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The Alchemy of the Self: Overcoming the Mountains of our Mind-An Article

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Literature has always been more than the collection of stories, poems, drama, prose. It is a Classic to understand our history, but new era of literature is emerging and one that is more focusing towards our future. In my recent research, I explored two texts ;

- a. Paulo Coelho's, The alchemist
- b. Brianna West's The mountain is you

THE CALL TO ADVENTURE: WHY WE SABOTAGE

Every individual knows the feeling of standing at the base of mountain. Example, a difficult exam, career burden and many responsibilities, we feel our self numb and this numbness is what Brianna widest dense as The Mountain, in her prose.

The mountain is not the External problem it is the internal resistance through which we are sabotaging ourselves, procrastination, fear of negative change or positive change these all this feels dangerous to our subconscious mind. In the text Paulo Coelho's The Alchemist, his protagonist, Santiago is a shepherd who dream about the pyramids of Egypt. And for him the mountain is the fear of unknown dessert. After reading and analyzing both the texts I

get to know that Santiago's dessert and the West's Mountain are the same in terms of psychological aspects.

LESSONS I LEARN FROM SANTIAGO

The Alchemist taught us that the journey of Santiago towards self-actualization is rarely the straight line. Santiago losses his money during his journey to the pyramids and forced to work is the crystal shop for a year and faces the threat of tribal wars. However this plays the necessary step in his evolution. I focused more on the four obstacles;

Our mind believes that our dreams are impossible. We have the fear of hurting our close ones while we are changing ourselves.

The fear of hardship that we will face in our journey, The fear of actually achieving our dream.

In modern generations, these are the actual points where we fail to start our journey. We stay where we find comfort and don't want to face the discomfort for that dream, where our

Inner soul and peace lies. *"There is only one thing that makes a dream impossible to Achieve: the fear of failure"*(The alchemist

book)

LESSONS I LEARNED FROM THE BOOK "THE MOUNTAIN IS YOU"

THERE IS NOTHING HOLDING YOU BACK IN LIFE MORE THAN YOURSELF'

If we want to heal, we have to learn to process. I may procrastinate on thesis not because I am lazy but maybe I am afraid of the judgment I may get after submission. By understanding the 'why' behind the sabotage. We can begin to resilience. West's work is informative, acting as the bridge between English literature and Cognitive Behavioral Therapy. She reminds us "*your new life is going to cost you your old self.*" To become the person who you want to be, you must let go of the version of you that was happy and comfort in our own space.

THE THEORY OF RESILIENCE

My research lies in the Comparative Synthesis, When i see Santiago's journey along side West's psychological advice, I see a pattern. Both agrees that Intuition is the key. ("Omens" and "Emotional intelligence"), Both are urging to listen to that inner voice that Know your true path.

Furthermore, these texts are a special significance for us. As students of English Literature, I Myself is caught between the Traditional Values and Modern Ambitions.

CONCLUSION: WRITING YOUR OWN STORY

As I conclude my thesis and prepare to share these endings, my message to my fellow

Students is that: Literature is not a passive subject to be studied for marks, it is a source guide for our survival.

The Gold that Santiago found in the pyramids was not as valuable as the man he become while looking for it. Similarly, Mountain_we are facing today in terms of academic, personal or emotional, it's not there to stop you it's there to show you who you are.

As we move forward in our life, beyond these academics, let us remember the lessons of The Alchemist and The Mountain. Let us listen to our inner self and face the hardships. And achieve our own dreams. Because on the other side of the mountain its your personal legend.