

Dos and Do Nots of the Dreaded Seventh Month

There are plenty of things to avoid this coming July...

Formally known as the month of the hungry ghosts, it is a month celebrated by Buddhists and Taoists across the globe, as well as Chinese citizens in general. It is believed to be the month when the giant gates of hell open and spirits of the dead roam amongst us. I know what you may be thinking - this does not sound ideal - but there are plenty of things that can be done to avoid a stroke of bad luck. The list includes plenty of **DO NOTS**:



- 1 **Don't swim** – It is believed that the spirits of the drowned are looking for someone to take their place so they can be reborn.
- 2 **Don't go out at night** - It is believed that this is when the ghosts are the most powerful. They also come out at night because they are attracted to the moonlight.
- 3 **Don't do woodwork** - It is believed that the noise of tools such as a chainsaw can disturb the spirits.
- 4 **Don't lean on walls** or you will disturb the spirits as they like going on these to keep cool.
- 5 **Don't open umbrellas in your house** - By doing this you are releasing spirits that have got caught under your umbrella from outside into you house.
- 6 **Don't sit on the front row of the theatre** - It is believed that the front row is reserved for spirits for entertainment

Understandably, you might be skeptical – but here's perhaps why you should err on the side of caution. The hungry ghost festival is believed to be the month when the gates of hell open and that allows spirits to roam freely around the earth, but it is not only that but a festival to honor family and ancestors.

The hungry ghost festival and Halloween may have many similarities, but it also has many differences, like how Halloween is about exorcising ghost's while the hungry ghost festival is about offerings to the departed. Another example is that the hungry ghost festival is a religious festival and Halloween is not so much a religious festival but more like a massive party. Sadly, you will not be filling your buckets full of sweets for this ghostly occasion.

So, before you head out this July, maybe search up on the hungry ghosts and how such a spooky festival is celebrated throughout the world. More importantly, stick to the list above – for your own sake.

Lily Stewart

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