

# EXPLORATION OF INNERSELF IN DORIS LESSINGS'S *THE GOLDEN NOTEBOOK*

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Abstract:

*The Golden Notebook is carefully constructed masterpiece that creates a short novel called 'Free Women'. The main character of free women, Anna Woolf, a writer that keeps a series of notebooks-black red yellow and blue, which give coloring to the novel. In effect the heroine of free women steps out of the novel to comment on its action. Free women and the notebooks become The Golden Notebook. The next novel the cleft offers a socio-cultural and feminist assessment. The novels deals with concepts and theories offered by new historicism and cultural materialism. This novel depicts the general disillusionment from various modes of political ideology. Now more than four decades have passed since the publication of the Golden Notebook.*

Introduction:

The Golden Notebook, which centered on a struggling female writer the book was widely read and embraced by the growing women's movement Lessing's precious output also contains fantasy and science fiction novel such as the series Canopus in Argos as well as plays short stories, essays and two autobiographies she also wrote under the pseudonym Jane Somers using a different name permitted Lessing to demonstrate how difficult it was for unknown novelists to gain a foothold in the literary world the Nobel prize in literature 2007 was awarded to Doris Lessing that elicits of the female experience, who with skepticism fire and visionary power has subjected a divided civilization to scrutiny recommend a book, discover features and trivia about the Nobel prize sign up for Noble prize Lessing is a surname of Slavic originally Lessing meaning woodman Lessing may refer to German family of writer artist musicians and politicians who can be traced back to a Michal Lessing mentioned in 1518 as being line weaver in Johns or Chemnitz Doris Lessing died peacefully at her London home on November 17, 2013 at the age 94 the prolific author left a legacy of more than spanned literary genres, weaving rich narratives of her personal experiences and political perspectives.

Lessing turned to science fiction in a five novel sequence titled Canopus in Argos: Archives (1979-1983). The novel *The diary of the good Neighbour* (1983) and *if the old could* (1984) were published pseudonymously under the name Jane Somers to dramatize the problems of unknown writer. Lessing uses symbolic images of rooms to illustrate the limitations that individuals, particularly women, experience because of the patriarchal collective. Lynda Scott Doris Lessing is a British writer who born in 1919 in Kermanshah, Iran. *The Grass is singing* is her novel published in England in 1950.

The novel's title was taken from T.S. Eliot's magnum opus, 'The Waste Land'. The novel is a Proto-feminist one, because it was written before the Women's Liberation Movement. The search for individuality becomes an important segment of modern literature. Doris Lessing (1919 – 2013) is considered an exceptionally innovative radical and outstanding women writer. The present study attempts to make a full described comprehensive critical interpretation on the themes of feminism in Doris Lessing's novels. Lessing started writing her novels in the 1960s before the launch of the feminist movement; hence most of her novels are recorded out of her own naked experiences. She independently picked the issues to women and subsequently they became the chief concern of the feminists later.

The novel is about Anna Wulf, the writer and colored notebooks where she writes about her life. In black notebook she writes about her experience in Arica, before and during World War II, which inspired her to write her first novel. In red notebook she writes about her experience as a member of communist party. Yellow notebook is an ongoing novel that is being written based on the ending of Anna's own love affair and in black notebook she writes her own memories, dreams in a form of a diary. All four notebooks and the frame narrative cover themes of Stalinism with the conflicts of work, sex, love, maternity, and politics.

In The Golden Notebook Doris Lessing explores the theme of breakdown, mental and societal breakdown, 'that sometimes when people 'crack up' it is way of self-healing, of the inner self's dismissing false dichotomies message, an analysis of communism, and examination of the upcoming sexual and women's liberation movement.

Relationship between form and content is a subject that must be raised when it comes analyzing The Golden Notebook. This paper begins with depiction of the novel's major themes and it explains its form, bringing these two topics into connection later on. It is impossible to discuss this novel without explaining its form because the form of the novel supports its central theme. This will be analyzed in the chapter dealing with form but also in the chapter that explains relationship between form and content in the novel.

This novel has been translated into a number of other languages. In 2015, The Golden Notebook was chosen by Time magazine as one of the one hundred best English-Language novels from 1923 to present.

Doris Lessing stated the major themes in her The Golden Notebook are theme of break down and theme of unity. But most of the criticism of the novel after it was published and written articles about The Golden Notebook even in our time our attention on other themes are elaborated in the frame novel and in the four notebooks. These themes are the situation of women, motherhood, sex, creativity, work, belief and politics.

The situation of women in the novel is presented through its central character Anna Wulf. She is a writer who got her financial independence after publication of her first and only novel 'Frontiers of War' and is faced with writing block because she feels 'incapable of writing the only kind of novel which interests me; a book powered with of looking at life. It is because I too diffused. I have decided never to write another novel.

Anna feels like 'everything's cracking up' because she to reconcile her own life with the political and philosophical atmosphere of her ago to make sense of the chaos she feels all around her. Theme of creativity is explored is explored through Ana's writing block and it is connected with the theme of unity that has its victory over the theme of 'breakdown' in the fifth gold colored notebook where Anna finally gets capable of writing a novel as in one piece not to diffuse it into four aspects.

Besides being writer Anna is also a divorced woman and a mother. Doris Lessing discussed theme of motherhood in the novel describing relationship between Anna and her girl Janet.

Lessing writes about the conflicts between the erotic lives, of the responsibility that can keep a suicidal mother alive in the midst of breakdown, of the efforts sometimes disastrous to conduct a career while rearing a child. She has never had any time for would-be women writers who complain that pregnancies silenced them or reduced their output: get on with it that was her bracing advice. She did see the problems women writers face as being different from those faced by men, and although she vehemently rejected the feminist label, of course one reads her as a feminist.

Anna shown as a woman emotionally self-sufficient and committed to her lifestyle of passionate politics and frequent affairs at the same time she feels empty and hates for craving the security of love, for she sees it as giving in the feminine sentimentality that she wishes to be above. Men are shown like unfaithful, polygamous, unsatisfactory, and rude to their wives, unable to give pleasure, bullying, selfish, and indifferent to the children. But Anna obsessed with them treating her terribly. The worse they behave to her, the more sexually excited she becomes. So it is uncertain if this really a social commentary or a personal story. Sexual relations in the novel are characterized with cruelty, betrayal and emotional numbness.

**Conclusion:**

This novel reflected such subjects which were taboos in the time it was published and later on. These subjects like menstruation, orgasm and frigidity were masterfully confronted with literary decorum. As for political theme the novel describes a world in which Stalin is being exposed for his crimes in the Soviet Union, the British Communist Party is collapsing, and in the states senator McCarthy's "Red Terror" is decimating the left wing intelligentsia.

The Golden Notebook has autobiographical layers: the character Anna reflects elements of author Doris Lessing's own life, while Anna writes autobiographical stories. The form of the novel also interlaces the political conflicts and emotional conflicts in the character's live. Rejection of traditional form and structure in art and literature can be seen in examination of The Golden Notebook. This rejection is also characteristic of feminist theoretical viewpoint; it is often that feminism and postmodernism overlap as in this novel.

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