



## Unsettling the Ground: Doris Lessing and the Psychological Scars of Colonialism

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### ABSTRACT

Doris Lessing, raised in colonial Rhodesia (now Zimbabwe), offers a unique perspective on the lasting effects of colonialism in her novels. This essay explores how Lessing portrays the impact of colonialism on both individuals and societies within her work. It examines the psychological trauma inflicted on characters caught between two cultures, the disruption of traditional ways of life, and the lingering racial tensions that plague postcolonial societies. Through detailed analysis of specific novels, such as *The Grass is Singing* and *The Memoirs of a Survivor*, the essay argues that Lessing's work not only reflects the historical realities of colonialism but also exposes its enduring psychological and social consequences. Additionally, the essay will consider the limitations of the colonizer's perspective and the complexities of identity faced by those raised in a colonial context.

Keywords: Colonial, Perspective, Culture, Reality, Identity etc

### Introduction

Doris Lessing's stories resonate with the unnerving clarity of a childhood memory – vivid, unsettling, and strangely familiar. Growing up in southern Africa, then Rhodesia (now Zimbabwe), during the throes of colonialism, she wasn't just an observer; she was an inhabitant of a world fractured by power imbalances and cultural upheaval. Her characters transcend the dusty pages of history books. They become the farmers wrestling with a rapidly changing landscape, the women yearning for lives that defy the strictures of a patriarchal society, and the children caught in the crossfire of conflicting cultures. Through their struggles, Lessing peels back the layers of colonialism, revealing a human cost that lingers long after the empires crumble.

Lessing's portrayal of colonialism isn't a one-sided narrative of conquest and domination. She delves into the psychological trauma inflicted upon individuals caught between two cultures. In *The Grass is Singing*, Mary Turner, a white settler's wife, descends into madness as she grapples with isolation, alienation, and a profound disconnect from the African landscape. Her mental deterioration mirrors the disintegration of the colonial project itself. Mary's desperate attempts to assert dominance over her Black servant, Moses, ultimately fail, exposing the hollowness of colonial power and the deep-seated racial tensions that fester beneath the surface.

This theme of fractured identity is further explored in *The Memoirs of a Survivor*. Susan Rawlings, raised in colonial Africa, embodies the complexities of a childhood spent navigating a world defined by racial hierarchies. She shuttles between a yearning for her African childhood and a conflicted loyalty towards her white heritage. Lessing masterfully illustrates the psychological strain of existing in this liminal space, where belonging feels elusive and identity remains perpetually in flux. Imagine your childhood playground is a minefield of unspoken rules and invisible fences. This is the reality for children growing up in a world defined by racial hierarchies. In Lessing's work, you see this through the eyes of characters like Susan Rawlings in *The Memoirs of a Survivor*.

- **Blurred Lines and Shifting Sands:** The familiar games and friendships of childhood take on a new and unsettling complexity. Who you can play with, where you can explore, and even how you speak are all dictated by the color of your skin. Imagine wanting to join a game with neighbourhood kids, only to be met with a confused stare or a muttered insult. This constant negotiation, this sense of never fully belonging anywhere, becomes a defining feature of their childhood.
- **The Burden of Inheritance:** These children aren't just navigating their own world; they're also carrying the weight of their parents' experiences. They inherit a sense of unease, a suspicion that lingers in the air. Maybe it's a whispered conversation about "those people" at the dinner table, or a lingering tension when they walk past a group of Black workers. This constant awareness of racial difference casts a long shadow over their carefree childhood.
- **The Search for Identity in a Mirror Cracked by Race:** Looking in the mirror becomes a confusing exercise. Are they "one of us" or "one of them"? They might see themselves reflected in the faces of their playmates, but societal barriers constantly remind them that they aren't

truly part of either group. This fractured sense of self, this constant questioning of who they are and where they belong, becomes a defining feature of their childhood.

- **The Loss of Innocence:** The world these children inhabit isn't a world of wonder and exploration. It's a world where innocence is a luxury they can't afford. They're forced to grow up too fast, their awareness of racial tensions stealing the carefree joy of childhood. Lessing paints a poignant picture of this loss of innocence, reminding us of the high human cost of racial hierarchies.

The impact of colonialism extends far beyond the individual psyche. Lessing paints a poignant picture of the disruption it inflicts on traditional ways of life. In *The Marriage Between Zones Three, Four, and Five*, the utopian experiment of uniting three distinct societies under a single government tragically unravels. The novel serves as a microcosm for the larger narrative of colonialism, exposing the fallacy of imposing a foreign system upon diverse cultures. The disintegration of the utopian project underlines the devastating consequences of erasing established cultural practices and social structures.

Lessing doesn't shy away from portraying the enduring racial tensions that plague postcolonial societies. In *The Fifth Child*, Harriet Lovatt gives birth to a dark-skinned child within a white family. The incident throws the family into disarray, exposing their deeply ingrained racial prejudices. This disruption within the domestic sphere reflects the broader societal struggles with race and identity that simmer beneath the surface of a seemingly independent nation.

However, Lessing's exploration of colonialism isn't solely focused on its destructive aspects. She recognizes the allure that the colonial project held for some, particularly white settlers who saw in Africa a land of opportunity and adventure. Characters like Michael in *The Grass is Singing* initially embrace the colonial dream of conquering the wilderness. Yet, Lessing ultimately reveals the hollowness of this ambition, as the settlers grapple with the harsh realities of a land that defies their attempts at domination.

Through her nuanced portrayal of the colonizer's perspective, Lessing avoids simplistic narratives of good versus evil. Characters like Sarah in *The Golden Notebook* grapple with the complexities of their own identities and the ethical dilemmas inherent in the colonial system. Their internal struggles highlight the human cost of colonialism not just for the colonized but also for those who participated in the project.

Doris Lessing's legacy lies in her unflinching exploration of colonialism's enduring impact. Through her captivating narratives, she invites us to confront the psychological scars etched deep within individuals and societies. Her work compels us to grapple with the human cost of a system built on exploitation and the importance of acknowledging the complexities of identity in a world forever marked by the legacy of colonialism.

The unnerving clarity of a childhood memory in relation to Doris Lessing's portrayal of colonialism can be unpacked in a few interesting ways:

1. **Sensory Details and Emotional Intensity:** Childhood memories are often vivid in their sensory details – the smell of dust after a storm, the scratchy texture of a worn blanket, the piercing cry of a bird. Lessing employs such details to recreate the harsh beauty of the African landscape and the stark contrast between the colonizers' sanitized world and the raw reality around them. This sensory overload can be unsettling, mirroring the disorientation experienced by characters caught between two cultures.

For example, in *The Grass is Singing*, Mary Turner's increasing isolation is accentuated by the oppressive heat, the relentless buzzing of insects, and the vast emptiness of the veld. These details contribute to the unnerving clarity of her descent into madness, mirroring the unsettling reality of a colonial life far removed from the comforting familiarity of home.

2. **Fragmented Recollections and the Unreliable Narrator:** Childhood memories are rarely complete narratives. They often come in fragmented flashes, leaving gaps and distortions. Lessing uses this technique to reflect the unreliability of memory and the difficulty of capturing the complexities of colonialism through a single perspective. In *The Memoirs of a Survivor*, Susan Rawlings' memories of her childhood in Africa are filtered through the lens of her adult experiences. This fragmented narrative reflects the difficulty of reconciling disparate cultural influences and the unsettling realization that some aspects of the past might be better left forgotten.
3. **The Familiar Made Strange:** The "unnerving clarity" can also come from the way Lessing makes the familiar strange. We might have childhood memories of playing in the backyard, exploring a new environment with a sense of wonder. Lessing takes this sense of wonder and twists it, applying it to the colonizers' initial encounters with Africa. Their fascination with the "exotic" quickly turns into a sense of unease as they struggle to understand and control a world fundamentally different from their own. This unsettling familiarity creates a sense of cognitive dissonance, forcing the reader to confront the inherent violence and exploitation of the colonial project.
4. **The Unconscious and the Uncanny:** Childhood memories can be unsettling because they tap into the unconscious fears and anxieties lurking beneath the surface. Lessing explores this connection in her portrayal of the colonizers' anxieties around race, sexuality, and their place in this unfamiliar landscape. Their fear of the "other" manifests in disturbing ways, creating an atmosphere of unease and reinforcing the unnerving reality of the colonial project.

By using the "unnerving clarity" of childhood memory as a lens, Lessing invites us to re-examine colonialism not just as a historical event but as an ongoing psychological phenomenon with lasting consequences.

Lessing's writing burrows into your soul, forcing you to confront the human cost of colonialism in a way that sterile history books never could. It's not about grand pronouncements of empires rising and falling, but the quiet tragedies that unfold in the hearts and minds of individuals caught in the crossfire.

You find yourself walking alongside Mary Turner in *The Grass is Singing*, the vast African landscape both beautiful and isolating. Her sense of entitlement crumbles under the harsh realities of colonial life, a slow descent into madness mirroring the hollowness of the colonial project itself. The more she desperately clings to power over her servant, Moses, the more her humanity seems to slip away. A similar disquiet settles over you as you follow Susan Rawlings in *The Memoirs of a Survivor*. Raised in Africa, she embodies the fractured identity of a childhood spent between two cultures. There's a constant yearning for a lost innocence, a yearning that clashes with a conflicted loyalty towards her white heritage. It's a deeply personal struggle for belonging, a search for a place to call home in a world forever marked by the legacy of colonialism.

Lessing doesn't shy away from the ugly truths. The colonial project wasn't just about conquering land; it shattered traditional ways of life, leaving a trail of devastation in its wake. You see it in the failed utopia of *The Marriage Between Zones Three, Four, and Five*. The dream of uniting diverse cultures under a single, colonial banner crumbles spectacularly, a stark reminder of the human cost – the loss of cultural identity and the fracturing of social structures. It leaves you questioning the very notion of progress, wondering if this so-called advancement came at too high a price.

Lessing rips the bandaid off the racial wounds that fester beneath the surface of seemingly independent nations. You wince as characters like Harriet Lovatt in *The Fifth Child* grapple with the sudden dissonance of having a dark-skinned child born into their white family. It throws their entire world into disarray, shattering any illusions of racial harmony. This intimate portrayal makes the simmering tensions impossible to ignore. It's a cold slap of reality, forcing you to confront the uncomfortable truth that the legacy of colonialism isn't confined to history books – it bleeds into the everyday lives of people trying to build a future.

The disquiet lingers even as you encounter characters who, initially, seem to embrace the colonial dream. There's a seductive allure to the idea of conquering the wilderness, a sense of adventure that characters like Michael in *The Grass is Singing* find intoxicating. But Lessing quickly peels back the facade, revealing the hollowness beneath. As the harsh realities of the land and the deep-seated racial inequalities set in, the dream curdles into disillusionment. You're left wondering if this yearning for conquest came at the cost of their own humanity. Lessing's work isn't about assigning blame; it's about forcing us to acknowledge the uncomfortable truths about race, identity, and the enduring legacy of colonialism in a way that lingers long after you turn the last page.

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## Conclusion

Lessing's world isn't a comfortable one. It's a place where the sun seems to beat down not just on the land, but on the very souls of the characters. Yet, its discomfort is precisely what compels us to confront the complexities of colonialism's legacy. We walk alongside her characters, choked by dust and the weight of racial tensions, forced to grapple with the human cost often hidden behind grand narratives of empires.

Through their struggles, Lessing doesn't offer easy answers, but a profound challenge. We must acknowledge the psychological scars inflicted on both the colonizer and the colonized, the fracturing of societies, and the enduring search for belonging in a world forever marked by this history. Her work is a stark reminder that the legacies of colonialism continue to shape our world today, demanding ongoing dialogue and a commitment to dismantling the systems of exploitation it leaves behind.

In the end, Lessing's unflinching portrayal of colonialism lingers long after the final page is turned. It leaves us with a powerful call to action – to confront the uncomfortable truths of the past, to dismantle the structures of power that perpetuate inequality, and to strive for a world where belonging isn't defined by the color of your skin, but by the shared humanity that binds us all.

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