

Exploring the Values for Purposeful Life Through Literature with the Help of Psychology Concepts

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Abstract -This paper is a literary analysis of the values, that facilitate in living a successful life by exploring the purpose of life through novel literature and are compared with the psychological concepts. The structure of the paper is obtained by reasoning two famous novels "THE SECRET LETTERS" and "THE PERFECT WORLD". Purpose of life can be obtained by living a meaningful life, in other words when we understand for what we were truly designed for, and living authentic life, embracing our fears and overcome them by reasoning it, doing our best work to lead our best life, choosing our influences in a better way and standing for something which is bigger than our self. The relation between psychology and literature is a bilateral relation. Human's soul makes the literature and literature nourishes human's soul. . This paper abstracts the concepts of psychology relating them to the values mentioned above.

Keywords: purpose of life, Authentic life, embracing fears, choosing influences.

I. INTRODUCTION

Values are beliefs that have an inherent worth in usefulness or importance to the holder," or "principles, standards, or qualities reflected worthwhile or desirable." Values institute an important characteristic of self-concept and serve as supervisory principles for a person. In literature, it is documented that values are so indissolubly woven into human language, thought and behavior patterns that they have fascinated many philosophers. Yet they have proved so "quick-silvery" and complex that, despite their decisive role in human motivation, we remain desperately ignorant of the laws that govern them. (Toffler, 1969). Scott and Kluckhohn described value as a conception: explicit or implicit of desirable which influences the selection from available modes, means and end of action (1951). Values explain important behavior and believes of a person or group. Literature plays a prominent role in teaching English language in the classroom. Although, there are so many paradigms in improving soft skills and communication skills of students, Literature is authentic or best source to teach English language in an easy way. Every student can learn the social aspects and human values by reading some novels or short stories or poetry or dramas. Ian Watt puts forward the idea that novel was a "new form" . The French churchman and scholar Pierre Daniel Huet's Traité de

l'origine des romans (1670) laid the ground for a greater acceptance of the novel as literature in the early 18th century.

II. METHODOLOGY

In order to reach the objective of the study of exploring the values for purposeful life through literature, two sources were selected that are most popular motivational novels i.e. The Perfect world by Priya kumar and The Secret Letters by Robin Sharma. Papers relating the literature and values were reviewed. The paper is written based on the author's self analyzation in relating the psychological concepts with respect sources taken.

III. ABOUT NOVELS

Source 1: "THE PERFECT WORLD" by Priya Kumar

A job cannot be mistaken for one's life purpose. A purpose is something you would do even if you didn't get paid for it. A job is a necessity. A purpose is your own drive for contribution. A job is something you do, even if you do not want to do it. A Purpose is something which you do because you want to do it. Niki sanders, an ordinary women with fear-loaded dreams, but gets struck in the web of chaotic world which connects matter rather than spirit. The novel starts with the life of a clumsy woman who is a delightful package of imperfections who has an incredulous knack of creating disaster in her life with every decision she makes. She being clue less about what actually success can be defined as, unwittingly leads herself into meeting with two evolved souls who are from a perfect world. On their request, she gets on to a journey through the universe trying to discover her purpose of life. The journey is portrayed in such a way that that the readers are taken on a journey with in an adventure into infinite possibilities and self discovery.

Source 2: "THE SECRET LETTERS" by Robin Sharma.

Perhaps each one of us has a secret to share an experience we need to live, a story we need to tell, a talisman we need to recover. What is often missing is the time to search, reflect and pass these on.

The story revolves around Jonathan Landry, a marketing sales executive who wants to make it big in life and in the pursuit of success and wealth, has forgotten to stop and

smell the flowers. With his marriage and family life at stake, Jonathan refuses to acknowledge the root cause of the problems (though they are forever gnawing at him in some corner of his busy mind) until his mother urges him to meet his cousin Julian Mantle, a former high powered courtroom litigator, whose only memory Jonathan has is that of a wealthy successful man who owned a Ferrari. Surprised and bemused by his decision to give up all the worldly pleasures and live the life of a monk. What follows is a series of trips which Jonathan feels compelled to make across various countries with the mission of obtaining the talismans from different sources as directed by Julian which Jonathan agrees to make only because he fears somebody close to him has his/her life at stake. Slowly but surely affects his course of thought and help him make some much needed life altering decisions. Each talisman has something new to tell Jonathan and it is these wise words that focus the reader's attention to wisdom that the heart is aware of, yet doesn't always see.

IV. PURPOSE OF LIFE

"The only way you can really postulate any kind of a goal at all is imagination. And if you don't postulate high-flown goals- if you don't hitch your wagon to a star-it's a cinch you're not going to get up to the top of the top of the pine tree, because it takes that much to get this much. "you know, in Alice in Wonderland it says you have to run just to keep up. You have to run twice as fast if you want to get anyplace" –L.Ron Hubbard. Humans are the species on the earth who are titled as the most superior beings due to their high complexity of brain. Hauser and his colleagues have identified four abilities of the human mind that they believe to be the essence of our "human uniqueness" mental traits and abilities that distinguish us from our fellow Earthlings. They are: Generative computation, Promiscuous combination of ideas, the use of mental symbols, and Abstract thought. We always tend to search for ways that make our life better. We started our journey as small groups splintering off and beginning their individual evolution, developing perceptions of the world in respect to different situations. Now being in 20th century we as globalized citizen many of us starting just leading life instead of living our life. Due to rapid development of the world and high competitive environment we become stressed and run behind things which may not give the happiness that we are searching for.

According to Maslow's hierarchy theory, humans live fulfilling needs and move on in 5 systematic steps: Biological and Physiological needs (air, food, drink, shelter, sex and sleep), Safety needs (security, order, law, stability and freedom from fear), Love and belongingness needs (friendship, intimacy, trust and acceptance, receiving and giving affection and love), Affiliating i.e.,

being part of a group (family, friends, work etc.), Esteem needs (achievement, mastery, independence, status, dominance, prestige, self-respect and respect from others) and Self-Actualization needs (realizing personal potential, self-fulfillment, seeking personal growth and peak experiences).

According to *Maslow's hierarchy theory*. Humans live fulfilling needs. and they move on in a systematic procedure satisfying steps from basic biological needs to self actualization needs. Biological and Physiological needs - air, food, drink, shelter, warmth, sex, sleep followed by Safety needs - protection from elements, security, order, law, stability, freedom from fear. Then comes Love and belongingness needs - friendship, intimacy, trust and acceptance, receiving and giving affection and love. Affiliating, being part of a group (family, friends, work). Then Esteem needs - achievement, mastery, independence, status, dominance, prestige, self-respect, respect from others. And finally Self-Actualization needs - realizing personal potential, self-fulfillment, seeking personal growth and peak experiences. Generally people define as success the achievement of goal.

We must think what part of ours keeps a goal? Who have that desire? Is it the dream of our body? Do we have a particular organ in our body that secretes a hormone, which found in the blood stream pumps to be a goal? It is the decision of the soul (mind) not the body. Let us suppose that our goal is of being a writer. The hand doesn't write stories it only makes movements in sync with the thoughts that our soul creates. [source 1].

There are no extra people alive today. Every single one of us is here for a reason, a special purpose—a mission. Yes, build a beautiful life for yourself. be happy and have a lot of fun. And yes, become successful, on your own terms, Rather than on those suggested to you by society but – above all else—be significant. Make our life matter—be of use. And be of service to as many people as possible. This is how each of us can shift from the realm of the ordinary into the heights of the extra ordinary. And walk among the best that have ever lived. [source 2].

V. EMBRACING OUR FEARS

But many humans stop in third stage of Maslow's hierarchy. We fear situations that seem to be out of regular. Taking unbeaten track makes us worry putting us in a self constructed prison. For example many people use closed spaces. But people who are diagnosed with Arachnophobia or the fear of spiders[it is the oldest and most common phobia in the Western culture] as threat. In order to overcome that fear psychology uses cognitive behavioral therapy where they reason the fear and then

slowly exposes the person to his fear leading to desensitizing him towards his fear.

People pass on to the next stage when we are not afraid of death, when we are not afraid that others will hurt us. When we can challenge our obsolete. In during that we can earn our freedom. We move on to the next stage when we don't need to kill our desires, and our lives on the fictions threads. When we reason our fear, when we dare to face it. When we dare to even believe that we have a chance, then we no longer afraid. Fear makes us shrink, it makes us introvert. it makes us believe that we have no chance and makes us helpless all we have to remember is fear is a self created belief. Whatever happens our soul in destructible and powerful. How futile our efforts may be but the solution remains in front of us. [source 1].

What holds us back in life is the invisible architecture of fear. It keeps us in our comfort zone, which is, in truth, the least safe places in which to live. Indeed, the greatest risk in life is taking no risks. But every time we do that which we fear, we take back the power that fear has stolen from us—for on the other side of our fears lives our strength. Every time we step into the discomfort of growth and progress, we become more free. The more fears we walk through, the more power we reclaim. In this way, we grow both fearless and powerful, and thus we are able to live the lives of our dreams. [source 2].

VI. POWER OF AUTHENTICITY

Life holds a special meaning to each of us. There are many individual differences from person to person. Each of us has our own perception of the situations. Life gives unique question papers for each one of us in the world, but we tend to write the same answers following other. We forget the truth of differences; we forget the truth of ourselves leading to unauthentic life, leading to self destruction process in turn losing our power to reach the purpose of life.

Our truth is what you want to do in this moment! Your purpose is in what you want to create in your life every single day! If you are not doing what you want to do and you are not creating what you want to create then you are a waste of a powerful spirit. A glass holds the power to create infinite suns here on our planet in the absence of the sun. We hold the power to create infinite possibilities of our own choosing. When you create out our own choosing, then you are living your purpose. Creation out of others choosing is another word for slavery. Slavery is to sit around another's fire for warmth when you have the ability to create of our own. [source 1]

The most important gift we can give ourselves is the commitment to living an authentic life. To be true to ourselves, however, is not an easy task we must break free of the seductions of society and live life on our own terms,

under our own values and aligned with our original dreams. We must tap our hidden selves; explore the deep-seated, unseen hopes, desires, strengths and weaknesses that make us who we are. We have to understand where we have been and know where we are going, Every decision we make, every step we take, must be informed by a commitment to living a life that is true and honest and authenticate to ourselves and ourselves along. And as we proceed, we are certain to experience fortune well beyond our highest imagination. [source 2].

VII. CHOOSE YOUR INFLUENCES WELL

According to Maslow the third stage which is for love and belongingness where people get motivation for living by love and affiliation. Being a social animal develops us both internally and externally. But the selection of the people in our life plays a vital role. The world is divided into both good and bad. Positive people are a joy to be around; their energy is contagious and even inspiring. When we spend time with them we feel good about ourselves, they lift our spirits and we too are more positive. Certain people, for example, are commonly hostile and dissatisfied with life. Others are impossible to please, and the more you try the less they appreciate your efforts. Some try to minimize your dreams by showing you how impossible they are or by showing you that you can't live up to the requirements to make them come true. Some are manipulative and try to use you to further their own purposes, making their ideas or goals more important than yours. Surprisingly within one's inner-self, the worst negative influences may be own self-talk and some may be self-critical and can actually talk themselves out of pursuing their own dreams and goals. Positive psychology deals with these aspects of human life.

Sometimes even if the people that we keep in our pace make our life difficult as become they don't match up to our style of leading life. This in turn leads to killing each other needs. The world will change as our thoughts will change us. Detaching sometimes help us to grow bigger than what we are now. [source 1]

We do not move through our days alone or apart from the world around us. And so we must always be aware of the things and the people we allow into our lives. It's a mark of wisdom to choose to spend time in those places that inspire and energize you and associate with those people who elevate and uplift you. Whether in our work are in our personal lives, these most positive friends and peers will inspire us to be our greatest self and to lead our largest lives. [source 2]

VIII. CONCLUSION

The bilateral relationship between literature and values help persons developing personality in a pleasing way. From this paper one can develop Values that institute an

important characteristic of self-concept by exploring the Purpose of life. the purpose of life can be explored when one can embrace their fears while living their authentic life where choosing one's influences well make the path more easier.

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