

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...**