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# CRYING AS HEALING: FROM EPICS TO CINEMA

***Dr. Uma Rajmohan***
*Ed-Tech Director, NedX Academy*

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## *ABSTRACT*

*Crying, one of humanity's most primal expressions, transcends its association with sorrow to become a universal language of healing. This paper explores the motif of tears as catharsis and reconciliation across literary and cinematic traditions — from ancient epics and Shakespearean drama to modern Indian cinema and the Tamil film Modha Rathri. In the Ramayana and Mahabharata, tears sanctify endurance and summon justice; in Shakespeare, crying collapses hierarchy and exposes truth; in Kannathil Muthamittal and Thavamai Thavamirundhu, tears bridge generational and emotional divides. The study culminates in Modha Rathri, where the hero and heroine's silent weeping replaces dialogue, embodying vulnerability and mutual recognition. Through comparative analysis, the paper argues that crying functions as a transformative act — purifying emotion, reconciling relationships, and restoring balance. Tears, across cultures and eras, emerge as the most eloquent form of communication, explaining without words and healing without speech.*

***KEYWORDS:*** *Crying; Catharsis; Healing; Vulnerability; Reconciliation; Shakespeare; Epics; Tamil Cinema; Modha Rathri; Emotional Expression; Non-verbal Communication; Cultural Symbolism; Feminist Reading; Psychological Release; Narrative Closure.*