

The Irony of Forgiveness

Many people view their inability to forgive as a burden they must carry for the rest of their lives. Non-forgiveness can keep you in a dark hole that's impossible to dig yourself out of unless you get some light and a clear path of escape.

You may view your inability to forgive as a personal failure – when in reality, you're choosing the path of non-forgiveness. It could be that your anger and resentment are “comfort” areas that keep you from having to make a decision about another person. You can keep them at bay by refusing to think about them in any other way.

When you choose the path of non-forgiveness, you're actually choosing to carry the heavy burden and be constantly ingrained in the helplessness of being a victim. It's an irony to think that another choice – forgiveness -- could be the one to help you out of the dark hole and work out of weakness and into strength.

Studies show that people who can work their way through to forgiveness enjoy better physical and mental health. They're not as prone to cardiovascular diseases, high blood pressure and depression or anxiety.

It's not easy to make a decision to forgive and then work through the steps. You must include visualizing the situation that occurred, try to understand the perpetrator's point of view and vow to give forgiveness without benefit to yourself.

The irony in that is that when you forgive, the most benefit comes to you. A life free from anger and resentment and one which you concentrate on happy thoughts rather than destructive ones is truly a gift to yourself.

Also with forgiveness comes a new pattern of doing good, being altruistic in nature and of building your self-esteem. When the burden of anger and resentment is lifted from your mind and shoulders, you feel light and free and able to accomplish more with your life.

There is a humble spirit in forgiveness that helps you forge new relationships and find happiness in things that only come with freedom. By forgiving, you're letting go of the anger while still renouncing the act that was perpetrated. It's a spirit that helps every area of your life and opens you up to new experiences.

Take the route of forgiveness if you find yourself harboring mistrust, animosity and hatred for someone. It's not easy, but it's worthwhile and can be the catalyst that helps you succeed.