



The Role of Forgiveness in Repairing and Strengthening Relationships

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When you forgive, you feel happy from being hurt.

When you forgive someone who has hurt you, you're essentially releasing yourself from the emotional chains that bind you to the pain of the past. By forgiving, you reclaim your power over the situation and refuse to let it define your present or future.

Forgiveness allows for healing to take place.

By letting go of these negative emotions, you create space for healing and growth to occur.

Forgiveness is a gift that you give to yourself.

It's a conscious decision to free yourself from the shackles of bitterness and resentment, and to embrace a life filled with hope and happiness.

You become whole from being part.

When you forgive, you reunite fragmented aspects of yourself, healing wounds and restoring inner unity. Each forgiveness is a step towards wholeness, integrating past hurts into a cohesive sense of self, fostering growth and resilience.

Forgiveness moves you to the centre from circling on the circumference, running helter skelter, in desperation and exasperation. At the centre, your perspective becomes much larger, rather complete and total. In that total perspective, you can see it all which includes responsibilities for yourself.

Forgiveness is a philosophy and it is also a science. Because with this philosophy, when somebody implements, the whole transformation of your electro magnetic field, your head heart coherence, the rhythm of your heart beat, your endocrine behaviour, happy hormone release, digestive processes come in order giving improved digestive system, improved assimilation of food, improved elimination of toxins happen to the optimal level and so much happens to your health, healing happens of any kind of dis-ease, prevention happens, for the onset of any disease, correction happens.

Your body gets into repair, restore and rejuvenation mode.

Forgiving changes your biochemistry and increases mood elevators like oxytocin, dopamine to rise back to level. This is healing in nature.

Forgiveness triggers a cascade of biochemical changes in the body, leading to increased levels of mood-elevating neurotransmitters such as oxytocin and dopamine. When you forgive, stress levels decrease, reducing the production of cortisol, the stress hormone. This decrease in stress hormones allows for a shift towards a more balanced biochemical state, promoting the release of oxytocin, often referred to as the "love hormone."

Oxytocin is associated with feelings of bonding, trust, and social connection. With forgiveness comes empathy and understanding, promoting feelings of closeness with others. Increased oxytocin levels contribute to a sense of well-being and happiness.

Forgiving someone can also boost dopamine levels in the brain. Dopamine is known as the "feel-good" neurotransmitter and is involved in the brain's reward system. Forgiveness can be rewarding on a psychological level, providing a sense of relief and satisfaction. This positive experience triggers the release of dopamine, enhancing mood and promoting feelings of pleasure and reward.

Forgiveness can lead to a reduction in negative emotions such as anger, resentment, and bitterness. These emotions are often associated with increased stress and can have detrimental effects on both physical and mental health. By letting go of these negative emotions through forgiveness, the body experiences a decrease in stress and an increase in overall well-being.

We all are full of faults. So, empathy towards others mistakes should be primary.

No one including saints, priests, pandits, police, politicians, no one is perfect. All make mistakes, and no one is perfect. If we ourselves are ridden with imperfections, we shouldn't expect anyone else to be perfect.

Since we are full of faults, we expect the world to forgive us. We have to see the mirror and see who we are, what we are, where are we coming from, where are we headed. Once we understand that, we will also have a similar understanding and accepting of everyone around us in the world. This world is full of different kind of people.

And when you expect forgiveness, you must be happy and ready to forgive too. Not just forgive others but happily do it. Don't forgive conditionally, do it as a personality trait of deepest understanding. Latitude to be allowed for all. Everyone should have a right to make mistakes whether intentional or unintentional. Have a heart, have an open heart. Have a flowing and a big heart. With this act, heart beat comes into rhythm from being staggered.

Forgiving is like a release, from dis-ease to ease. Holding on makes you uncomfortable, harbouring resentments, grudges, pain, hatred.

When individuals choose to forgive, they embark on a transformative journey that contributes to the overall well-being of the relationship.

When individuals release grudges and resentment, they can communicate more authentically, free from the constraints of harboured negativity.

Forgiveness acts as a healing balm, allowing individuals to release resentment and anger. By letting go of negative emotions, both can experience emotional relief and create space for positive feelings to emerge.

Through forgiveness, individuals signal a willingness to move beyond the past.

Grudges makes you sick. It changes the biochemistry of your own being. We are in an emotional cage and unbalanced state of mind. Ease is distorted. It hampers your mental ability - focus, alertness, meditation, all goes for a toss. The way you breathe is disturbed.

The moment you express anger, muscles tighten up, blood pressure shoots up and creates havoc in the whole body. It can create a mind body imbalance, releasing stress hormone like cortisol which is hazardous to your own health.

By letting go and by forgiving, you are doing yourself a favour. Your body comes back to homeostasis.

Nelson Mandela has said, "Getting anger, getting angry, is like drinking poison and expecting somebody else to die".

And this poison will not kill the other. It will kill you first. It will contaminate your mind, your heart, your being and this will completely make you toxic, inside and outside. Your vibes will get disturbed, and you will get repulsive further.

So all emotions, all sentiments, all your behaviour and attitude, hurts you.

So release will bring you from dis-ease to ease.

Anger, hate, grudges, resentments are diseases in the form of emotions.

In sustaining long-term relationships, forgiveness is indispensable. It acknowledges that imperfections and mistakes are inherent in human relationships. Through forgiveness, one can navigate challenges, learn from experiences, and fortify their bond, creating a resilient foundation for a lasting and fulfilling connection.

Empathy, latitude, compassion, and the deepest understanding for life that we all are flawed, we all have faults, we all make mistakes, so expect others to make them too.

So, breathe it out, let it go.