



OF PANIC AND MOURNING

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ABSTRACT

Panic and mourning are two distinct emotional constructs that often intersect and interplay in landscapes of conflict, violence, crisis, tragedy and catastrophe, both natural and man-made. Whereas panic tends to occur during the experience of the catastrophic events, mourning, on the other hand, relates to the aftermath of a violent disruption and to the way humans try to make sense of it retrospectively. Conversely, violent events can also leave a thread of panic in its aftermath, such as mourning can be disturbed or reinstated by a catastrophic occurrence.

KEYWORDS: PANIC, FEAR, THREAT, BASELESS, UNWISE, RUMOUR, MOURNING, SORROW, REGRET.

INTRODUCTION

Creative writing is based more on manifestation rather than on expression. It does not inform rather reveals, so it bears no reference. The best creative writing is critical, and the best critical writing is creative. The present article is the outcome of creative writing meant for lay readers. As such free style is the methodology adopted so that pleasure of reading can be enjoyed by the common mass. As you know well that Francis Bacon (1561-1626), the immortal essayist, wrote many essays and notably, *Of Love, Of Friendship, Of Ambition, Of Studies*, etc. The myriad-minded genius rightly pointed out that all the words of the dictionary can be the themes of essays one can write. But little has been done, in this regard since his death, in order to finish his unfinished monumental works. In fact Bacon's way of presentation i.e., his unique style kindled the imagination already in me and encouraged me as well to write essays, in the light of creative writing, thus to get relief through Catharsis.

ARTICLE

Panic is a sudden feeling of great fear that cannot be controlled. It is a fear that spreads quickly through a group of people. It may be blind and baseless panic about something. It is to make somebody do something unwise or act too quickly because of panic. Panic is akin to threat due to its uncertainty, injustice and violent output. It is dependent on culture. Some society suffers from panic, some other seldom be afraid of it. Rumour ignites panic and moves fast like storm. Innocent mass be the victim of such terror. The culprits use panic as a weapon to plunder human belongings. A timid character remembers God to save him. But it is intelligence and cool brain that can save him from such unwanted situation, seldom Almighty.

Mourn is to feel or show sorrow or regret for the loss of somebody or something or for somebody's death. Special, usually dark, clothes are worn as a sign of grief to show adequate respect to the departed soul. A person who is

attracted by mundane affairs mourns. But a divine soul is quite indifferent of temporal gain or loss. He neither suffers from libido nor is addicted to worldly affairs. He considers life and death as equal and at par. To him life means to stay in this world and death is also staying elsewhere beyond our knowledge. All is Almighty's will. Such a wise feeling saves the learned from mourning. Common people mourn. But when a man conquers attraction, he becomes free and welcomes peace and no longer mourns. Cares and anxieties seldom render him restless. Thus he attains stability.

Fear is an unpleasant feeling caused by the possibility of danger, pain, a threat, etc.

Sometimes somebody is afraid of somebody or something i.e., this feeling may be specific. Again it is to feel fear about doing something. A coward suffers from fear, seldom a courageous character.

Horror is a feeling of intense fear, shock, dislike, hatred or disgust. It is the extremely unpleasant nature of something. A tender mind cannot bear the shocks caused by horror which affects it psychologically. But a hardened soul enjoys the film designed to entertain people like them by causing enjoyable feelings of horror. A child who behaves very badly is a little horror.

Terror is that one when fear reaches its extreme level. It is so violent that it sterilizes stamina of the victim. There are three types of terror viz., constructive terror, destructive terror and constant terror. A teacher is the terror to an inattentive student. But teacher constructs the career of a student. So, it is constructive terror. A war is a destructive horror. A dacoit falls within the same category. In some disturbed society or in case of civil war there is always social unrest. It is the example of constant terror. People either become accustomed to it or sometimes constant terror causes mental disorder of the mass as a whole. A pious heart believes that God created men. Conversely, one school of thought argues that men created God. To them God is merely a hypothesis. Everybody is

afraid of God for His immense power. Thus, God is man made unconquerable terror.

Death is the greatest weapon of God. God grants immortality to none. So, everybody respects and surrenders to God for peace and happiness. This surrender originates from death phobia. Thus, through death God rules over the creation and enjoys surrendering of devotee. But a pious soul has conquered death. To him death is the alias of life. To him life and death have no difference at all, on the contrary, both are equal and at par and these two are merely staying in two different places. So, he is not afraid of death but he is afraid of God lest God does not grant him shelter to His lap for eternal peace. Thus death is a terror to a common man, but seldom to a saint. They say a terror has no substitute. A terror itself is its substitute. Thus a terror can be defended by another terror. But this doctrine is destructive. Because, it will increase terror ceaselessly and the world will be infested with terrorist as is experienced today. Terror is bad both for body and mind. So, one should remove it from the root. If it is allowed to persist it increases abruptly. As such to get relief from terror a student must read attentively. Similarly, war and dacoit should be faced boldly or image should be so created that opposite party must avoid war or come to a treaty and dacoit must not come for being caught red handed instead.

Likewise, to get rid of constant terror constant fight is required. In fact a man faces ceaseless terror till death. As such a man must be mentally prepared to face it. A coward always suffers from phobia. But to a brave muscle a terror is not a terror at all until or unless a terror terrorizes him.

Rage is to feel or express violent anger. This feeling is quite relative. A timid character is afraid of anger but a bold character can face violent anger easily since he himself is violent in nature. Also offence is the best defense. As such a rude person is seldom attacked. Thus expression exposes a personality that determines individual difference.

Anxiety is a nervous feeling caused by fear that something bad is going to happen. Also a strong wish for something or to do something means anxiety. Mother always suffers from anxiety lest her children face danger. Constant anxiety causes disease and affects the psyche. So, one must find out the root of anxiety and try to remove it and thereby get relief.

Shock is a feeling caused by something very unpleasant happening suddenly. It is the state of extreme weakness caused by a physical injury that makes the volume or pressure of blood too low to circulate properly. A violent shaking movement caused by an explosion e.g. earthquake also signifies shock. All cannot face and bear a shock. Death of father is a shock both to mother and her issues. But mother absorbs it direct so that her children are not shocked so severely. Every society experiences such numerous events.

Shock manifests variously. In practice shock absorber is a device fitted to a motor vehicle to reduce the effects of moving over rough ground. Lighting arrester absorbs the

shock caused by thunder to save the building. Shock tactics is a sudden, violent or offensive action taken for a purpose viz. to get attention. Shock treatment is a way of treating mental illness by giving electric shocks or a drug that has a similar effect. Shock-troops are specially trained for violent attacks. Shock wave is a movement of very high air pressure caused e.g. by an explosion.

Threat is an expression of one's intention to punish or harm somebody, especially if they do not do as one wishes. It is the possibility of trouble, danger or ruin. Threat is a weapon of dacoits or criminals. Politicians use it against their rivals. Workers become anxious when their factory faces the threat of closure. Terrorism, at present, is a threat to the whole world. And politicians are singularly liable for converting innocent youths into terrorist. A tyrant becomes afraid of threat caused by organized mob. So a threat can be defended by another stronger threat. But it should not be continued further, just to avoid future trouble. Punishment of teacher is not the threat to the student community. Teachers train the minds. And when the innocent hearts be diverted teacher scolds just to track the detract novices.

Pain is the physical suffering or discomfort caused by injury or illness. Also mental suffering or distress offers pain. Death of relatives, separation or divorce are well known source of pain. An annoying or boring person or thing causes pain. Patients take painkiller. Pain is not always bad. A student through painstaking labor builds the career.

A woman welcomes labor pain to achieve motherhood. In both events gain is the output of pain. Further, a man cautiously spends money if it is hard earned income. But easy earning money goes out easily since it was earned without any pain.

Grief is deep or intense sorrow, caused especially by the death of somebody. Poor or helpless people suffers a lot due to grief.

Loss is the action or an instance of losing or failing to keep something or somebody. He who have holding instinct suffers much caused by loss and libido. Only a pious heart is indifferent to so-called loss. Chained people have nothing to lose except chain. Similarly, to a pious soul, mundane life is his only chain and hindrance to salvation. And death unchains him for his voyage towards heavenly abode.

Trauma is an emotional shock producing a lasting harmful effect. It is an unpleasant experience that causes one distress or anxiety. Fatal injury also causes trauma. Once happy couple gathers bitter experience when they go through the traumas of divorce or move to a new house leaving safe and secured life. Childhood shock is so harmful that it chases till death. Even quarrelsome parents pave the way for their issues, especially daughters, to decide not to marry. To them family life is alias and akin to miserable life.

They are deprived from sweet side of life, hence

sometimes commit suicide.

Memory is an individual person's power to remember things. Happy memories of childhood render a person very nostalgic. Sentimental thoughts about one's past life and experiences are termed age memory lane and human nature likes to take a trip down memory lane.

Melancholy signifies depression caused by deep sadness that lasts for a long time. A melancholy mood wastes time and affects both psyche and body. One should not allow its mind to experience long sadness since it may convert a person lunatic. As such the root of melancholy should readily be identified and uprooted forthwith.

Nostalgia is the feeling of sadness mixed with pleasure when one thinks of a happy period, event, etc. earlier in one's life. It is the sentimental longing or wistful affection for the past. It has two origins viz., Latin and Greek. The Latin doctrine interprets it as 'acute homesickness'. The Greek philosophers opined in a similar manner. They identified nostalgia as nostos 'return home' + algos 'pain'. It is so powerful feeling that it haunts a man throughout his life thus rendering him lunatic. It compels a man to comeback his birth place. He serves his people and thereby society at large thus to repay the debt of his motherland. A murderer also comes back to the spot where he murdered a person. But this return is not identical to that return. The former is basic instinct and the latter tendency is an acquired one. Every human being suffers from nostalgia little or much.

Those who can't forget the past are culturally rich. They have respect to the heritage.

A nostalgic soul forgets his mundane existence. As a result he can easily be deceived.

Because he is more guided by heart rather than head. Nostalgia is based on appeal. And this appeal, in true sense, is universal appeal which may even be laurelled with Nobel prize if it is reflected in literature, the store house of contemporary social document.

Actually uprooted people or the people who are compelled to work abroad, far from their mother land do suffer from eternal melancholy. But they have no way to return back to their motherland. Similarly, they have no alternative except mourning. In fact when the geographical distance between two persons is much and simultaneously if there remains no easy avenue to meet each other then to quench the thirst of two thirsty hearts nostalgia plays an important role. Here, nostalgia bridges the gaps between two souls. Cultural violence acts silently. Refugee or migrant people loose identity due to silent invasion of new culture. Such people do suffer from identity crisis. They become nostalgic and anxious for the young generation. Nostalgia is an interesting topic for creating immortal literature. Novelist can give shape that human pathos which will be of ever lasting universal appeal.

Healing is to become or make something healthy again. It means relief from pain or anxiety. Religious people believe that the holy man heal them of their sickness. Placebo, holy

water, sacred thread, holy stick etc. offer a soul psychic force that offers mental relief.

CONCLUSIONS

Every person, from cradle to grave, faces panic and mourning infinite times and thereby gathers bitter experience. Panic and mourning have no substitute. They themselves are their substitutes and can be replaced the bigger one by a smaller one. And if luck betrays then the smaller is replaced by the bigger claws of panic and mourning. Very few people can bear this awful and awkward situation. Only a judicious soul can tackle it with an inward eye.

ABOUT THE AUTHOR

Pal, Dibakar is a Retired Executive Magistrate in India and PhD Student. Though he is a Civil Servant yet he is genuinely interested in diversified academic fields. As such, he holds master degrees in M.Sc(Math), M.A(English), M.A(Bengali), M.B.A(HRD), M.C.A, P.G.D.M.M(Marketing), L.L.B, D.C.E(Creative Writing), M. Phil (Business Management),UGC- NET(Management)-2008. He attended an International Conference at IIT, Mumbai, India and five International Conferences at U.S.A; though he gets invitation to present papers in many International Conferences at home and abroad round the year. He presents papers on Computer Science, Management, English Literature, Linguistic, Philosophy, Philology, Psychology, Sociology, Humanities and Poems. He presented a paper on Computer Science and Chaired in 2007 IEEE Conference at Richmond, Virginia, U.S.A. Also another paper on Fuzzy Logic was accepted by IEEE Conference 2010 at USA. He serves as Session Chair, Presider and Reviewer. He serves as reviewer of American Marketing Association, Journal of Common Ground; Australia, IEEE Transactions, IJEAPS, AJHC, Journal of Supercomputing.

He has more than two hundred twenty (220) publications and among these one is as Monograph in International Journal on Management Science, one Monograph is in Journal of the World Universities Forum, one is in Consumer Behavior, two are in Computer Science, one is in Neuroscience, one is in Linguistic and rests are Creative Writing of English Literature. In Creative Writing two papers have been incorporated in SSRN's Top Ten Download List three times in November, December 2010 and April 2011. In ResearchGate his papers have reached a milestone through more than 128000 reads. Scholars' Press and Lambert Academic Publishing House, Germany have published twelve books between the months July to December, 2016. New Texas, A Journal of Literature and Culture, Sul Ross State University, Alpine, Texas, USA has published ten essays in February 2018. International Educational Scientific Research Journal (E-ISSN : 2455-295X) and Research Chronical & Research Innovator (ISSN: 2347-503X; 2348-7674) publish Creative Nonfictions every month regularly. Now he is pursuing his PhD thesis in Business Management in University of Calcutta, India. Also he is currently focussed on the

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His hobby is Creative Writing (Nonfiction). He says:

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REFERENCES

No reference, since the present article is an outcome of Creative Writing.