

Nothing feels quite like throwing something away which once was, or still is, important. Purification can pertain to many things: a physical object which now takes up too much room or has lost importance over time, or a mental state which must be sacrificed in order to maintain psychological health.

Sometimes the need to enact a purge isn't obvious. At those times, a lack of action can lead to stagnation, or worse. The expulsion process can be anywhere on the emotional spectrum from subtle to violent, occurring over a long period of time in our subconscious, or in the instant of a verbal outburst. Sometimes eradication may feel too hard to carry out, and an intervening event must occur in order for the purge to begin.