



Embarking on a healing expedition: navigating internal conflicts in *Warrior of light* and *Geethanjali*

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Abstract

Internal conflicts serve as pivotal elements in literature offering insights into complexities of human nature and the journey towards self-discovery. This comparative analysis examines internal conflicts portrayed in Paulo Coelho's 'Warrior of Light' and Rabindranath Tagore's 'Gitanjali'. Both works delve into the spiritual and philosophical realms, exploring the struggles individuals face in their pursuit of enlightenment and fulfilment. The protagonist grapples with the tension between duty and personal desires, striving to align with his inner calling while navigating external expectations and societal norms. Coelho delves into the intricacies of self-discipline and the sacrifices inherent in the path of self-realization, portraying the protagonist's internal battles with authenticity and depth. In contrast, 'Gitanjali' probes into the conflicts arising from the human longing for divine connection and the quest for meaning amidst life's uncertainties. Tagore's poetry reflects the oscillation between doubt and faith, darkness and illumination, as the speaker wrestles with existential questions and the complexities of divine love.

Key Points: Conflicts, Self-acceptance, uncertainty, Healing

Manual of the Warrior of Light is an invitation to each of us to live our dream, to embrace the uncertainty of life, and to rise to meet our own unique destiny. *Warrior of the Light: A Manual* (1997) by Paulo Coelho is a compilation of self-help directives about how to battle enemies, overcome challenges and be an effective person in the world. His unique writing style

has touched the hearts and souls of millions of readers worldwide, provoking deep introspection and inspiring profound spiritual growth.

Both these iconic figures represent different cultural and spiritual contexts - the Warrior of Light from Paulo Coelho's works and Geethanjali by Tagore. Let's explore how their teachings and narratives can guide us through this healing journey.

The heart of 'Warrior of Light' lies the concept of a warrior who embraces their personal destiny and fearlessly follows their dreams. This idea challenges the traditional notion of a hero and celebrates the courage and strength found within ordinary individuals. Coelho's portrayal of the warrior of light serves as a powerful inspiration, inviting readers to embark on their own transformative journey. The protagonist of Warrior of Light faces various internal conflicts common to the human experience, such as doubt, fear, uncertainty, and the struggle to stay true to one's path despite challenges. The protagonist may grapple with doubts about their purpose, abilities and the validity of their spiritual journey. They might question whether they're truly on the right path or if they're simply deluding themselves. Warrior of Light may fear failure the consequences of not living up to their own expectations or those of others. The Warrior of Light may face inner resistance or obstacles that stem from their own psyche, such as limiting beliefs, past traumas, or emotional baggage. The protagonist may struggle to balance their obligations and responsibilities with their personal desires and aspirations. They might feel torn between following their heart's true calling and fulfilling societal or familial expectations. The protagonist may encounter beliefs and ideologies that challenge their own worldview. They learn to embrace uncertainty and trust in the unfolding of their journey.

'Gitanjali' by Rabindranath Tagore is a collection of poems that delve into themes of spirituality, love, and the human connection with the divine. While the poems themselves do not necessarily depict explicit characters with internal conflicts in the traditional sense, they often evoke deep emotions and explore the complexities of the human experience. Many of the poems in Gitanjali reflect a spiritual journey and the search for meaning in life. The speaker often wrestles with existential questions and seeks to understand their place in the universe. This can involve internal conflicts related to faith, doubt, and the quest for enlightenment. Love is a recurring motif in 'Gitanjali' often depicted as both a source of joy and pain. The speaker may experience internal conflicts related to love and attachment, including the fear of loss and the struggle to let go.

The path of the Warrior of the Light involves confronting and resolving these inner struggles in order to achieve enlightenment and fulfilment. Here are some ways in which the protagonist may undertake the expedition of healing internal conflicts: The first step in navigating internal conflicts is to accept their existence and understand their roots. The Warrior of Light teaches us to acknowledge our shadows and fears, accepting them as part of our journey rather than denying or repressing them. It exemplifies courage in the face of adversity, reminding us that our struggles can be transformed into sources of strength and growth and also teaches us to embrace compassion as a guiding principle, recognizing the interconnectedness of all beings and the power of forgiveness in releasing emotional burdens.

Tagore's poems often invite self-introspection and reflection. The speaker may confront aspects of themselves that they find difficult to reconcile, such as inner turmoil, guilt, or a sense of inadequacy. The speaker may grapple with feelings of resistance or fear, but ultimately finds peace through letting go and embracing the present moment. The protagonist delves into the root causes of their internal conflicts, exploring past traumas, limiting beliefs, and emotional wounds that have shaped their identity and behaviour. By confronting these inner demons, they can begin the process of healing and transformation. Along the journey, the protagonist may seek guidance and mentorship from wise teachers or spiritual guides who can offer insights and support in navigating their internal struggles. These mentors provide valuable perspective and encouragement on the path to healing. Healing internal conflicts often involves practicing self-compassion and self-love. The protagonist learns to be gentle with themselves, embracing their vulnerabilities and imperfections as essential aspects of their humanity. The practice of mindfulness and presence helps the protagonist stay grounded in the present moment, allowing them to observe their thoughts and emotions without being consumed by them. This awareness enables them to respond to internal conflicts with clarity and composure.

As the protagonist progresses on their journey, they integrate their newfound insights and experiences into their being, leading to profound transformation. They let go of old patterns and conditioning that no longer serve them, paving the way for greater authenticity and alignment with true self.

Both the Warrior of Light and Geethanjali emphasize the importance of aligning our actions with a higher purpose or spiritual path. By connecting with our inner wisdom and values, we can transcend our conflicts and find meaning and fulfilment in our lives. This alignment

provides clarity and guidance, helping us navigate through the complexities of our inner world. Ultimately, the healing journey leads towards integration and wholeness, where we embrace all aspects of ourselves with love and acceptance. The Warrior of Light and Geethanjali guide us towards this state of inner harmony, where conflicts are resolved, and we find peace amidst life's uncertainties.

Tagore's poetry celebrates the beauty of vulnerability and imperfection. The speaker may confront their own flaws and shortcomings, learning to embrace them as integral parts of their humanity.

Conclusion

The study had been a process of understanding the significance of understanding and embracing the vulnerabilities and self-acceptance. The warrior learns to balance his inner battles by embracing imperfections, trusting the journey, learning from failures and balancing strength and compassion. In Gitanjali internal conflicts centres on a profound spiritual awakening and an intimate union with the divine. Surrender to the divine, union with the infinite, acceptance of Morality and Joy in simplicity are the incredible elements. Internal conflicts in Gitanjali are resolved through a journey of spiritual enlightenment, where the poet transcends personal struggles and finds unity, peace and joy in a deep connection with the divine.

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