

# Mental, Physical and Spiritual Benefits of Forgiveness

The power of forgiveness has long been touted by religions of the world as a way to reach a higher level of spirituality. During recent decades, the power of forgiveness is also discussed among medical and psychological professionals as a method to let go of anger and resentment and prevent health problems.

The mental benefits of forgiveness may include:

- Ridding your mind of depression and lifting the anxiety you may feel from anger and resentment.
- Clarity and focus. You're better able to cope with reality and the matters at hand when you choose forgiveness over negative thoughts.
- Protects against long-term stress. Poor mental health is often associated with stress and nothing causes stress like anger and resentment.

The physical benefits of forgiveness may include:

1. Lower blood pressure. Stress and anxiety may cause your blood pressure to soar. Forgiveness is letting go and can calm your nerves and mind.
2. Enjoy a longer and healthier life span. Unconditional forgiveness (not expecting an apology or reparations) is known to help people live longer and fuller lives.
3. Healthier immune system. If your immune system isn't healthy, it has a much more difficult time fighting off diseases – both mental and physical.

Spiritual benefits of forgiveness may include:

1. Acceptance of others with compassion and understanding. Rather than concentrating on revenge, forgiveness can lead to spirituality.
2. Opens your heart and mind to others. Relationships can be improved with forgiveness.

3. Calm and peacefulness in your life. If you've ever experienced full-blown anger, you know how debilitating it can be. It interferes with sleep, physical functions and turns your spirit to hurt and dismay.

Anger, thoughts of revenge and playing the incident over and over in your mind can be harmful to every area of your life. No one wants to live that way, but often you become so caught up in those negative thoughts that you can't imagine any other way of living.

When you realize what non-forgiveness is doing or has done to harm your life, you can choose to embark on a journey to find and grant forgiveness – to yourself or to others who have harmed you.

The journey to a forgiveness state of mind isn't easy – or immediate. But, it is possible when you take the steps to free yourself and know that you will feel better and live a better life when you can forgive.