

# A Journey through Disillusionment and Self-realization

Akram Mokhtari Esfidvajani

Islamic Azad University, Lahijan Branch, Guilan, Iran

Email: ak\_mokhtari@yahoo.com

**Abstract**—Journey of discoveries cannot be limited on travelling to different places in far and near distances. Referring to the famous question “who am I?”, this journey takes place for those individuals interested in deeper meanings, values and intentions in their life beside considering it just as a new experience. The first and the most significant place for discoveries is the interior part of human mind. It is an internal journey for speaking to the spirit, touching the soul, and certainly knowing oneself. Mostly, human beings dip in their dreams and illusions in order to forget the real life and it is important to know the reason for this weakness of man when he is unable to confront with the harsh facts of life. This article by imparting a new amplitude of human being, expresses this fundamental assumption that illusion is an unseparated part of any man; some are aware of that some unaware, some run away of that some try to hold that. Moreover, the study wants to show what is important is to know there is –at least - an illusion in any individual and it is necessary to recognize it and find a way for confronting it to reach to self- realization.

**Index Terms**—individual, society, illusion, disillusionment, self-realization, knowledge, reality

## I. INTRODUCTION

Human being’s life is replete with various conflicts and moods and sweet fictions bitter facts which to a large extent originate from his personal experiences and memories, successes and failures, joys and pains, and wishes and disappointments. Referring to the famous question “who am I?” and the famous answer: “We are what we are,” my aim is to demonstrate that it is down to the individual to decide to \_ in a Whitmanian vein\_ celebrate himself/herself by assessing his/her conduct according to his/her abilities, intentions, and wishes, or otherwise develop a sense of despair and self-hatred. There is the effort to discover the inner lightness or darkness, or in fact, the internal self. Personal experience is a significant factor in the self-recognition because man’s individuality remains in the unity of his experience. Wright quotes from Hobhous(1913) that “one must be aware of a certain identity running through the mass of past experiences, and inferentially prolonged into the future (p.176).

## II. MANUSCRIPT

One of the important notions of everyone’s life is disillusionment that is the result of misunderstanding and misinterpretation of realities of life when one endeavors to show this reality. Disillusionment is a phenomenon which occurs for any individual who is not able to accept the realities of life as they are. It is a painful and long process of introspection and self-realization and is never utterly eradicated (perhaps it must not be eradicated any way) because as soon as one got disillusioned, one rushes into building up another illusion. A good number of individuals fail to establish a reasonable balance between their dreams and the harsh realities of life. Stripped of the sense of importance and integrity they once attributed to themselves, they either resort to addiction and alcohol or develop severe mental disorder or commit suicide. However, self- realization and disillusionment do not always and necessarily conduce to depression and death as they can also be an integral and fruitful stage in the personal journey into initiation and wisdom.

This reality that pipe-dreams create the sense of false happiness in men’s lives and the fact that disillusionment causes the suffering of men by leading them toward isolation and destruction can be considered as destructive elements in human life. It depends on individual to decide to accept his abilities, and wish to obtain a new insight, or in a different way expands the sense of dejection and steps in the world of despair and illusion.

What is important is that any individual as a character in of his/her life scene is represented as he/she behaves and acts. Not knowing the self means lack of internal awareness and not knowing other people and the society means lack of external awareness which is the origin of all disasters of human beings.

Therefore, when a man is rejected and humiliated by all aspects of the society, when a man shatters psychologically, questions himself, his fate, and the society when he confronts with the realities of life. There are times when an individual cannot break discriminations or ideological impediments, nor create new ones; it is the time when he seems as an outsider, a person among human species who yearns for a sense of belonging. Man’s cry for acceptance is universal but sometimes he fails to find his desired place in the world.

Disappointed people make an iron cage around them which is the symbol of lifeless, spiritless, and unsympathetic world. But what has an important role in human’s life is man’s struggle when he come into compatibility with the world

and begins a journey to discover to where, to what, and to whom he belongs. It is a quest from ignorance to knowledge. Sometimes this knowledge is achieved through confrontation with special events or persons and subsequently the attempt for proving one's existence in the world takes him to self-realization which accompanies the breaking of one's pride and hopelessness, and this destruction may happen when man thinks to his power as the illusion of his preference over everything. The unseen dimension of the mind is the cause of man's action. It is our inner and natural instinct which attaches the internal sense with the external forces and travel through a mysterious way. It is a journey from ignorance to knowledge mind that leads human thought toward a goal which is the realization of the real self but some people fail when they reach to this phase and their destiny is dipping in loneliness and isolation, and it is a kind of process.

Journey of discoveries, whose aim is the improvement of human identity, presents man's individuality and creativity by separating him from his illusions and fantasies and reaches him to his majesty. So, the whole life is a fight between two groups: first, human who endeavors to get his dignity and ideal pure identity; the second, illusion as an authority tries to deprive men of his majesty; it means that it is power that determines which one is the winner or loser.

Any individual must go from one cage to another cage to find his place as a human by walking through his process, although it results in disappointing but he changes to an able-minded one. There is a significant point about illusion which can symbolizes the speechless and brutal animal that has been deprived of living in his natural habit where there is the possibility of compatibility and enjoyment from the environment.

Human thinks he lives in the center of his own little world. He has no attention to his environment and never imagines that someone can destroy his dream, so his confrontation with any reality can be a shock. Human mind is like a wide street with shiny and clean atmosphere if hesitation in believing oneself which is the base of formation of illusion does not find a way of entering to it.

What is significant is that for obtaining self-realization developing different aims and desires within the individual is inevitable because each of these aims or interests achieve might and spirit, but some people after passing some processes miss the aim and desires which produce in a man the sense of honor and existence. Thought and insight that permit the individual to deal with the experience have not grown in some individuals so they are unable to perceive the real self and the society that lives in and in a diverse position the society is unable to understand them too, while man is joined as a natural being to the other members of the society. The problem of the relation to the society and also the absence of correct recognition of himself prevent him to attain self-realization, and lead one toward disillusionment which results in disappointment. The acceptable reason for the suffering of human beings is a search for meaning in life. Man is not only the portrayal of a common man but it is the representation of a universal man, who has lost his hope and is trying to find somewhere to belong. Any man's pain and suffering lead him to think about himself as a person who exists and lives in an inhumane world. The need for a sense of belonging is felt in any cells of body and it is horrible to be in the middle.

Human beings should release their illusions which have become beautiful imagination in their mind, but it is a difficult task. The belief is that a man's duty is to warn his friends and to open their eyes against the realities of life, teaching them to find meaning for their life. Meaningless, aimlessness, and despair are the special specifications of the modern society. As Berlin (2002) writes "We witness the life of illusion and death of illusion" (pp. 87&127) but what is important is that men and women obtain a new knowledge. They look at their life with a new insight. The thing that has a great value is that one can persuade and oblige others to come out from their closed, dark and empty world. It is a great work that could step into a world that was different from their usual one. In fact, they could break up the impediment which had settled in their way and the obstacles that were their illusions to abandon the loneliness and attached to each other as a union for sometime. They accepted they are able to open a new door and go to the society of unfriendly people. Although it is possible not to obtain what they wish and hope, but they succeed to accept their weakness. Now, they know their illusions are just some false hopes and ideas but the same illusions and pipe dreams are the reason of their continuity of their life. Suffice it to say that they do not see what there is but they see what they think.

Psychological and socio-cultural conditions which are extended result in the dualistic theory of hereditary and environmental factors as definitive and absolute sources to produce individual characters are almost the same as those of nature, and Nazerzadeh Kermani (1998) supposes nature that is in parallel with the idea of race and class as identified binary factors. His dualistic idea, however, holds his own character similarly as a force controlling their fate. The convincing combination of those hereditary and environmental elements is the essence of human's tragic view. Those who do not have a strong mental and reasoning power and their behavior and fate resulted from their deficiencies cannot overcome their weakness and unburden themselves of the outcomes.

As it mentioned any character in the society belonged to a special class; they have social ranks and even good positions, but none of them could protect it. All characters have reasons for taking refuge in their own hole which is in fact their pretext because the main reason for their actions is internal. The reason that is common among them is they run away from reality and are unable to live in accordance with the social norms, in fact, they are afraid of harsh realities of life. So, they keep themselves in an imagined world that is full of illusions and live with these wrong beliefs and ideas. They know they have only two choices: whether they should reform or they select loneliness and illusions.

Neitzsche believes that man tries to be a superman after his defeat, and struggle is one of the most outstanding specifications of Neitzsche's ideal man (Tornqvist. 2002. P. 19). Suffering and pain are the source of the knowledge

about life that has caused some changes in the attitude toward life. It is possible to open his eyes to the realities of life and save oneself from his illusion and pipe dream. They fear to show the real face and self. This kind of people hides themselves behind the masks. Although they are aware of their real self they deceive themselves by living in their pipe dreams. They were afraid of the society. They isolated themselves and separated their internal world with the external world. They cannot live without illusions and their life is based on lies. According to whatever Arnold Goldman believes illusions help men to continue their life. They are dangling between love and hatred, reality and unreality, and lie and truth. Living without illusion is equal to death or suicide. Goldman wants to emphasize the inner conflict of human beings because any individual symbolizes universality. The mysterious of human being have been concealed in his thoughts. There will not remain any secret when he starts speaking. Thoughts and feelings of a person form the existence of that person. If these emotions and thoughts are revealed, the whole entity of the self is divulged.

The effects of cultural and psychological elements on individuals are considered as important factors. Cultural or environmental elements shape the outward face of man: race, sexuality, language, and social class can be categorized in this section. Personal values and prejudices are created by this principle, but the inward self is known by psychological elements. How a person thinks and understands how a person feels and touches hold in this category. Man's struggle with himself or his conflict with his environment is an effort to find his identity.

It is important to understand the depth of complexities of man as a superior creature in the world. Man can solve problems but sometimes he himself gets into difficulties. He is in captivity of the unknown world of himself. Nietzsche is interested in a "superman" who is able to defeat his pains and sufferings, a person who is able to keep the world in his hands (Tornqvist. 2002). So, penetrating in to the realm of human souls helps to find the hidden reality of life. It is important to know the reason for the weakness of man when he is unable to confront with the harsh reality of life. Wearing masks question the identification of the characters. Mask keeps characters in a place and permits them nothing to do except bearing of pains that are aware of them. The great mental and physical pain of the characters is loneliness.

To make an effort to make each other happy can be the key of freedom and prevent everybody to plunge in the illusory world. According to Yung, mask represents different aspects of oneself which contains the evil or shadow part and the good part also. He believed these masks can be divided into some categories. According to him "this division refers to different periods of life and influenced by race, gender, class, nationality and religious sect" (Robinson. 2000.p.73). Such people have settled in a circle that starts their movement from one point and comes to an end in another point, but they confused because they do not know which one is the starting point. And this rhythm repeats over and over again. The only familiar subject for them is waiting, waiting for tomorrow, and waiting for an event to put an end to these repetitive days, days which have become routine. There is no new and interesting thing in their lives. They are searching for something outside their souls, searching for a way to forget the present, but it is not possible only by repeating illusions of the past and future which is like a musical group whose singers are unskilled. They have suppressed their emotions and what they reveal is the pressure and tensions that have been hidden behind the masks. It portrays the unhappy realities of everybody life on its psychological level.

According to psychological assumptions and also Joel Pfister (1995) one of the best ways for relieving from pipe dreams is revealing them through confession. Sometimes confession helps because individual needs to save themselves from illusions they have. The most important thing is that men could psychologically rescue themselves from their inner conflicts. Therefore, confession is a good way for solving psychological and personal problems and as Foucault claimed it brings out the truth of self. Through confession men discover their significance and offer their perception of their individuality, and also reveal their subjectivity toward different phenomena (p. 67).

### III. CONCLUSION

Living on illusions and tricking themselves that everything will become all right tomorrow is just like a big lie. The word tomorrow is symbolic and has special meaning for such kind of people. Their wishes will happen tomorrow; they imagine their future success and prosperity taking place tomorrow. Anybody voices his dreams with warmth and enthusiasm. These illusions are part and parcel of the real life to the extent that if anyone who is outside the group listens to them, they supposed that they are serious in their decisions. The personal illusions are not only for unmasking but also are substitutes for the dissatisfying world in which one live. It means that the psychological life of these characters has been separated from the society and they are emotionally isolated.

Strong effort is necessary to overwhelm the frustration of life and the absurdity and the mystery behind his conditions. By killing the illusions one reaches to a power position that may obtain by losing important belongings. Such a man who has experienced disillusionment acquires a new insight to overcome the hopelessness of life. It shall be suggested that perhaps this self-understanding does not lead toward optimism but it is not certainly an absolute pessimism. Disillusionment is a significant factor for initiating self-realization. The curiosity for getting spiritual strength had hidden in the nature of man. The existence of the opposite interests and contesting leanings within individuals assert the presence of self- realization in the nature of human being. Because of conflicting elements which acts as obstacles in the way of men and need to be adjusted, obtaining self- realization is difficult and painful, but such a knowledge guides men to a new attitude of the human experience that is between optimism and pessimism.

The compelling might of pipe dreams on the human mind is not undeniable but how they can animate the weakest capacities and bring hope for individuals are important. There are some forces in our life that lead us toward forward.

Life becomes more comfortable and intelligible when human being is able to discover psychological motives in him. It depends on human being to think how self-realization and insight overcome illusions and how disillusionment is used in the man's employ to get knowledge about him however it may be painful. What is admirable about human is when he/she does the best to change the conditions and situations imposed on him/her to find his/her human "identity" and "belongingness sense".

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**Akram Mokhtari Esfidvajani** was born in Isfahan, Iran on 11<sup>th</sup> Sep. in 1979. She got her bachelor and M.A in English literature from Azad university of Rasht and Azad University of Tabriz in 2001 and 2005 respectively. For the moment, she is studying at Universiti Sains Malaysia as a PHD student in English Literature.

She has taught as a Lecturer about five years at different universities of Iran: Azad University of Rasht, Azad University of Lahijan, Payam-e Noor, and Jaber Ibn Al-Hayyan.