



Wounds That Speak Voice Within: Trauma, Bildungsroman And Psychological Transformation In *The Innate Pathfinder: Even The Water Has A Voice*

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Abstract: This paper examines the interplay of trauma, psychological transformation, and the bildungsroman tradition in *The Innate Pathfinder: Even the Water Has a Voice*. Positioned within a narrative where internal wounds find expression and resilience emerges from suffering, the memoir portrays a profound journey of self-discovery. Drawing on theories of psychological development and trauma studies, this paper explores how the protagonist's personal wounds serve as both obstacles and catalysts for growth. The bildungsroman tradition, typically associated with the youthful journey toward maturity, the protagonist's passage to selfhood is not linear but circular, mirroring the natural cycles suggested by the memoir's elemental imagery particularly water. Water, with its dual capacity to nourish and erode, symbolizes both the fragility and resilience of the human spirit. It becomes a metaphor for the persistent voice of the wounded self, whispering through every stage of the protagonist's evolution. Dr. Satvik the protagonist gives his major, minor experiences through eleven chapters where he spills out his repressed desires and exposures.

The narrative structure of *The Innate Pathfinder* emphasizes fragmented memory, emotional dislocation, and the struggle for coherence after trauma. The protagonist's psychological journey involves confronting silences both imposed and self-generated and reclaiming the right to speak, to exist, and to define oneself beyond the scars of the past. Through this lens, the memoir is not only a coming-of-age story but also a coming-to-voice story of Dr. Satvik, where the protagonist must navigate inherited pain, societal expectations, and personal losses to ultimately reconstitute a new sense of self. This paper argues that the intersection of psychological trauma and the bildungsroman framework offers a richer understanding of how identities are fractured and reassembled. By situating the protagonist's voice as both a product of and response to trauma, *The Innate Pathfinder* expands the traditional boundaries of the bildungsroman genre. It suggests that maturity is less

about the achievement of external milestones and more about the internal reconciliation of wounded fragments. In doing so, the memoir positions trauma not merely as a site of devastation but as a space where transformation becomes possible. Ultimately, *The Innate Pathfinder: Even the Water Has a Voice* articulates a narrative where wounds are not silent, they speak, guide, and even empower. The water's voice, like the protagonist's, reminds us that from within the deepest fractures, new pathways can emerge.

Keywords: - Internal wounds, Coming-to-voice story, Self-generated, Confronting silences, Resilience

Introduction Literature has long served as a mirror to the human condition, capturing not only triumphs but also the profound ruptures caused by trauma. In *The Innate Pathfinder: Even the Water Has a Voice*, the journey of the protagonist becomes an intricate tapestry woven with psychological wounds, the search for identity, and the struggle for voice. This paper explores the memoir as a complex site where trauma, bildungsroman elements, and psychological transformation intersect, offering a fresh narrative about healing and self-realization. Set against a backdrop of emotional dislocation and societal dissonance, the memoir reimagines the traditional coming-of-age story. Unlike classical bildungsroman narratives, where growth is often portrayed as a steady ascent toward self-knowledge, *The Innate Pathfinder* portrays maturation as a painful, non-linear process. Trauma fractures the protagonist's sense of self, resulting in a fragmented narrative structure that mirrors the psychological disorientation experienced after emotional upheaval. Yet, within this fragmentation, there is a persistent voice the "voice within" that refuses to be silenced. Water emerges as a crucial metaphor throughout the memoir, representing both vulnerability and resilience. Just as water adapts to its environment, carving paths through seemingly immovable landscapes, the protagonist navigates a world marked by loss, betrayal, and internalized fear. The image of water having a voice underscores the idea that even the most battered spirits carry stories worth telling.

This study positions *The Innate Pathfinder* as an innovative contribution to trauma literature and the evolving form of the bildungsroman. It argues that psychological wounds do not merely signify brokenness; rather, they become generative spaces for self-definition and transformation. By giving voice to the silent struggles within, the novel challenges conventional narratives of growth and insists that maturity often arises not despite trauma, but through it. Thus, the life of Dr. Jain, *The Innate Pathfinder* invites readers to listen to the water, to the wounds, and ultimately, to the human capacity for renewal.

In Maya Angelou words, "A Memoir is more than just anecdotes; they have a deeper function that explores the core of interpersonal relationships. They serve as being extremely personal, memoirs frequently touch on universal themes like resilience, love, grief, and identity."

Identified and picked a memoir in this Contemporary changing world "The Innate Pathfinder: Even Water Has Voice" By Dr. Satvik Jain which holds numerous answers to the questions that I was eternally looking for. It was always a matter to understand what makes a person depict his/her life as for writing a memoir, after reading "I Know Why the Caged Bird Sings" by Maya Angelou, I understood the pain and agony that the memoir had and what actually she went through to be a person what she was. Having analysed that the

curiosity to understand a human better made me pick the book “The Innate Pathfinder: Even Water Has Voice”. It was somewhere around eight months that an awkward silence of a person made me think on what was the reason for this unfastened and disengaged lifestyle. The existing literature shows that Memoir is the output of intense agony, pain, sheer joy or some unimaginable incident. The book is based on the author's childhood experience and some memorable incidents that took place. The author Dr. Satvik went through a lot of struggle and budding experience of life at a very tender age. His elder brother Dr. Sarthak Jain was the only childhood company that he had and bearing the absence of a father figure at such a tender age made both the brothers strong enough to take up responsibilities and understand the way of life. Their mother was a hardworking, passionate and educated woman with a Ph.D. in Science. She strived hard as a single parent to give the best of everything to her children.

“Trauma is thus defined in relation to the process of remembering and as an event harboured within the unconscious that causes a splitting of the ego or dissociation. The process of remembering inflicts the psychological pain but also ascribes value to a previously repressed experience in the unconscious. This traumatic remembering is termed “pathogenic reminiscences” for the pathologic symptoms the memory causes”. (MAMBROL, 2018)

As per the Trauma theory, in “Jenseits des Lustprinzips” (1920), Freud already posed: “the essence of a traumatic situation is an experience of helplessness that is brought about either externally or internally.” (Kleber, 2019). The repressed pain and struggle working within a human mind which works as a longingness for the desired environment or surroundings makes a person suffer and change. The past events that happen and the way things impact in shaping the life of an individual. In the memoir by Dr. Jain expresses that his attachment with his father was something natural and loving. As a small child he as any other child wished for an easy surrounding but altogether, he had a different childhood. The separation of his parent in the year 1994-95, because of difference in opinion and lifestyle made things more convoluted and byzantine for both little children, having said that things were under control after their mother and maternal Grandmother took decision to give best of education and try surveillance and stewardship for the little children as far as possible. Dr. Satvik’s initial education was in Navodaya Vidyalaya, Raipur. His fond memory with his grandmother of eating *Moonga and Khadi* with *Baigan ka Bharta*. His childhood has been flowery for some initial years before his parents got separated.

Now, when this same Dr. Satvik is working as Assistant Professor, in Commerce department Kalinga University, Raipur, at times lost in his life and deep thinking about something only he can decode. I wondered why he was a silent mate and what kept him serious at every hour of the day. It was a weird and aloof experience in the initial interaction with Dr. Satvik that I had curiosity to decode this person as a whole. Lost sometimes, sometimes happy, even singing songs and excited things weren’t very comfortable from his point of view. “From the perspective of psychiatric phenomenology, traumatic events may lead to a series of nonspecific mental and behavioral symptoms of post-trauma reaction. The impact of trauma on an individual's mental state is mainly determined by the trauma’s intensity, duration, and age” (Wang, 2023). There’s always something, a hidden pain or unspoken discomfort which is not in the light. From being a colleague to like a

big brother he supported all my confusions without any complain. Being into Literature and core understanding of Literary theories I tried to express my views as what has been perceived over the past eight months. I then tried to read the memoir and understand more of the life and reasons, also finding answers to many questions that helped me understand, my senior Dr. Jain. Nevertheless, a very kind hearted, generous and helpful person who struggled to come up in his life made a good impact on society was something commendable. “Causes of trauma are thus ubiquitous and a nearly universal human experience. Traumas can occur throughout the lifespan; current data suggest that childhood trauma leads to worse outcomes than trauma experienced in adulthood” (Feriante & Sharma., 2023).

At the onset of his early life, his inspiration were his grandparents who helped him to grow, to understand the true meaning of Love and Life. His grandfather also educated him and his elder brother and made them study and write poems/stanzas at least twice a day. The time when Dr. Satvik along with his mother and elder brother shifted to Sagar, Madhya Pradesh was the time when the struggle to achieve a comfortable life began, Dr. Satvik states that one fine day after the family shifted to Sagar(in Madhya Pradesh) his father without informing came outside his residing place and called-out his name aloud and went as if he wanted to glance his younger son and the moment of realization strikes him and he knew that His father might not be there physically but he was always present. His mother started her Ph.D. from Dr. Hari Singh Gaur University, Sagar and she tried her best to place herself and her children at a better position. Having a mother who strives extremely hard to shape her son's future and bring good fortunes is a matter of pride. Dr. Jain was flirty enough to have eyes on girls and he expresses that some of his acquaintances with girls made him mature enough to understand love. He found solace with some or shared fond memories with others but couldn't hold on or rely on for life. At initial stages of life, it is possible to fluctuate and get diverted and hence it is no different from what happens to every human being. One incident that brought out childish nature of Dr. Jain was while playing Hide-n-Seek with his elder brother, and his brother got stuck in the balcony, and being mischievous kid, he suggests to “Plant a tree and wait till it grows and then we could rescue him from the balcony.” These little childhood impulsive thoughts made him childish and immature but kind of innovative too.

Taking in the concept of repressed desires by famous psychologist Sigmund Freud, who states that the repressed desires and unfulfilled dreams do want a replacement or some corner to get quenched. Because of Dr Satvik's desire to find his lost Love, he kept looking for a person to chat with and accompany him for his gala time. But he couldn't be replaced. It is often not possible for a person to replace someone as the memories do haunt and things get worse if the connection had been very fond and cherishing. It is nevertheless his shortcoming as his kind nature towards others have been exemplary. A connection built on trust, loyalty and quiet care that never asks anything in return is when a friend becomes family and the bond becomes stronger. The unusual time that had taken place might make him intermittent but he chose academia over anything else and continued to work hard on his aim. Company Secretary exam was the target that Dr. Jain was aiming for and he had miles to go and achieve for his life and his peace. His connection with his mother was strong as being the younger son he kept his responsibilities up and made every possible effort to gain things which were

antediluvian from him. A child brought up with dreams and desires, but the capability to achieve those was truly commendable. Dr. Satvik comments on searching for a lost soul which he was looking for a long time. He went through several different places and around the city but couldn't find the person; the person was his Father. The absence of a father figure again made him feel that one void space which he was craving for and it became very painful. A small boy who was longing for his father, after gaining maturity it was no less. Dr. Jain became silent and kept himself in an aura of his own in which he wished to have filled that void space. Whenever he tried to look into himself, he was lost into a darker world of his own deep down dark world where he was gloomy and felt alone. He loved spending time with himself, having intrapersonal communication and enjoying his own company. A boy who loved cosmic developments and explorations, He believed in small little typical superstitions alongside and kept himself busy. None could hear his heart and mind but had an opinion based on his absent behaviour, which was quite visible.

While Dr. Jain narrates more of his life in "The Innate Pathfinder: Even Water Has Voice", he becomes more of a tragic figure. The childhood tragedies that a small boy faced, to become what he actually is. People might wonder why he is lost or why he is not so frank but the true reason might be under the table which isn't a part of the lighted world. At times getting panicked, yet at times unable to sleep, Dr. Jain had one of the most painful childhood lives where he tried his best to live up to the expectations of his mother and family. The idea of setting up a business or trying to work part-time made him value money and the struggle was real as he had no connections to get an easy way out. Knowing a grown-up Dr. Satvik Jain who is currently educating a number of students, made me see what many might not have tried to understand. Keeping himself busy and trying to cope up with his life and loving peace over any drama made me realize that there must have been something excessive that he turns out to be what he is. On usual days, I tried making efforts to let him feel that you have an existence and a life but it didn't not affect much, As Freud pointed the Repressed thoughts and feelings can never get a way out of mind and it grows with time, no matter who so ever tries to fill the void space. As per Trauma theory, the mind is constantly searching for something or someone who might have impacted and left. The hustle between life and career makes a person but if it gets heeded with childhood trauma and experience it gradually becomes stressful to retrieve. Running down the chapters of the book "The Innate Pathfinder: Even Water Has Voice", it became clear of the nature of an individual where a boy became a man with hardships and hard work. Some empty space that was created and constantly wanted a replacement, which could not happen.

As Freud explains, a child when born finds himself in a safe cocoon of his mother's womb and knows that mother and himself to be one identity. The child is unable to distinguish or separate his identity from his mothers, that's the time when the child is dependent and is fed by the mother. Freud says the problem begins when the child learns the word "I" and gets to understand that he/she is a different identity. This empty space created by separating the identity, constantly requires someone to nurture and stay alongside just, but it merely becomes impossible. The psychological orders generate from the very infancy which carries us towards a mindset and healthy mind. Things which lack or are in deficit might be repressed and the search for replacement continues. Observing the author of "The Innate Pathfinder: Even Water Has Voice" it can well

overlap with the theory Freud framed after considering experiments. At times Dr. Jain is lost in his own intrusive thoughts and at times he tends to ignore certain things, he is unable to feel others at times and sympathize with others. It is because of the repressed feelings and childhood experience. In general, he is a kind hearted person and helps others with suggestions and well being. There are some lacunae that make his behavior indifferent. Sometimes he sings yet at times he jokes, but there's something that is troubling him from within; some sights or thoughts that are disturbing within. Dr. Jain mentions that in the early stages of his life he wandered like a vagabond to different cafes and he thought what was the difference between him and others there. He was a keen observer where he could feel people and understand their stand on certain things, he felt that the human race is greedy, everyone has their own needs and he come downs to conclude these observations to Consumer behavior, he was always into deep analyzing of human mind, he also states of theories in his book, theory that relate to human eyes and ears which Dr. Jain notes are the perfect example of what we provide to the society and in return what we give back to society. He points to the Black Hole theory too. As any human would be molded of the situations that took place and change accordingly, very few people do understand why a human turns out to be what he/she is, the situations and the phases he/she must have gone through. But nevertheless, it was always an experience that he could count on, of whatsoever came throughout his life. It might have made some mentally pressing situations or financial crisis or disintegration of relations but he did not give up. Growing up with a single parent is a whole new experience as the father plays an important role in the child's development, he looked at his paternal grandfather and exemplified life as a wonderful journey. Even the depression pills and sleepless nights were outraged with his curious and spontaneous mind.

As per Jacques Marie Émile Lacan The mirror stage is a drama whose internal thrust is precipitated from insufficiency to anticipation and which manufactures for all the subject, caught up in the lure of spatial identification, the succession of phantasies that extends from a fragmented body-image to a form of its totality that I shall call orthopaedic and, lastly, to the assumption of the armour of an alienating identity, which will mark with its rigid structure the infants entire mental development. A conflict is produced between the infant's fragmented sense of self and the imaginary autonomy out of which the ego is born. Considering the idea Lacan based the early stage of Dr. Satvik brought insufficiency and alienating identity which rose out of loss of father figure and for which the child within him fragmented the sense self and the lure of autonomy out of which the ego is born. The tender heart wanted a shelter, his capacity to build was mirrored by tons of responsibility and learning. During early stages of life, the financial problems turned up, Dr. Jain wanted to get a desktop (P.C) to explore more and learn as the child within him had desires as he saw it in the external factors, the family had to sell their car to get a desktop for him. The hardships and the struggles are the clear indication of what his cognitive ability turned out to be. Constant distractions came on the path of learning and growing, just as a child his freckled mind and support of his elder brother and maternal grandparents gave him a way to stabilize his life. Setting different priorities after a considerable change in human life phenomenon, as Maya Angelou in her memoir *I Know Why the Caged Bird Sings* states that her life was caged while she was a child, her childhood turmoil makes her what she became in her later stages of life. Dr. Satvik

having set different priorities after considerable time, makes it obvious that the past had not been fruitful enough to channel certain vague criteria of life. His love for non-veg food knowing his religion does not allow, he craves for taste and happiness and not to satisfy society. He believes that there's nothing greater than finding happiness for your wellbeing. He always wanted to start business as initially he with his mates tried to paint/customise art on T-shirts and have a start-up. He worked for small/ big firms during his early days and he made up his mind to continue and keep going for he did not keep himself free, sometimes alcoholic at times smoke but his core was to do everything that would keep his repressed feelings low.

Freud gave an expression "operation of repression" which he described as condensation and displacement. Traumatic material which has been repressed into the unconscious only becomes 'accessible to the consciousness once resistance has been overcome'. In order to condense and displace the repressed desires Dr. Jain suffered through unconscious dilemma which hindered in some way or the other to be lost in some other thought which he might even can't remember when someone tries to generalise the sight. The purpose of devices like displacement and condensation is two-fold, firstly, as said they disguise the repressed fears and wishes contained in the dream so they can get past censor which normally prevents their surfacing into the conscious mind. Most of Dr. Satvik's activities have been due to the repressed fears and wishes and in constant terms the lost attachments which were of some great value. Freud says the people who go through the operation of repression can feel less to what others feel and think, as the cognitive ability gets covered by the disguised thoughts of their own life. Secondly, they fashion this material into something which can be represented in dreams, since dreams are the images, symbols, metaphors which do impact life. Due to events which might disturb or lose people from our life we are unable to think on that and hence day dreams take place. The very essence of Dr. Jain to have an optimistic outlook and deeply wounded within. The nature and eyes that speak tons. As Caruth defines trauma as it is a wound inflicted not upon the body, but upon the mind that people will seldom understand, only some can connect while other maintain distance. It takes courage to pen down life experiences and share life instances.

"The Innate Pathfinder: Even Water Has Voice" By Dr. Jain, divided into eleven chapters, gives insight of the author's different experience and how things mattered to him as a young boy. In the initial chapter of 'The Childhood memories', Dr. Jain expressed his longing for a father figure and how his mother stood up along with his maternal grandparents, the love and care he and his elder brother received and the knowledge he gained by analysing the outer world is commendable. "The soul that I have been searching continuously, the continuous search not only led to different places around the city but is leading to a deep search around me and within me" (Jain, 2020). Dr. Jain pointed out certain things to be particular such as the years of things happening, name of the Universities, name of the car (SUV), typical addictions of Indian households(bidis). In the next chapter he shares experience of how he met a girl during tuition classes and how his interest from one girl shifted to the other. The company he worked at, 7 Over Ground, where he worked. He talks about his surname (Jain) and the typical customary caste issues that follow, but he chooses to do as his heart desired. He mentions particular amounts he paid or received, which depicts the value it held for him being from a middle-class family, struggling. The chapter three has reawakening of love, the love story of Dr. Satvik's

maternal grandparents, where he listens to his grandmother and introspects, like any curious mind he wanted to know more of it and trust the process of love with the exemplary togetherness of his grandparents. In Basket-Scared night rides, the school life experiences and love connects which did not work for a long time. Dr. Jain has a kind heart to accommodate a number of girls and keep a charm to get attached too soon which could not be for a very long time, yet he did not stop at any point. He talks about the memories attached of his father and how he longs for his love, he does not express it very openly yet he states that he knows his father to be there with him always, although he wasn't physically present. He notes his eternal wish to be rich and provide back to society for its welfare. He indeed is a great professor nurturing a number of students with care and love. Next the Ranthambore experience which has the return of his elder brother and his wife and a whole lot of memories together. He states how he and his brother were close and shared jokes and smoked. In the next chapter the basketball game experience which he had won and the break-up phase which was again a part of his regular love life. He had a major heartbreak after which he was lonely enough to look for someone over social media to talk to, he spent hours looking for people and how he desired to have company. The Bombay episode and the SSB experience were about his journey to Mumbai and his CDS exam. He explained a whole lot of experience with an unknown girl and boy (Ashish) near his stay who were engaged in a relationship issue and fight. The tremendous rain of Indore spoiled his date with a girl with whom Dr. Jain planned out his entire life, but he did not disclose much on that. The last two chapters are of the trip to various places and how financial instability made him suffer. He was a young boy struggling to pay rents and explore places but never gave up on taking life as a challenge. He prayed to have a car for his family but due to financial instability he could not get one. He ends the book with his journey to Agra, near Taj Mahal (the monument of love). The hidden desire to get connected to the love of his life, he feels the void space in life. The zig-zag memoir, is a Bildungsroman of Dr. Satvik, in the initial phase of life, where he learns and unlearns many lifetime experiences. The narrative shows how financial instability makes one struggle and press down the desires of life. The lessons learnt and the places discovered, job experiences, human understanding and fragile nature of relations are the core findings in "The Innate Pathfinder: Even Water Has Voice" By Dr. Jain. The coming-of-age life experiences are narrated in a zig-zag, haphazard manner which gives it a shape of the author's first hand experience of certain things and how he overcomes certain life challenges with bravery and strength. "Happiness was but the occasional episode in a general drama of pain." Dr. Satvik might have connected to several different people around but his connection to his brother was that of a guide and friend. Both had solace for each other while understanding in-depth the meaning of familial relations and its importance in growth. The coming-of-age of Dr. Satvik can be clearly drawn out from the memoir, not only physical growth but also the psychological growth that taught a number of life lessons. Getting betrayed by people, getting backstabbed and also losing people taught him to live life as it is and feel less on an emotional level. Something that fascinated me on reading "The Innate Pathfinder: Even Water Has Voice" were the behavioral changes and sudden opinions of people on Dr. Jain. It was an overwhelming experience to know Dr. Jain and I feel fortunate enough to have a bosom pal like him.

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