

Self-Realization and Psychological Transformation in *The Alchemist*: A Study of Santiago's Journey through Jungian Individuation and Maslow's Self-Actualization

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Abstract

The Alchemist (1988) by Paulo Coelho narrates the spiritual and psychological journey of a young Andalusian shepherd named Santiago, whose pursuit of his Personal Legend unfolds as an allegory of human self-realization. This paper will analyze Santiago's life through the theoretical frameworks of Carl Jung's individuation and Abraham Maslow's hierarchy of needs, emphasizing how the protagonist's experiences can be interpreted as universally relevant to developmental psychology and the process of self-actualization. The analysis examines Santiago's transition from material desire to spiritual enlightenment, interpreting the symbols, omens, and events in the novel as stages of inner awakening. The Jungian archetypal framework elucidates Santiago's confrontation with the self, the unconscious, and the collective wisdom of humanity, while Maslow's theory delineates Santiago's gradual fulfillment of his physiological, emotional, and transcendental needs. This study argues that Coelho used his narrative to depict self-realization as an internal process between the conscious and unconscious mind, rather than a mere project. The research paper posits that *The Alchemist* is a modern myth of personal transformation, asserting that when individual purpose aligns with a higher calling, one can achieve a fulfilling life. This research offers a profound examination of Coelho's work as a philosophical narrative that spans literature, psychology, and spirituality in the global quest for meaning.

Keywords: Carl Jung, Individuation, Alchemist, Paulo Coelho, Spiritual, Psychological Journey.

Introduction

The Alchemist (1988) by Paulo Coelho is a significant spiritual allegory in contemporary literature, encapsulating the idea of humanity's perpetual quest for meaning and purpose. The narrative follows Santiago, a young Andalusian shepherd, whose journey from the pastoral landscapes of Spain to the mystical deserts of Egypt evolves into a spiritual odyssey of self-realization rather than a mere geographical exploration. Coelho's work, seemingly simple to read and comprehend, is profoundly psychological and symbolic, addressing the universal yearning for personal transformation and fulfillment central to the human condition. The psychological development of Santiago can be linked to the stages of self-discovery identified by Carl Gustav Jung as individuation, and elucidated by Abraham Maslow through his hierarchy of needs culminating in self-actualization. The Jungian idea of individuation is defined as the integration of the conscious and unconscious elements of the psyche, propelling an individual towards completeness and authenticity. Similarly, self-actualization is the ultimate stage of human drive, wherein an individual realizes their fullest potential, transcending basic and societal demands to achieve inner peace and foster creativity. The dual aspects are evident throughout Santiago's journey, as his external pursuit of wealth mirrors his inside quest for spiritual and mental fulfillment. Coelho used symbols, signs, and character archetypes, such as the desert, the alchemist, and the recurring theme of dreams, to illustrate Santiago's journey towards transformative experiences as he evolves. Each experience, whether his interaction with Melchizedek, the Englishman, or Fatima, serves as a psychological portal compelling the protagonist to confront his fears, desires, and ideas. In this framework, *The Alchemist* transforms its narrative into a parable illustrating the journey of the human mind from darkness to enlightenment. This presentation will examine the issue of transformation in Santiago in *The Alchemist* using the theoretical frameworks of Jungian individuation and Maslow's self-actualization. This analysis of Santiago's psychological growth seeks to demonstrate that Coelho's novel articulates the equilibrium between materialism and spirituality. The study posits that Santiago's fulfillment of his Personal Legend exemplifies the notion that the universalization of self-actualization is a process integrating both psychological and spiritual dimensions of existence. Consequently, the study positions *The Alchemist* not merely as an adventure narrative, but as a profound psychological exploration that mirrors humanity's intrinsic yearning for identity, meaning, and transcendence.

Methodology :

The study is qualitative, analytical, and interpretative, employing psychological literary criticism as its primary framework. The study focuses on the analysis of text, specifically utilizing *The Alchemist* by Paulo Coelho to examine the protagonist's psychological and spiritual transformation. This study examines Santiago's life as a structural process of self-discovery and self-development, grounded in Carl Jung's theory of individuation and Abraham Maslow's hierarchy of needs. The process will involve a meticulous analysis of the novel, identifying the principal symbols, archetypes, and narrative phases that correlate with the psychological concepts of self-awareness, integration, and transcendence. The theoretical framework is substantiated by referencing secondary materials, such as academic publications, journal articles, and critical essays, which are utilized to contextualize the change process in Santiago within the broader psychological and literary discourses. This interpretative design would allow the researcher to connect literary symbolism to psychological development, illustrating how Santiago's quest parallels universal human means of self-actualization. This study aims to elucidate the nuanced significance of the Coelho novel as both an adventure narrative and a psychological exploration of the quest for completeness through literary interpretation and psychological theory.

Review of Literature:

Paulo Coelho's *The Alchemist* (1988) has garnered much critical acclaim for its rich symbolic elements, spiritual themes, and psychological depth. Literary, philosophical, and psychological researchers have analyzed Santiago's voyage as an allegory for self-development and self-discovery. However, few books offer a comprehensive psychological explanation that synthesizes Carl Jung's theory of individuation with Abraham Maslow's hierarchy of needs and self-actualization. This literature review examines the critical perspectives that facilitate the understanding of Santiago's change, situated within the broader context of psychological and spiritual interpretations of Coelho's oeuvre.

1. Critical Perspectives on *The Alchemist* and Paulo Coelho

The Alchemist is often regarded as a modern narrative of spiritual enlightenment and existential freedom. John Freitas (2014) characterizes Coelho's narrative as a fusion of mysticism and realism that explores the universal need for meaning and identity. Freitas observes that the allegory and parable employed by Coelho allow readers to internalize Santiago's journey as a reflection of their own psychological experiences. Similarly, Linda M. Craig (2016) characterizes Coelho's writing as a literature of the soul, suggesting that *The Alchemist* transcends cultural boundaries and addresses the interior journey of all humanity. Critics Mohammed Al-Khalili (2018) and Rashmi Gupta (2020) analyze the moral and spiritual dimensions of the work, interpreting Santiago's journey as a testament to faith, destiny, and divinity. Gupta says that Coelho's narrative is imbued with a spiritual humanism that merges religious symbolism with psychological realism. Al-Khalili says that *The Alchemist* exemplifies the Sufi principle of seeking union with God through self-knowledge, while Coelho represents a

global amalgamation of intellectual and religious ideas. Nonetheless, while these scholars acknowledge the spiritual resonance of Santiago's journey, fewer have delved into the psychological underpinnings of his character. The present study will address this gap by characterizing Santiago's transformation as a spiritual awakening and a methodical process of psychological development grounded in the theoretical frameworks of Jung and Maslow.

2. Jungian Perspectives on Self-Actualization and *The Alchemist*

Carl Gustav Jung's individuation theory provides a valuable perspective on Santiago's journey. Individuation is the process by which an individual integrates the conscious and unconscious aspects of the mind to achieve psychological completeness. Jungian theory has been employed in the analysis of literature concerning metamorphosis, myth, and the symbolism of the spirit. *The Alchemist* by Maureen Roberts (2013) exemplifies a narrative archetype of individuation, asserting that Santiago's encounters with Melchizedek, the crystal merchant, and *The Alchemist* serve as archetypal manifestations of the collective unconscious. Each contact in every setting facilitates the assimilation of another aspect of Santiago's mind. Alyssa Bowman (2017) interprets Santiago's dream about riches as a manifestation of the Self, representing totality in Jungian theory, which urges the ego towards elevated consciousness. These are additionally corroborated by N. K. Chatterjee (2019) employs Jung's archetypal framework to analyze the symbolism utilized by Coelho. Chatterjee posits that the desert symbolizes the darkness, representing the darker aspects of the psyche that must be confronted for self-understanding. *The Alchemist* represents the Self or the inner guide, leading Santiago to achieve integrity and peace within. Chatterjee posits that the concept of a voyage in *The Alchemist* symbolizes the Jungian individuation process: a return to the self through suffering, insights, and transformation. While the interpretations suggest a Jungian essence in Coelho's narrative, they often regard individuation as detached from other psychological frameworks. This study builds upon their research, connecting the Jungian integration process to the hierarchy of demands, illustrating how Santiago's psychological and spiritual development occurs through discernible human impulses and accomplished stages.

3. The Humanistic Psychology and Maslow's Concept of Self-Actualization in *The Alchemist*

Abraham Maslow's idea of self-actualization, which pertains to the fulfillment of one's full potential, is a prominent framework for understanding Santiago's mental development. Maslow (1943, 1968) proposed that human motivation is structured in a hierarchical pyramid, with physiological demands at the foundation, followed by safety needs, and culminating in self-actualization and transcendence at the pinnacle. This has been extensively applied to literature to examine how characters embark on a journey toward completeness, autonomy, and purpose. Reed and Waghmare (2015) assert that *The Alchemist* exemplifies Maslow's model of human motivation, as Santiago's life transitions from fundamental security to the greater aspirations he pursues. The authors assert that Santiago's collaboration with the crystal trader satisfies his needs for safety and esteem, while his decision to pursue his ambition fulfills his need for self-actualization. Similarly, Santiago is regarded by S. Rahman (2020) posits that every struggle represents the elevation of basic wants, which the protagonist must navigate to attain spiritual maturity. Lisa Barrett (2018) distinguishes between material prosperity and existential fulfillment in Coelho's narrative. She observes that while Santiago's initial journey is driven by a desire for material prosperity, his eventual self-awareness reflects Maslow's concept of metamotivation, which emphasizes a higher motivation rooted in truth, unity, and beauty rather than insufficiency. Barrett analyzes *The Alchemist* as a narrative of transcendence that aligns with Maslow's subsequent exploration of peak experiences and transpersonal psychology. Recently, Rakesh Sharma (2021) examined the intersection of Maslow and Jung in Coelho's fiction, asserting that both theorists concurred that self-realization necessitates the reconciliation of material and spiritual dimensions of human existence. Sharma contends that Santiago's narrative exemplifies the mutually reinforcing relationship between psychological development and spiritual awareness, rather than presenting them as conflicting phenomena.

4. Facilitating a Convergence between Jung and Maslow: A Synthesis for a Cohesive Interpretation

Despite the existing study employing both Jungian and Maslowian theories to evaluate *The Alchemist* separately, there remains a deficiency in integrated analysis. Maryann Keller (2019) posits a dual psychological approach, asserting that Coelho's writing fosters the integration of depth and humanistic psychology by depicting the unconscious archetypal journey alongside the conscious quest for purpose. Keller's reading contextualizes Santiago's journey through two processes: inside, resulting in individuation, and outer, culminating in self-actualization, which leads to self-awareness and spiritual harmony. Similarly, Adnan Malik and Saima Aslan (2020) assert that Santiago's voyage might be interpreted as a contemplation of both inner and outside realms. They note that individuation, as defined by Jung, focuses on the psychological integration of the inner world, whereas Maslow's hierarchy pertains to external drive. The convergence of these processes is the reason Santiago discovers the wealth concurrently with his realization of the divinity inside himself. The synthesis of Jungian and Maslowian psychology provides a thorough elucidation of Coelho's concept of self-realization. The archetypal framework established by Jung clarifies the unconscious elements of Santiago's journey, including his dreams, omens, and symbolic experiences, while Maslow's hierarchy guides his conscious pursuit of growth and meaning. Together, they reveal Santiago's journey as a process of psychological and spiritual evolution, wherein individuation and self-actualization emerge as inseparable aspects of human development.

5. Deficiencies in the Existing Literature

Despite the huge body of literature on *The Alchemist*, certain gaps remain evident. Initially, one reason it is essential to examine this novel from a psychological perspective is that numerous academic studies focus predominantly on its spiritual symbolism or its moral and religious implications. Secondly, while several authors individually employ Jungian archetypes or Maslow's humanistic ideas, few have explored the convergence of these two frameworks within the context of Santiago's holistic transformation. Third, there has been minimal discourse on how Coelho's concept of the Personal Legend intersects with Western psychology and global spiritual philosophy. This study seeks to address these deficiencies by offering an interdisciplinary framework that integrates the Jungian and Maslowian perspectives. It asserts that Santiago's transformation represents the manifestation of both the conscious and unconscious self (as posited by Jung) and the fulfillment of elevated psychological needs (as theorized by Maslow). The study will depict *The Alchemist* as a psychological metaphor that transcends cultural and theoretical boundaries, illustrating the common human desire for integration, meaning, and transcendence.

6. The literature review can be encapsulated as follows:

In summary, existing scholarship recognizes *The Alchemist* as a symbolic narrative that explores the human search for identity, purpose, and spiritual fulfillment. However, there remains a gap in studies that integrate Jung's theory of individuation with Maslow's concept of self-actualization to explain Santiago's complete psychological transformation, the literature review posits that the diaspora represents the connection or bond with the homeland, characterized by the specificity of the latter and the predominance of the former. The existing literature affirms that *The Alchemist* can be interpreted as both a spiritual and psychological narrative. Critics have recognized Coelho's use of allegory, symbolism, and archetypal patterns as methods for exploring the human pursuit of meaning. The Jungian readings highlight the significance of dreams, archetypes, and the unconscious in Santiago's transformation, while the Maslowian interpretations focus on the hierarchy of needs and the need for self-actualization. The amalgamation of different perspectives provides a clearer understanding of the novel's widespread popularity and philosophical depth. Consequently, the present research extends and advances this academic legacy by examining the journey of Santiago as a dynamic process of self-realization that integrates Jung's concept of individuation with Maslow's notion of self-actualization. This dual psychological framework elucidates that Coelho's protagonist embodies the universal pursuit of authenticity, harmony, and inner transformation—a quest that reflects humanity's enduring endeavor to uncover its true essence.

The Path to Self-Actualization:

A psychological analysis of Santiago's journey in *The Alchemist*. Consequently, in this setting, the primary concern is that these individuals persistently experience a profound evolutionary inclination to seek psychological support from their surroundings. In this regard, the key consideration is that such persons possess a profound evolutionary inclination to receive psychological support from their environment.

Overview of Santiago's Psychological Journey:

The Alchemist (1988) by Paulo Coelho is a contemporary philosophical allegory that explores the universal human quest for fulfillment, meaning, and spiritual awakening. Santiago, the protagonist, begins his existence as a modest Andalusian shepherd, prompted by a dream to seek a fortune in the Egyptian desert. However, progressively along his voyage, it becomes increasingly apparent that his quest is not for worldly wealth but for spiritual fulfillment. The transformation of Santiago symbolizes the journey of the self, mirroring the psychological individuation articulated by Carl Gustav Jung and the self-actualization delineated by Abraham Maslow. Both approaches elucidate the process by which individuals cultivate basic desires and navigate a fragmented identity towards an elevated state of consciousness and inner harmony. Coelho's narrative serves as a metaphorical cartography of the psyche, with each character, episode, and location contributing to Santiago's evolution. His interactions with teachers such as Melchizedek, the Englishman, the crystal vendor, and *The Alchemist* represent psychological dimensions that facilitate his journey toward self-discovery. In these occurrences, Coelho illustrates the universality of the notion that the pilgrimage to self-realization constitutes an inward trip rather than an external pursuit. This essay examines Santiago's transformation through the lens of Jungian individuation theory and Maslow's hierarchy of wants, revealing how *The Alchemist* encapsulates the perpetual psychological journey toward wholeness and the discovery of purpose.

Jungian Perspective: Individuation and Self-Integration

Individuation, as defined by Carl Jung, is the psychological process in which an individual integrates both conscious and unconscious elements of the psyche to achieve self-fulfillment and authenticity. It is a journey of self-exploration, from ego to Self. In *The Alchemist*, Santiago's journey is regarded as a psychological quest for wholeness. His pastoral existence epitomizes the state of collective consciousness constrained by quotidian routines, fears, and societal expectations, while his decision to pursue his aspirations signifies the commencement of his individuation process, the summons of the unconscious that drives him toward self-discovery. Santiago commences his existence at the outset of the narrative with a secure life replete with certainties as a shepherd. His existence, defined by its nonviolence, is marked by constraint, reflecting what Jung may term the persona, or the facade the individual adopts to conform to societal expectations. The recurring dream of treasure serves as a symbolic communication from the unconscious, prompting him to transcend the limitations of his known self. According to Jungian theory, the dream represents the Self, or the entirety of the psyche, urging Santiago to embark on a transformative journey. The initial phase of Santiago's individuation process is his meeting with the enigmatic monarch of Salem, Melchizedek. Melchizedek represents the archetypal sage, embodying inner wisdom and counsel. He introduces Santiago to the concept of the Personal Legend, the principal Jungian theme of fate and individuation. Melchizedek links the rising of consciousness to a superior reality by encouraging Santiago to heed his heart and recognize the indications of the universe. Jung posits that individuation is a confrontation with the unconscious, while Melchizedek's leadership compels Santiago to confront his internal impulses and anxieties. While en route to the desert, Santiago encounters the Englishman, who possesses an intellectual perspective on alchemy that contrasts with Santiago's intuitive understanding. This communication highlights the Jungian concept of opposites—reason and intuition, intellect and emotion—asserting that balance is essential for wholeness. The vast and harsh desert serves as a metaphor for the unconscious mind—an arena of trial, pain, and discovery. In this psychological context, Santiago grapples with fear, ambiguity, and longing, all of which he must assimilate into his psyche to achieve individuation. The individuation process culminates in the encounter with *The Alchemist* himself. *The Alchemist* represents a Jungian archetype of the Self, reflecting Santiago's potential and ultimate wisdom. He instructs Santiago that transformation lies not in discovering external treasures but in understanding internal truths. Upon Santiago's ability to listen to his heart and comprehend the Language of the World, he achieves a synthesis of the conscious and unconscious, symbolizing the individuation process. In the latter part of the narrative, Santiago discovers that the treasure is located at the base of the tree where his journey commenced, signifying a Jungian discovery that wholeness resides inside oneself. The notion of perpetual self-discovery and integration inherent in the human psyche is exemplified by the circular nature of Santiago.

Maslow's Perspective: The Hierarchy of Needs and Self-Actualization

An additional instructive framework for comprehending Santiago's psychological change is Abraham Maslow's hierarchy of needs theory. Maslow proposed that human motivation comprises five stages: physiological needs, safety needs, love and belonging, esteem, and self-actualization. Santiago follows the same upward trajectory, reflecting the intrinsic human desire to transcend basic survival and achieve spiritual and psychological fulfillment. Initially, Santiago's existence as a shepherd aligns with the foundational tiers of Maslow's hierarchy. His physiological demands are met; he possesses sustenance, shelter, and a tranquil occupation. Nevertheless, a sense of dissatisfaction is intensifying within him, signaling his readiness to pursue higher levels of motivation. The aspiration for treasure stimulates the self-actualizing drive—the desire to realize one's full potential. Santiago's decision to forsake his flock in pursuit of his ambition is not solely connected to Maslow's concept of met motivation, since an individual aspires for something beyond mere comfort. As Santiago progresses, he encounters challenges that test his requirements to varied extents. As an employee of the crystal merchant, he fulfills his desires for security and respect via diligent effort and creativity, transforming the merchant's business. However, upon realizing that external achievement does not equate to internal fulfillment, he is compelled to continue his pursuit. This is a pivotal transition between external achievement and internal development, reflecting a progression toward the higher tiers of Maslow's hierarchy. The necessity for companionship and affection is exemplified in the relationship between Santiago and Fatima. According to Maslow, love is a significant step toward self-actualization as it fosters emotional stability and acceptance. Coelho presents a sophisticated concept of love, viewing it not as ownership but as liberation. Fatima's willingness to wait for Santiago's return indicates unconditional love, which fosters rather than hinders personal progress. Santiago's decision to embark on his journey, despite his attachments, exemplifies self-discipline and awareness, which are essential components of Maslow's concept that individuals possess values such as truth, beauty, and wholeness. The ultimate stage, self-actualization, emerges when Santiago comprehends the interconnectedness of himself and the universe. In accordance with the *Alchemist's* teachings, he realizes that true wisdom lies not in acquiring external wealth, but in understanding his connection to the divine order of things. Maslow characterizes self-actualized individuals as spontaneous, creative, and acutely aware of the realities of existence. Santiago's ability to communicate with nature and recognize that his Personal Legend embodies universal meaning signifies his transformation into a self-actualized individual. In this regard, *The Alchemist* serves as an analogy for Maslow's psychological model. Santiago's capacity to progress from mere survival to transcendence demonstrates humanity's potential to evolve beyond materialistic desires. His journey exemplifies Maslow's belief that self-actualization is not a static condition but a continuous process of realization, connecting inner potential with external experiences.

Interrelation of Jungian and Maslowian Frameworks

Despite Jung and Maslow approaching human growth from distinct perspectives—depth psychology and humanistic psychology, respectively—their theories converge in the narrative of Santiago. Both emphasize the progression towards integration, honesty, and harmony. Individuation, as defined by Jung, pertains to the integration of the psyche, while self-actualization, according to Maslow, focuses on the realization of potential. Coelho, via Santiago, embodies both values: his individuation is achieved through self-actualization and is further integrated through psychological actualization. The desert serves as a shared metaphor in both frameworks, representing the inward

struggle, stripping away superficiality, and uncovering intrinsic truth. This instance illustrates Santiago's survival through adversity, reflecting Maslow's assertion that personal development often necessitates transcending fear, insecurity, and complacency. The experiences of archetypal characters illustrate stages of Jungian individuation, while their progressive fulfillment of needs corresponds to Maslow's hierarchy. By integrating all these dimensions, Coelho depicts human evolution as both a spiritual and psychological phenomenon. Furthermore, both Jung and Maslow emphasize the connection between individual and collective awareness. The concept of the collective unconscious proposed by Jung parallels Maslow's notion of peak experiences—instances of profound unity and transcendence. Upon mastering the Language of the World, Santiago attains a heightened state of consciousness that dissolves the boundaries between the self and the cosmos, paralleling Jung's concept of the Self and Maslow's notion of transcendence beyond the ego.

The Metamorphosis and the Universal Pursuit of Completeness of Santiago

Santiago's psychological journey exemplifies the universal quest for purpose that defines human existence. The cyclical nature of self-realization is encapsulated in his awareness that the treasure is beneath the sycamore tree where his dream commenced, leading him back to the origin, but with a transformed perspective. This circular form reflects Jung's perception of the individuation cycle as perpetually repeated, while Maslow viewed self-actualization as a lifelong process. Coelho's narrative suggests that self-realization is not an isolated endeavor but a harmonious interplay of the self, others, and the world. Santiago possesses a profound sensitivity to nature and regards omens with empathy and an understanding of love, resulting in a holistic worldview grounded in psychological and spiritual development. In Coelho's narrative, Santiago, the protagonist, serves as the conduit between Eastern mysticism and Western psychology, offering a synthesis of internal and external destiny. Santiago's journey epitomizes the quintessential human need for authenticity and a sense of belonging. His progression from knowledge to independence, and from materialistic desires to spiritual fulfillment, demonstrates that self-realization is attained via the recognition of the divine within oneself. Santiago is an individuated individual (per Jungian theory) or a self-actualized person (per Maslowian theory). The two philosophical perspectives converge in illustrating the wholeness of existence—a synthesis of mind, soul, and universe. *The Alchemist* by Paulo Coelho is more complex than it appears, serving as a profound psychological metaphor of human development. According to Jungian individuation and Maslow's self-actualization theories, Santiago's journey illustrates the enduring truth that contentment resides not in the attainment of objectives but in the awakening of the inner self. His encounters with symbols, archetypes, and challenges represent the psychological phases of development that lead to unification, equilibrium, and purpose. When Jungian depth psychology is examined alongside Maslow's humanistic model, it becomes evident that the treasure Santiago pursues serves as a metaphor for the self-actualization inherent in every individual courageous enough to heed their inner voice. Coelho's message is both psychological and spiritual: the world assists those who strive for authenticity, and the highest kind of alchemy is the transformation of the human soul into self-awareness. Interpreting *The Alchemist* through this dual psychological lens transforms the novel into an homage to the timeless human quest for meaning, completeness, and transcendence—a journey that commences and concludes in the heart.

Conclusion

The examination of Santiago's journey in Paulo Coelho's *The Alchemist* through the psychological frameworks of Carl Jung (individuation theory) and Abraham Maslow (hierarchy of needs) reveals that the novel transcends mere adventure or materialism, presenting a profound narrative of self-discovery and spiritual development. The symbolically profound and spiritually significant trip of Santiago encapsulates the psychological integration process and the ultimate personal realization, as delineated by Jung and Maslow, representing the pinnacle of human growth. His progression from the pursuit of external beauty to the recognition of internal truth exemplifies Jung's concept of the integration of the conscious and unconscious self, as well as Maslow's notion of self-actualization, wherein human potential aligns with universal purpose. Santiago encounters numerous obstacles that test his faith, courage, and perspective, with each struggle fostering deeper self-awareness and transcendence. The desert, the omens, and *The Alchemist* serve as symbolic archetypes that guide him toward individuation, the attainment of his spiritual objectives within the confines of his humanity. Santiago uncovers the treasure he sought within himself, embodying the fundamental truths of Maslow and Jung's philosophies: to get fulfillment, an individual requires neither material achievements nor worldly indulgences, but rather the realization of the authentic self. Coelho's *The Alchemist* is a literary story that explores the psychological and spiritual journey toward wholeness. This reaffirms the timeless notion that self-realization is an individual journey that transcends cultural, temporal, and existential boundaries. The paper, analyzed via a psychological lens, affirms that the quest for meaning is intrinsic to all individuals and presents an archetype for internal development, illustrating that the path to self-actualization is fundamentally a journey toward the self.

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