

**MEANING OF YOGA IN RYAN MURPHY'S
EAT PRAY LOVE MOVIE (2010):
AN INDIVIDUAL PSYCHOLOGICAL APPROACH**



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DEVI KURNIAWATI

**MEANING OF YOGA IN RYAN MURPHY'S *EAT PRAY LOVE* MOVIE
(2010): AN INDIVIDUAL PSYCHOLOGICAL APPROACH**

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Abstract

This Study is about Meaning of Yoga in Eat Pray Love. The problem of this study is how is the meaning of Yoga to the major character reflected in Ryan Murphy's Eat Pray Love movie. The object of the study is Eat Pray Love movie directed by Ryan Murphy. It uses an Individual Psychological Approach. This study belongs to qualitative research. There are two types of data source in this method, namely primary and secondary data source. The primary data source is the movie and the movie's script and the secondary data is other material related to the study. Both data are collected and analyzed by descriptive analysis. The result of the study shows the following conclusion, based on the analysis it is clear that this movie reflects about the effort of the major character, Liz Gilbert, who wants to achieve all of her desires. Murphy wants to show the power of ones with her unique way to get something and the meaning of Yoga in her life through Eat Pray Love movie.

Keyword: Yoga, Eat Pray Love, Individual Psychological

A. Introduction

Human life is always be related to many kinds of problem. Problems arises over time throughout human existence in the world. In odd moment, various problems that arise makes someone depressed and desperate. In *Eat Pray Love* movie, the major character is narrated as a successful woman writer who loss everything after a bitter divorce. She is depressed about her life and decides to travel through three beautiful country. Each country reflects about the title of the film itself which is eat,pray and love. First, the word eat is reflected in Italy where she learn about how to enjoy her life through food. And then, the word pray is reflected in India where she learn about spirituality through Yoga in Ashram. The last, love is reflected in Indonesia where she find her truly love (Scott, 2010).

In *Eat Pray Love* movie, Yoga has an important role. It has a certain meaning in the major character's life. Yoga is an ancient Indian body of knowledge that dates back more than 5000 years ago which is initiated by Maharisi Patanjali. The word 'yoga', derived from the ancient language of Sanskrit, means to 'unite'. The aim of a yogi's practice is to join that which has separated. On a simple level this means unifying body and mind, on a deeper level it means perceiving the interconnectedness of the mundane and the divine, of the individual and the universal (Johnson, 2004: 17).

The theme about Yoga has been delivered by Ryan Murphy through his movie which is adapted from the best selling memoar written by Elizabeth Gilbert entitled *Eat Pray Love*. In this movie, Ryan Murphy shows about Yoga in interesting way. There are many branches that should be known in Yoga, but he focusses his theme on the Bhakti Yoga. Bhakti Yoga is a branch of Yoga that deals about devotion practices (Krishnananda 2004: 192). Furthermore, the reseacher intends to observe the meaning of yoga for the major character by using individual psychological approach from Alfred Adler.

B. Research Method

This study belongs to qualitative method. Qualitative method is a method research that involves analyzing and interpreting text and interviews in order to discover meaningful patterns descriptive of a particular phenomenon (Auerbach and Louise, 2003: 3). In this method, there are two types of data source, namely primary and secondary data source. The primary data source is the movie itself, meanwhile the secondary data sources are other materials related to the study. Both data are collected through library research (Denzin and Lincoln, 2005: 3).

In collecting data, the researcher will take some steps as follow: watching and learning the movie repeatedly, determining the major character that will be analyzed, arranging the data into several parts based on classification, analyzing the data of the research based on individual psychological Alfred Adler's theory and the last is drawing conclusion based on the analyzed data.

In analyzing the data, the researcher applies a descriptive approach. The researcher analyzes the data based on individual psychological perspective. Focus will be paid on the major character, Liz Gilbert and the meaning of Yoga reflected in *Eat Pray Love* movie.

C. Research Findings and Discussion

The researcher gets some research finding in analyzing *Eat Pray Love* movie. Each finding has some cases to be discussed. After they have examined, all of components will get back together in a schematic manner in the discussion.

1. Findings

In analyzing *Eat Pray Love* movie, the researcher gets some findings. The first is about the individual psychological aspect of the major character, Liz Gilbert and the last is about the meaning of Yoga.

a. Individual Psychological Analysis of Liz Gilbert

The individual psychological analysis of the major character divided into six aspects. The explanation will be delivered below.

1) Fictional Finalism

Based on the researcher's analysis, there are three fictional finalism of Liz Gilbert that is reflected in the movie. The first fictional finalism is that she wants to know and get closer to God. The second fictional finalism of Liz Gilbert is her desire to change her life and also to move on from her sadly phases because of her two broken up relationship. The last fictional finalism of Liz Gilbert is that she wants to feel peace and real happiness.

2) Inferiority Feeling

There are several inferiority feelings of Liz Gilbert that is found by researcher in the movie. First, she is confused with her both relationship with Stephen and David, she doesn't know what she should do. Second inferiority feeling of Liz Gilbert found in the movie is about her terrifies because she can not find about herself anymore. Third inferiority feeling of Liz Gilbert is that she gets many troubles when she is in ashram doing Yoga of devotion

3) Striving For Superiority

To maintain her weaknesses because of inferiority feeling, Liz has done three things in striving for superiority. The first striving for superiority of Liz Gilbert is that she decides to end up her unhappy marriage with Stephen and also her unsatisfied relationship with David. The second striving for superiority of Liz Gilbert is seen when she decides to go for a year through three countries in order to move out from her sadly phases. The third striving for superiority of Liz Gilbert is her effort to tries to overcome her troubles during her study of devotion in ashram.

4) Social Interest

To maintain her weaknesses because of inferiority feeling, Liz has done three things in striving for superiority. The first striving for superiority of Liz Gilbert is that she decides to end up her unhappy marriage with Stephen and also her unsatisfied relationship with David. The second striving for superiority of Liz Gilbert is seen when she decides to go for a year through three countries in order to move out from her sadly phases. The third striving for superiority of Liz Gilbert is her effort to tries to overcome her troubles during her study of devotion in ashram.

5) Style of Life

There are three style of life of Liz Gilbert that is found in *Eat Pray Love* movie. The first style of life of Liz Gilbert is charitable person. Second style of life of Liz Gilbert is a persevering person. The last style of life of Liz Gilbert is easy to assimilate with new one.

6) Creative Power

The creative power of Liz Gilbert is that she is a unique person. She has a pain because of her divorce and also a pain because of her broken relationship with another man. Then, she plan to overcome her suffering by an unusual way that is go out to travels through three countries.

b. Meaning of Yoga

Besides all of the personality aspect of the major character, the reseacher also analyzes the meaning of Yoga for Liz Gilbert in *Eat Pray Love Movie*. The part of Yoga can not be separated in the life of Liz Gilbert. She knows about Yoga firstly from her younger boyfriend named David. He invites Liz to attend Yoga class in New York. In there, Liz practices about chanting. Chanting here means singing the Yoga's scripture or also gita. After she gets broke with David, Liz

decides to travel in a year which is one of the three destinations is India where she spends four months in David's Guru's ashram to learn about Yoga. Liz learns about Yoga of devotion in there. The concept of devotion here consists of several steps that have been done by her.

Sravana is the first step of the devotion which is also done by Liz Gilbert. She attends in a group or class in ashram where she hears from Swami Dha Valachandra about the stories of God from the scripture. The next step is Kirtana where she practices chanting to praise God. Third step is Smarana where she should remember about God in every time in her life. Fourth step is Pasadevana where she learns and practices about devotional work in ashram such as cleaning the floor and silent practice. Next step of devotion is Archana and Vandana where Liz practices worship and also prays to God. Seventh step of devotion that is done by her is Dasya where she feels about sincerity in accepting her duty to welcome new people although she wants to practice silent. The next step is Sakha-Bhava where she learns to cultivate an internal connection feeling with God. And the last step is Atma-nivedana that covers all of her self-surrender in her life to God.

2. Discussion

In *Eat Pray Love*, Liz Gilbert is described as a strong and friendly woman. Liz is an American woman who has everything in her life. Her condition becomes horrible when she gets a hard phase in her life after a bitter divorce with her husband and also a broken up relationship with a young boyfriend. She is very sad and depressed about all the things that happen to her. Then, she makes fictional finalism in her life. But, in fact to get all of her desire is not easy. During her struggle to achieve her goal, Liz realizes about her inferiority feelings. Liz's inferiority feeling makes her create her striving for superiority to overcome her weaknesses. Liz's striving

for superiority influences her social interest, she is more welcome with other person. She makes a good relationship with other and respects to them in many thing. During her trip through three countries, Liz meets with many peoples. She is intense to interact and becomes more closer with them. Liz treats them as her friend even as her own family so she cares about them and wants to help if they get problem.

Her social interest makes an influence in her style of life. Liz becomes a charitable person, she respects and concerns with others especially with her friends. She has done many thing to help people arround her when they get problem in her life. Besides, Liz becomes more preservering when she should maintain a problem in her life and also more easy to assimilate with new people.

Liz style of life also influence her creative power. She decides to overcome her sadly phases of life by an usual way. She decides to travel through three countries for a year. She decides to go out firstly to Italy where she learn to embrace her life through Italian food and enjoy her friendship with Italian peoples. Then, she spends several months to learn and practice Yoga of devotion in ashram India. And the last is an ended journey in Bali where she finally meets with her truly love.

The practice of Yoga has an important meaning in the major character's life. Liz Gilbert gets many problems in her life that makes her depress and losses her everything include properties, her happiness, her peace and also herself. But, she is not give up and intends to be better. By practicing Yoga, she can equalize her life and achieves her eager desires that is get closer to God and reaches a peace and real happiness.

D. Conclusion

Based on the individual psychological analysis, this movie represents Ryan Murphy's response about the real Liz Gilbert life, because this story is

adapted by a true story which is based on memoir of a famous writer Elizabeth Gilbert. The spirit of Liz Gilbert can change her life, so Ryan Murphy is interested to elevate this story into a movie. The story is about a broken woman who struggles to heal her self and achieves all of her desire in her life. In her struggle to achieve her desire, the part of Yoga also gives a certain meaning for her. By doing Yoga, she can achieve her eager desire about God, peace and real happiness.

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