge and his principles in connection to Arabic culture and religion. He develops his understanding of new cultures which is an accomplishment and self-fulfillment at the level of religion and culture.

Religion and culture in *The Monk who Sold his Ferrari* are themes that appear throughout the novel. Julian is pretty much similar to Santiago who joins new culture and improves his perspective toward new beliefs in *The Alchemist*.

In the Indian community particularly in the Himalayas, Julian has an important experience with the sage Yogi Raman. He learns about new cultures and practices them as if they are his own. Similarly to Santiago, who spends time in Tangier and learns about the Arab culture, Julian appreciates the Indian culture and beliefs. Yogi Raman says to Julian:

I have observed you closely for many days now Julian. I believe that you are a decent man who deeply desires to fill his life with all that is good. Since you have arrived you have opened yourself up to our traditions and embraced them as your own. You have learned a number of our daily habits, and have seen their many salutary effects. You have been respectful of our ways.³⁸

The virtues that the sage teaches to Julian reflect much more the Buddhist ethics. Since Buddhism is a religion that originated in India, it is clear that the seven virtues of Sivana are based on Buddhist beliefs. Fulfillment at the level of religion and culture appears strongly in Julian's behavior, which consists of his developed understanding of many fields of life.

The pursuit of personal dreams, love, family, religion, and culture are themes analyzed in relation to the concept of fulfillment. The latter appears through these themes in both novels to express the achievements in different disciplines in life and the aspects that could be a support to gain the life goals. Paulo Coelho and Robin Sharma convey the true meaning of fulfillment through these themes and portray the importance of aspirations and capacities for fulfilling life goals.

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26. Robin Sharma, 12
27. Ibid., 15
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Chapter Three: Anxiety and Fulfillment in the Literary Devices of *The Alchemist* and *The Monk who Sold his Ferrari*

The preceding chapters made it clear that the main characters and the themes of *The Alchemist* and *The Monk who Sold his Ferrari* present the issues of anxiety and fear as obstacles that prevent individuals from reaching fulfillment in life. This chapter will analyze the common literary devices between the two novels. The first part of this chapter deals with "Allegory" as a literary device, which conveys complex ideas and hidden meanings throughout the allegorical characters of the two novels. Through the analysis of this literary device, we will explore the common archetypal characters which are the hero, the helper and the mentor in both novels, to study the issue of anxiety. The issue of fulfillment is associated with the examination of the characters' development to prove that the two novels are allegories of self-fulfillment. The second part of this chapter will deal with the use of Paulo Coelho and Robin Sharma to parallel types of "symbolism" in their mentioned novels, through the use of abstract ideas linked to the issues of anxiety and fulfillment.

a)- *The Alchemist* and *The Monk who Sold his Ferrari* as Allegories of Anxiety and Fulfillment:

This analysis deals with the two novels as allegories that convey hidden meaning and complex ideas through three archetypal characters, which are: the hero, the helper and the mentor.

The Alchemist is an allegorical novel that carries major issues like anxiety and fear, particularly through the archetypal character which are commonly seen in literature. The hero, the helper, and the mentor in the novel are significant types of characters that demonstrate the mentioned issues.

At the beginning of the novel, the hero, Santiago is doubtful and incapable of deciding to pursue his dream and get out of his comfort zone. His first decision is to live a simple life with simple desires. He wishes to travel, so he becomes a shepherd and wants to marry a woman

and live peacefully. Yet, destiny chooses another path for him. He experiences a recurring dream of treasure and the Egyptian pyramids, which urges him to look for a fortune teller to interpret this dream. He hopes she will tell him about the place of that treasure. However, the fortune teller's interpretation of the dream is rather obvious and does not provide new insight into the quest. Santiago leaves disappointed, then the events move quickly to practical errands that he should accomplish. This is narrated in the novel while Santiago leaves the place of that woman:

So the boy was disappointed; he decided that he would never again believe in dreams. He remembered that he had a number of things he had to take care of: he went to the market for something to eat, he traded his book for one that was thicker, and he found a bench in the plaza where he could sample the new wine he had bought. The day was hot, and the wine was refreshing.¹

The narrator describes Santiago's comfort zone and familiar life that is simple and peaceful. This indicates that the hero's quest has not yet started. He becomes a shepherd and travels over the country and lives the life that seems good as he desires. However, Santiago's feeling of emptiness and dissatisfaction due to the dream creates internal conflicts in his mind. When the gypsy woman interprets his dream, he is described in the novel as being "surprised, and then irritated."² He thinks: "He didn't need to seek out the old woman for this!"³ He creates these kinds of obstructions within himself in order to avoid facing difficult life choices. When he sees the gypsy woman, he asks her: "Well, how am I going to get to Egypt?"⁴, he also asked: "And what if I never get to Egypt?"⁵. These questions refer to his feeling of uncertainty because of the unusual things that he can face if he goes to Egypt. Therefore, he decides to not put himself in an uneasy situation that he has no control over. This refers to the fear of the unknown. The latter is mentioned by Lovecraft in his book *Supernatural Horror in Literature* where he writes: "The oldest and strongest emotion of mankind is fear, and the oldest and the strongest kind of fear is the fear of unknown."⁶ The idea that Paulo Coelho gives through this situation in the novel is the existence of fear as an obstacle which prevents the hero from his quest.

The next archetypal character is the helper, that helps the story filling into the gap. He is presented in *The Alchemist* as a wise old man named Melchizedek who claimed to be the king of Salem. He is a mysterious, prescient and supernatural character, who knows everything about Santiago. Generally, the helper is the character that helps the hero to separate himself from his previous life. It appears in the novel as an old wise man, who tries to explain to the protagonist the importance of the quest in everyone's life. He makes Santiago feel that he must start his adventure to find the treasure no matter what obstacles he will endure getting through it. Then, Melchizedek tells him the story of the baker who had never realized his "Personal Legend"⁷:

The old man pointed to a baker standing in his shop window at one corner of the plaza. "When he was a child, that man wanted to travel, too. But he decided first to buy his bakery and put some money aside. When he's an old man, he's going to spend a month in Africa. He never realized that people are capable, at any time in their lives, of doing what they dream of."⁸

The story of the baker is considered an example of the person who limits himself in the ordinary occupation of life and neglects his personal dream. The old man explains to Santiago why he appears and says "you are trying to realize your Personal Legend, and you are at the point where you're about to give it all up."⁹ This situation reveals that the hero in this novel suffers from a hidden fear, which leads him to give up his dream. Therefore, the helper appears and convinces him to start his adventure.

The last archetypal character is the mentor who is the alchemist. The latter gives the hero the knowledge and confidence to overcome his fear and face the adventure. He teaches Santiago a series of moral lessons. He guides him to learn how to control the fear inside his heart and regulate the emotions of doubt and anxiety inside him. The mentor appears in the novel to make the hero responsible, brave and confident.

The issues of anxiety and fear appear through the mentioned archetypal characters in *The Alchemist*. These characters demonstrate the novel as an allegory that brings an important hidden lesson, which is how to overtake the major problem of anxiety in the way of pursuing life goals.

Similarly to *The Alchemist*, *The Monk who Sold his Ferrari* is considered an allegory that reveals the issue of the high anxiety caused by the daily routine of life. The analysis of this novel exposes the archetypal characters that are the hero, the helper and the mentor. As in *The Alchemist*, this novel conveys hidden meanings where Robin Sharma discusses the issues of anxiety.

The hero, Julian Mantle is a successful lawyer, rich but unsatisfied. As he is described in the novel, his addiction to work makes him stressed and anxious. Despite all the success and the wealth he owns, Julian suffers inside him because of the emptiness of his life. This can be considered as the hero's quest that has not yet been fulfilled. Here, the resemblance between *The Alchemist* and *The Monk who Sold his Ferrari* is apparent at the beginning of the two novels. The life of Julian is different from Santiago's one regarding the material side, but both of them suffer from anxiety and doubt. In addition, both of them are in their comfort zone. Santiago chooses the life he wants and becomes a shepherd who travels over the country, and Julian chooses the luxurious life that he believes is his destiny. He loves law and admires his work, even though he is initially pushed into it by the social agenda of his family. He seems to have all the material wealth that anyone desires: a mansion, expensive Armani suits, a private jet and his prized red Ferrari. The negative emotions Julian suffers from reveal his dissatisfaction with his life, which leads to his suffering from anxiety and fear. This results in bad habits in his behavior like drinking alcohol. John describes him in the novel as follow: "The late-night dinners in expensive French restaurants, smoking thick Cuban cigars and drinking cognac after cognac, had left him embarrassingly overweight".⁹ More than Santiago, Julian's anxiety hurts him and points the arrow at his heart, then suffering from a heart attack. When John recounts all that happens with Julian, he says: "The constant pressure and exhausting schedule of a world-class trial lawyer had also broken his most important—and perhaps most human—endowment: his spirit."¹⁰ The allegory in this situation reveals the danger of anxiety and the possibility of its growth into a tragic incident, as the heart attack from which Julian suffers.

The other archetypal character in *The Monk who Sold his Ferrari* is the helper. Robin Sharma depicts the helper in the novel as a wise man whose name is Krishnan. The latter had the same experience as Julian and meets him in India. This helper is considered as a kind of inspiration to the hero.

After Julian recovers from his heart attack, he is put between two choices, "either to give up the Law or give up his life."¹¹ At last, he decides to travel to India in order to look for wisdom. There, he finds a man named Yogi Krishnan who used to be a former lawyer as Julian and gets tired from the overwork and suffers from high anxiety. Much like the Melchizedek in *The Alchemist*, Krishnan is also old and wise. His purpose is to serve others and make the world better. Then, he embodies the character of the helper in the novel. He advises Julian to start the big adventure and helps him to reach his quest when he informs him about the sages of Sivana, who are groups of monks, who live high in the Himalayas. These mountains are dangerous for even experienced climbers to explore, and many people have died trying to find them. Therefore, with the help of Krishnan, Julian decides to reach this goal which eventually leads him right to his destiny. Krishnan says to him:

Every event has a purpose and every setback its lesson. I have realized that failure, whether of the personal, professional or even spiritual kind, is essential to personal expansion. It brings inner growth and a whole host of psychic rewards. Never regret your past. Rather, embrace it as the teacher that it is.¹²

Yogi Krishnan offers these words to Julian, the thing that makes him feel cheerful. This advice presents an important idea which is overtaking the fear, especially the fear of failure. The helper is much like the mentor but he is less wise than him. Krishnan cannot climb the Mountains to the sages of Sivana, because of his old age. As a helper, he advises Julian to look for the Sages in order to achieve the wisdom he is seeking for.

The last archetypal character is the mentor Yogi Raman. The latter teaches Julian the seven virtues of Sivana, which are important values in life. The first and most important value is "Control your mind". Julian says to John: "We might not be able to control the weather or the traffic or the moods of all those around us. But, we most certainly can control our attitude towards these events."¹³ which means to discipline the mind and to protect it from negative

thoughts. This lesson is similar to the one taught by the alchemist to Santiago when he teaches him how to control his heart from fear. So, the alchemist and Yogi Raman are similar, regarding their characteristics as mentors. Both of them are wise and mystical.

The hidden meanings and ideas that are related to the issues of anxiety and fear are presented through these two allegories. Paulo Coelho and Robin Sharma depict their archetypal characters which are the hero, the helper and the mentor in a way that they convey deep moral lessons to avoid these issues in the life journey to reach destiny and fulfill life goals.

Paulo Coelho and Robin Sharma have conveyed important values through their novels, which are related to the fulfillment of life goals. Their novels are considered allegories of fulfillment revealed through the main characters' development over the course of the plots and the change in the setting. The two novels have linear plots that present actions chronologically.

This part studies the two elements of the novels' plot which are: the rising actions and the resolution in the two mentioned literary works. Since Santiago and Julian are the protagonists, they fit into all parts of the plot in each novel. In the two novels, the rising actions and the resolutions are plot elements that indicate the development of the main characters, which leads to fulfillment and achievement of goals.

Regarding the setting, the events take different places over the course of both novels and this shift in place influences the main characters' development. The change in setting leads to the change in the protagonists' ideas, knowledge and acquiring new beliefs. Therefore, fulfillment is highlighted in the two novels through the main characters' development to reveal the significant moral lessons that consist of achieving dreams and finding destiny.

In *The Alchemist*, Santiago's rising actions reveal his struggle and sacrifices over the course of the plot in order to pursue his dream. The series of events that make improvement in the character of Santiago leads him to the fulfillment and accomplishment of his goals. The situation when he sells his flock to the old man in order to start his journey shows that Santiago learns to make a decision. He makes material sacrifices to reach the Egyptian pyramids and

abandons his ordinary life to fulfill his “personal legend”. Besides his learning of how to deal with the money and make decisions, he attains his fulfillment when he arrives at the Egyptian pyramids, then he reaches Spain and finds in the abandoned church his treasure buried under the sycamore tree.

The setting in *The Alchemist* changes over the course of Santiago's journey. The main plot takes place in the Spanish pastures, then the Spanish town of Tarifa, the city of Tangier in North Africa and the Sahara desert. In fact, the setting influences the character and drives him to acquire knowledge and new beliefs. At the beginning, Santiago lives a comfortable life as a shepherd in Andalusia, since it is the place where he grows up. Due to the desire to chase his dream, he abandons this life. He experiences a recurring dream which drives him to Tarifa town. There, he meets the king Melchizedek who introduces him to his personal legend. Santiago is observing the people in the city busy with their ordinary work to reach the basic needs of life. The movement in Tarifa urges him to start his journey to achieve his goal. After passing through several settings, Santiago reaches the Egyptian pyramids. There, some refugees from the attack of the tribal war beat him, but since they realize that he does not have gold, they leave him alone. One man of the attackers tells Santiago about his dream of a treasure close to an abandoned church in Spain. He says:

I dreamed that I should travel to the fields of Spain and look for a ruined church where shepherds and their sheep slept. In my dream, there was a sycamore growing out of the ruins of the sacristy, and I was told that, if I dug at the roots of the sycamore, I would find a hidden treasure. But I'm not so stupid as to cross an entire desert just because of a recurrent dream.¹⁴

Then, Santiago realizes where his treasure is actually lied and he can now come back to marry his beloved Fatima. This location represents the ultimate happiness and the important fulfillment for Santiago, as it is narrated in the novel: “The boy stood up shakily, and looked once more at the Pyramids. They seemed to laugh at him, and he laughed back, his heart bursting with joy. Because now he knew where his treasure was.”¹⁵ Reaching the pyramids is an important stage in Santiago's journey, because he learns important lessons and realizes achievements in his life.

In *The Monk who Sold his Ferrari*, Robin Sharma has organized his novel in a linear plot. The protagonist passes through several steps as the story progresses. Julian's rising actions start from the sacrifices he makes after surviving the heart attack. He abandons the mundane life and sells all his property in order to travel to India, where he will find his true destiny and achieve wisdom. Like Santiago in *The Alchemist* who makes material sacrifices to start his journey to the Egyptian pyramids. Julian also makes material sacrifice he makes is the first step to reaching his true destiny. John, the narrator in the novel, says that "Julian also walked his talk. He was tough, hard-driving and willing to work eighteen-hour days for the success he believed was his destiny"¹⁶. He believes that the success and the wealth he owns are his destiny. However, from Julian's abandonment of his luxurious life, he fulfills only the first step to attain the treasures of wisdom. He travels around India in search of a meaningful life. The resolution of the novel occurs when he reaches the Himalayas mountains and finds the sages of Sivana. The latter transforms his life completely with the help of their knowledge. The sages teach him the wisdom that enhances his life. Here also he is similar to Santiago who realizes that true wealth is what he has learned throughout his journey. In *The Monk who Sold his Ferrari*, the author presents through the rising actions and resolution of the plot the achievements of the main character. The moral lessons he learns, prove that money and prestige are not the ultimate goals of life.

The change of setting in *The Monk who Sold his Ferrari*, leads also to the development of Julian as the main character of the novel. This appears in his achievements and knowledge acquired over the course of his journey. The main plot takes place in America, then specifically in the courtroom where Julian suffers from a heart attack. Later, he embarks in a journey to India and travels around to fulfill the wisdom he desires. When he travels around India, his attitude toward life starts to change. His meeting with the gentleman Yogi Krishnan is located in Kashmir described in the novel as "the mystical stat"¹⁷. There, Julian understands the meaningfulness of the simple life. He says: "My life became so much simpler and meaningful when I left the baggage of my past behind; and India is such an intellectually stimulating place

that I rarely thought of all I had left.”¹⁸ The author through the depiction of a simple life in India, proves that the true fulfillment is a living valued life and pursuing the things that matter to the soul, and having a life of purpose and satisfaction. Then, Julian travels to the land of the Himalayas in Northern India, to realize himself through the practical techniques and the wisdom he learned from the sages of Sivan. A monk named Yogi Raman teaches him how to live a happy and successful life through a fable that tells several moral lessons.

This part has been an analysis of *The Alchemist* and *The Monk who Sold his Ferrari* as allegories for anxiety and fulfillment. The analysis several parallels in these two novels. Allegory is used through the main characters to explain that anxiety affects negatively the life goals. It aims to convey moral lessons about the truth of fulfillment. The mentioned archetypal characters are considered allegorical characters, through which Paulo Coelho and Robin Sharma describe the meanings and of the concepts of fear and anxiety and the way to deal with these issues in life. Fulfillment is portrayed through the main characters’ development in both novels. In some elements of the two novels’ plots, fulfillment is clearly apparent in the main characters’ achievements. The change of setting reveals valuable lessons that lead to the development of the main characters in both novels.

b)- Symbolism for Anxiety and Fulfillment in *The Alchemist* and *The Monk who Sold his Ferrari*:

Paulo Coelho and Robin Sharma use symbolism in their mentioned novels to express several ideas and enhance their writings. The two authors employ some places beyond their literary meaning to symbolize complex ideas as anxiety and fulfillment. The setting of the Sahara desert and the Himalayas mountains are symbols used to express the mentioned issues, and reveal significant meaning in both novels.

In *The Alchemist*, Paulo Coelho describes the desert as a great challenge for the protagonist in the way of fulfilling his dream. Generally, the desert tends to be the symbol of obstacles and hard life. Santiago experiences many challenges in the Sahara desert, where he faces obstacles that increase his anxiety and fear. When he joins the caravan which crosses the desert, the camel driver warns that the journey will be dangerous. He says: “The desert is a capricious lady and sometimes she drives men crazy”¹⁹. Here, the author uses figurative language to express how the desert can be a dangerous space. In the novel, the Sahara symbolizes life's obstacles that lead the people to experience the fear of danger. According to Freud the fear of danger is a sign of “realistic anxiety”²⁰ and defines it as “a signal elicited from an external threat or danger”.²¹

Even though the Sahara desert symbolizes obstacles, it makes Santiago learn many things about life. His experience in the desert leads him to fulfill the opportunity to make observations and reflections. This means that Santiago learns how to observe things and how to reflect on dangerous facts. The desert is the place, where he has lessons in life. Facing its hardship and learning about the connection of all things which is called in the novel “the soul of the world”.²²

In *The Monk who Sold his Ferrari*, Robin Sharma depicts the experience of the protagonist in climbing the Himalayas mountains as dangerous and heroic. The mountains, in this novel, symbolize two things: obstacles and inner development. Julian Mantel embarks on his journey to India seeking wisdom. There, he finds Yogi Krishnan, who advises him to look for the sages of Sivana that will teach him the wisdom he desires. Krishnan says while describing the Himalayas mountains: “The higher reaches of the Himalayas are treacherous beyond compare. Even the most skilled climber is rendered helpless against their natural ravages”.²³ The Himalayan mountains are represented as a challenging space, and it symbolizes the danger that the protagonist faces in his way to fulfilling his destiny.

The Himalayas mountains also symbolize the glory in this novel, since the protagonist climbs this high mountain and reaches its sublimity. Like Paulo Coelho, Robin Sharma uses figurative speech to describe the Himalayan mountains, but in a positive way. He says: “The majesty of the snow-capped peaks of the Himalayas made his heart beat faster”²⁴ when the author says “the majesty”, he wants to represent the glory of these mountains. Julian's adventure in the Himalayas was the final step to the fulfillment of his goal. Similar to Santiago, Julian learns in this place the connection and the unity of all the surroundings in the world. After he climbs the mountain, the narrator says: “He felt a oneness with his surroundings, a kind of kinship that two old friends might enjoy after many years spent listening to each other's innermost thoughts and laughing at each other's jokes. The fresh mountain air cleared his mind and energized his spirit”²⁵.

The Sahara desert in *The Alchemist* and the Himalayas mountains in *The Monk who Sold his Ferrari* are connected in the way in which are presented by the two authors. Both these places are depicted as symbols of challenges for the protagonists to fulfill their dreams. Furthermore, the desert and the mountains teach the two protagonists valuable lessons and improve their courage to face life's obstacles.

Notes

1. Paulo Coelho, *The Alchemist* (New York: HaperSanFrancisco, 1994). Trans, Alan Clarke, 17
2. Ibid.
3. Ibid.
4. Ibid.
5. Ibid.
6. Howard Lovecraft, *Supernatural Horror in Literature* (Freedetorial publishing house, 2014), 01, <https://freedetorial.com/en/books/supernatural-horrors-in-literature/related-books>
7. Paulo Coelho, 20
8. Ibid. 20
9. Ibid. 25
10. Robin Sharma., 12
11. Ibid.
12. Ibid., 16
13. Ibid., 44
14. Paulo Coelho, 167
15. Ibid., 168
16. Robin Sharma, 02
17. Ibid., 15

18. Ibid., 14

19. Paulo Coelho, 37

20. Michael Guy Thompson, *The Truth About Freud's Technique*, (NYU Press, 1994), 13

<https://www.jstor.org/stable/j.ctt9qfvqq.8>

21. Ibid., 15

22. Paulo Coelho, 24

23. Robin Sharma, 17

24. Ibid., 18

25. Ibid.

V. General Conclusion:

Anxiety and **fulfillment** are significant subjects of study for different disciplines including: sociology, psychology and literature. These issues refers to the substantial truth of life that reveals anxiety as an obstacle in the way of fulfilling dreams.

These two issues increasingly attracted the authors' attention and has become their source of inspiration. Paulo Coelho's *The Alchemist* (1988) and Robin Sharma's *The Monk who Sold his Ferrari* (1996) are two influential novels, which give a vivid image of protagonists who endure journeys of adventure and face obstacles to reach fulfillment.

Through the analysis of the issues of anxiety and fulfillment in *The Alchemists* and *The Monk who Sold his Ferrari*, we have come to deduce that the two writers focus on the importance of overtaking anxiety in the way of reaching destiny and fulfillment. The selected novels help us to understand the process of fulfillment by giving images of two passionate protagonists who learned how to choose their right needs and how to be rational in their desires.

Through our study, we have tried to attract the reader's attention to different concepts that characterize the issues of anxiety and fulfillment, like fear of failure, fear of the future and the two mode of fulfillment, capacity and aspiration fulfillment. Furthermore, we have noticed that the two novels share affinities in relation to the depiction of the protagonists, the use of parallel themes and literary devices that are related to the mentioned issues.

The scope of the research, however, did not allow us to deal with all the issues that underline the two novels. We hope that we have help our readership to better understanding of fulfillment and manage anxiety in life's journey. We hope also that we contributed in opening new doors and perspectives for further researches.

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