



## **Achieving Soul Integrity According to Psychological Analysis of Bemoni and Alexander Story**

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### **Dear Editor-in-Chief**

A real myth of a hero, moves toward a lion and a subversive dragon, is a story of soul evolution. The hero myth shows a stage in which a child is separated from dependency in order to reach to personal integrity.

According to Rumi, permanent presence of journey precursors shows that there is no way to escape and not only heroes but also all humans experience passing from thresholds in order to achieve perfection (1).

Joseph Campbell (a contemporary mythologist) points in “the thousand faces hero” that a hero is an ordinary person who passes limitations and achieves blessing (2).

An Iranian myth that we analyze it below (Bemoni and Alexander Story) (3) is about mental and physical maturity of a hero that has the encoding of all mentioned cases. The protagonist is a human representative who attains soul health. She overcomes all physical and mental problems in the way of personal growth.

The story is about a defiant and nagging girl but she changes and matures finally. First point of this story, she is born after many years. Waiting her parents for having a child, which is a motif of the story, repeats more times. It is obvious that the parents love their daughter so much and she should face difficult problems in order to know herself and be independent.

Another point is that when the protagonist is in one of passing stages of her life: passing child

hood to maturity, her parents perform the vow. The pomegranate symbol means that she is ready to pass from immaturity to maturity and evolution stages. In many folk tales, a woman who has not any child be pregnant by eating a pomegranate. Decoding has been considered in different nations. Decoding has been mentioned in symbolization: “pomegranate seeds are a symbol of fertility and abundance among Mediterranean, near east, India and also far places (4). In continuation of the story, Bemoni unwantedly does not use a pomegranate, and then faces many problems. The old woman, who appears twice at the end of the story and plays a main role in Bemoni’s life, is a symbol of “journey precursor”. She guides heroes from immaturity to maturity in similar stories. A hero faces many tests but should show his mental power in order to achieve journey result.

In such archetypal stories, however, an old woman is a symbol of a grandmother who appears in stories positively and negatively. When a hero is independent from his parents, his works and activities start. He says: “according to a psychological standpoint, a hero index is not same as “ego”. Therefore, “ego” frees itself from dependency via this index (5).

If the protagonist separates from her parents and attains mental independency, should appear in a new role. In fact, these symbols (palace, storm and thunder) show an unconscious world.

A question proposed here is, what Alexander's role is. We can find the answer in Jung's teachings about "soul femininity and masculinity". He mentions "Anima" (soul femininity) and "Animos" (soul masculinity) in his analysis:

Yung believes that Anima and Animos have a main role in recognizing themselves, also men and women propagate Animos and Anima's photos about their partners (6).

When Bemoni starts the journey, she enters a desert. She should pass the first test of strength there. Desert is an excellent land and is a symbol of unconscious forces. Arrival of a wolf shows this point. Being eaten by a wolf as battling with a dragon is a strong archetype. Death and downfall in unconscious depth and rebirth are a sun cycle of the heroine life .

"Bemoni" appears from a melon; it means a symbolic birth and points to birth of a human from a plant that both are two old motifs.

The girl is luminous at the end of the story. It means that she is re-born as a sun. Bemoni spins at the end; a pomegranate is changed to a symbol of cotton pod. Then, Bemoni introduces herself to Alexander and then anti-heroine (negative anima of Alexander) is disappeared.

Unconsciousness fills believes and cultures with the insight element and secret layers in its different manifestations. Therefore, literature is full of projections of a complex inner world. Poets and authors reveal secrets willingly or not, according to existence depth that it includes a man's collective psyche and is men' will manifestation and old believes

According to legends, when a hero wins in battles, comes back his hometown or takes parents to his place. In this cycle, he imagines the primary heaven in his soul and attains to "self-awareness" and a link with soul integrity. A hero is a sign of self-awareness and his wife is a sign of non-self-awareness. Therefore, self-awareness and non-self-awareness connect to each other.

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