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– Hem BahadurKhadka

Anita Desai as the Spokesperson of Spirituality in *Journey toIthaca*

TRIBHUVAN UNIVERSITY

Anita Desai as the Spokesperson of Spirituality in *Journey toIthaca*

**A Thesis submitted to the Faculty of Humanities and Social Sciences Central
Department of English In the Partial Fulfillment of the Requirements for the
Degree of Master of Arts in English**

**By
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Letter of Recommendation

Hem BahadurKhadka has completed his thesis entitled “Anita Desai as the Spokesperson of Spirituality in *Journey toIthaca*” under my supervision. He carried out his research from July 8, 2016 to August 8, 2017 A.D. I hereby recommend his thesis be submitted for viva voce.

Dr. DhrubaKarki

Date: _____

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Letter of Approval

This thesis entitled “Anita Desai as the Spokesperson of Spirituality in *Journey toIthaca*” submitted to the Central Department of English, Tribhuvan University, by Mr. Hem BahadurKhadka has been approved by the undersigned member of the Research Committee.

Members of the Research Committee:

Internal Examiner

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Head

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Abstract

Journey to Ithaca takes us along on the arduous road to self-discovery of Matteo, his antithetic wife, Sophie, and the spiritual journey of the Mother. The novel encapsulates the process of self-realization and spiritual bliss through Indian spiritual philosophy to attain peace, tranquility, divine love and meditation which comes from being totally connected with self or soul, body, and a higher power. It is a high experience of life, rich with the subtleties that open one up to a quality of life unmatched by the trappings of the material or linear world. Supreme happiness is utter joy and contentment that can be achieved through deep meditation. So by applying the notions and vocabularies along with theoretical perspectives of mysticism and spirituality the present thesis is very prone to delve into the analysis of individual quest for meaning of life of three major characters Matteo, Sophie and the mother.