

# The catharsis and its scarcity...

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# The word Catharsis (a Greek loanword) and its different meaning

- Catharsis (medicine), the effect of substance which accelerates defecation...
- Catharsis a Russian power metal band...
- Catharsis (Fingertips album), the second studio album from Portuguese band Fingertips...
- Katharsis (song), the first single released from Dodo's first solo album...

# Other approach: New Latin, from Greek katharsis, from kathairein, to purge, from katharos: pure

## 1. Medicine

*Purgation, especially from digestive system*

2. A purifying or figurative cleansing of emotions, especially pity and fear, described by Aristotle as an effect of tragic drama on its audience

3. A release of emotional tension, as after an overwhelming experience, that restores or refreshes the spirit

## 4. Psychology

A technique used to relieve tension and anxiety by bringing repressed feelings and fears to consciousness.

Now I would like to use this word 'catharsis' in the meaning of restoration and refreshing the spirit.

# The catharsis : antecedent and corollary of it

- A **crisis** (from the Greek κρίσις) may occur on a personal or societal level. It may be a traumatic or stressful change in a person's life, or an unstable and dangerous social situation, in political, social, economic affairs, or a large-scale environmental event, especially one involving an impending abrupt change. More loosely, it is a term meaning 'a testing time' or 'emergency event'.
- However the crisis in felicitous cases can be followed by **catharsis**

# ‘Catharsis’ in the meaning of restoration and refreshing the spirit

In my view there is a shortage of catharsis in our daily life. Neither the current novels, nor the movies in the cinemas, nor the soap operas in the television allot us this great psychological experience.

# The CD presentation...

- **The CKD patients might have several crises and few catharses only.**
- **The forthcoming presentation shows us how the transplanted children, their parents and trainers pass through this unforgettable feeling.**
- **Watch it with open mind and heart...**