

Festival

You may wish to post this

To all our Jewish Friends:

Yom Kippur begins at sunset today, and ends at sunset tomorrow.

Yom Kippur is one of the major Jewish holidays, and requires fasting and forgiveness for sins committed during that past year.

It is a time for reflection, and for thinking of others. It is a Jewish tradition, yet in it is a wisdom for all people and cultures.

"G'mar Fatima Tova!"

May you be sealed in the "Book of Life!"

"**Tzom Kal**" "May you have an easy fast"

"I join you in asking forgiveness for my sins committed in the past year."

Tony

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Anthony J. Marsella, Ph.D., Professor *Emeritus*, University of Hawaii, Honolulu, Hawaii 96822.

Show, by your actions, that you choose peace over war, freedom over oppression, voice over silence, service over self-interest, respect over advantage, courage over fear, cooperation over competition, action over passivity, diversity over uniformity, and justice over all.

Adapted from Bessie Anderson Stanley (1905): To laugh often and love much, To win the respect of intelligent people and the affection of children, To earn the appreciation of honest critics and endure the betrayal of false friends, To appreciate beauty, To find the best in others, To leave the world a bit better, whether by a healthy child, a garden path, or a redeemed social condition, To know even one life has breathed easier because you have lived. This is to have succeeded. [Monument inscription, Lincoln, Kansas. I found the quotation, as written, posted in a Quaker Meeting House. There are many versions -- the words differ, but the sentiment and wisdom are the same]

Comment by shashwat shukla <shashwat80@gmail.com>

Dear Lousie,

I am certain that you will be doing great. I have been receiving your posts which have been very informative and enlightening. One of the recent posts was about 'Yom Kippur' was very interesting. I thought that I must share with you and other members about some unique rituals which take place in India during this time of the year and their psychological/ philosophical leanings.

On 5th October 2017, 'Sharad Purnima' was celebrated in India. 'Sharad' stands for early autumn season in Hindu calendar and Purnima stands for 'full moon'. It is known in the west as 'Harvest Moon'¹. Harvest Moon means no long period of darkness between sunset and moonrise for days in succession. In the days before tractor lights, the lamp of the Harvest Moon helped farmers to gather their crops, despite the diminishing daylight hours². In India also the festivities have harvest antecedents. However the rituals have intriguing symbolism.

It is interesting to note that the festival takes place on a full moon. Harvest moon is likely to be the brightest moon of the year. According to ancient Ayurvedic traditions a psychologically disturbed person was referred to as 'Chand Mara' where in Chand means moon and Mara means afflicted by moon. In other words, indicating that the psychological disturbance has been due to the effect of the moon. Even in the west the term 'lunatic' means a psychologically disturbed individual. The term lunatic comes from the word lunar or moon. There is anecdotal evidence to suggest that more crimes are committed on full day than on other days. Some studies have even shown some evidence for it³. Thus the symbolism of performing these rituals on this day is very interesting.

One of the main ritual which is performed on this day is that people prepare 'kheer'. Kheer is a rice pudding from the cuisine of the Indian subcontinent, made by boiling rice, with milk and sugar; it is flavoured with cardamom, raisins, saffron, cashews, pistachios or almonds. It is typically served during a meal or as a dessert⁴. Then this kheer is kept in open in the night under the full moon. It is believed that 'Amrit' or nectar of immortality will fall from the moon through its rays on the kheer. This kheer is then eaten the next morning by people and is believed to have remedial effects. Many ayurvedic preparations are also made on this night.

It is intriguing to note the importance being given to the 'Amrit' or nectar of immortality. This brings the issues of existence to the center stage in the Indian ethos and philosophical construct. Since people have been mortals even after having the kheer with Amrit the ritual was a symbolism to imbibe some philosophical meanings. Night or 'darkness of ignorance' represents an individual's unawareness of mortality and the moon or 'the knowledge of light' represents the awareness of our mortality. The act of consuming the kheer kept in moon rays symbolizes the self realization of our mortality. Paradoxically this realization frees us from the fixation for immortality and allows us to transcend it. The existential leanings of the ritual are deep and interesting. Probably a sobering, enlightening and engaging ritual was created for this special night due to beliefs or observations of more psychological disturbances on this day. Thus a psychotherapeutic act with rituals and hymns was built to imbibe some existential truths and have a mitigating effect.

regards,

Shashwat

1.<http://news.nationalgeographic.com/2017/10/when-is-harvest-moon-october-space-science/>

2. <http://earthsky.org/astronomy-essentials/harvest-moon-2#what>
 3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1444800/>
 4. <https://en.wikipedia.org/wiki/Kheer>
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Comment by Kirk Schneider <kschneider56@gmail.com>

I second Dr. Alladin's comment. I'm very appreciative to Shashwat for the insightful reflection of this Indian ritual.

Kirk Schneider

Comment by Bond, Michael [MM] <michael.bond@polyu.edu.hk>

Fascinating. Thanks, Michael

Michael Harris Bond, Ph. D.
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Room M902
Li Ka Shing Tower
Department of Management and Marketing
Hong Kong Polytechnic University
Hung Hom, Kowloon
Hong Kong S.A.R.
China

Comment by Evelin Lindner <e.g.lindner@psykologi.uio.no>

Dear Louise!

Thank you so much for forwarding Shashwat's message to us all!

Dear Shashwat!

So nice to meet you through the listserve of our dear Louise!

Just now, I got an email from dear friends in Indore, MP, Amita and Rajesh (I copy them here), who describe to me the Sharad Purnima festival, and I am therefore doubly happy to see your message on the same topic!

We just had a wonderful conference in Indore (16th – 19th August 2017). The conference was titled 'Dignity in Times of Globalisation'. I am the founding president of the Human Dignity and Humiliation Studies network, and it was our 29th Annual Dignity Conference.

See www.humiliationstudies.org/whoweare/annualmeeting/29.php.



Sending my loving appreciation to all of you,
Evelin

From: [WJAlladin](#)

Sent: Friday, October 06, 2017 12:45 PM

To: louisesundararajan@gmail.com ; louiselu@frontiernet.net

Subject: Re: IP-- The Indian Festival of 'Sharad Purnima' and its psycho therapeutic underpinnings

Dear Shashwat, thank you for sharing the rich symbolism and psychotherapeutic underpinning of 'Sharad Purina'.

Best wishes

Waseem

Dr Waseem Alladin (a student of world religions)

-----Original Message-----

From: Louise Sundararajan <louisesundararajan@gmail.com>

To: Dr. Louise Sundararajan <louiselu@frontiernet.net>

Sent: Fri, 6 Oct 2017 15:53

Subject: IP-- The Indian Festival of 'Sharad Purnima' and its psycho therapeutic underpinnings

From: **shashwat shukla** <shashwat80@gmail.com>

Dear Lousie,

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thought that I must share with you and other members about some unique rituals which take place in India during this time of the year and their psychological/ philosophical leanings.

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Shashwat

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4. <https://en.wikipedia.org/wiki/Kheer>

From: [Kirk Schneider](#)
Sent: Friday, October 06, 2017 3:38 PM
To: [Louise Sundararajan](#)
Cc: [Dr. Louise Sundararajan](#)
Subject: Re: IP-- The Indian Festival of 'Sharad Purnima' and its psycho therapeutic underpinnings

I second Dr. Alladin's comment. I'm very appreciative to Shashwat for the insightful reflection of this Indian ritual.

Kirk Schneider

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Kirk Schneider, Ph.D., President, the Existential-Humanistic Institute: ehinstitute.org; Past President, Society for Humanistic Psychology of the APA (2015-16); Adjunct Faculty, Saybrook University and Teachers College, Columbia University; WEBSITE: kirkjschneider.com

Twitter: <https://twitter.com/thespiritofawe> or <https://twitter.com/kschneider56>

Author of *THE SPIRITUALITY OF AWE: CHALLENGES TO THE ROBOTIC REVOLUTION* <http://amzn.to/2plZte2> and *THE POLARIZED MIND: Why it's killing us and what we can do about it* <http://amzn.to/1IZWLvP>

AMAZON AUTHOR CENTRAL PAGE: <https://www.amazon.com/author/kirkschneider>

From: [Kiran Kumar Salagame](#)
Sent: Saturday, October 07, 2017 12:12 AM
To: [Louise Sundararajan](#)
Cc: [Dr. Louise Sundararajan](#)
Subject: Re: IP-- The Indian Festival of 'Sharad Purnima' and its psycho therapeutic underpinnings

Dear Shashwat,

Thanks for your enlightening input on Sharad Purnima.

Kiran Kumar, Mysuru

