

# The Power of Forgiveness!

If you are looking for a way to encourage your spiritual growth dramatically, God has given your soul an instrument to do so. It is called forgiveness. Sooner or later, we have to learn to forgive.

There are many aspects of forgiveness. You have to ask for forgiveness from God, and you have to seek forgiveness from those people whom you have mistreated. Once you ask forgiveness, you will also have to learn to return it. You must forgive others for their mistreatment of you.

There are certain acts which God can forgive. Wrongdoing which does not involve another human being can be forgiven by the mercy of God. For example, if you have deliberately polluted earth or inflicted pain on God's creatures, you will have to seek for forgiveness from God. If you have inflicted pain on human beings, however, God may not forgive you on their behalf. You will have to seek forgiveness from the person whom you mistreated, in this life or the next.

The wheel of karma turns forever. The law of karma states that every action has a consequence. One way to escape from this tedious cycle of cause and effect, birth and death, is to use the power of forgiveness. You are not aware of every wrongdoing that requires forgiveness.

Your negative acts, like all aspects of your past lives, are locked in the subconscious mind. God is very compassionate. He knows that you are not aware of your past mistakes. He will give you many opportunities to seek forgiveness and, more importantly, to grant forgiveness.

Your family members, your friends, and your colleagues are around you because you have to forgive them. In today's society, we hear of many situations dealing with child abuse, being unfaithful to your marriage partner, children abusing their parents and so on. A person you may not know may suddenly appear in front of you and insult you for no apparent reason.

The only way to get out of this destructive cycle of pain and retaliation is to learn to forgive. First you must accept and forgive all the harm that has been done to you. Then you must steer your free will in the right direction. Once you have forgiven, move on. Do not continue the cycle by responding angrily to the individual who mistreated you.

Psychotherapy has become very popular. This treatment deals with psychological disturbances that conventional medicine cannot successfully treat. Psychotherapists who use regression therapy to heal agree that many symptoms are the result of early emotional trauma. They also believe that the original suffering may have come from past lives. These traumas later manifest themselves as cancer, depression, neurosis, arthritis, loss of appetite, or various other illnesses.

Psychotherapists often tell their patients that they need to forgive a particular person or group in order to heal themselves. Quite often, the illness begins to disappear once the patient forgives and lets go. From a spiritual point of view, this therapy makes sense and is very helpful in treating the patient.

The therapist may have to regress the patient far into the past to discover the incident that caused the trauma. The patient has repressed the memory. Even though the patient seems unaware of the trauma, it is a part of a deep, subconscious memory, and it causes serious physical and mental damage. When you forgive, then, you have to do so from the depth of your soul. Making the motions of forgiveness does not mean that you have truly forgiven. Forgiving is not as easy as it sounds. You have to go consciously into the depths of your soul to be able to forgive. This is why you sometimes need the help of a psychotherapist.

An individual you knew in a past life, thousands of years ago, may come in contact with you. This individual may redress past karma with you in the form of forgiveness. You may not be aware of who this person is, but your subconscious remembers from the past.

Usually, the person who forgives benefits more than the person who is forgiven. Sometimes when you come into contact with a certain person, you experience an inexplicable antipathy. This person may have harmed you in the past; God is giving you a chance either to forgive this person or to compound the injury. At this point, you will have to use your wisdom; you will have to forgive and move on. This will be one of the most difficult decisions you will make because your natural tendency will be to retaliate.

You have to learn to forgive first and then forget. How can you forget first and then forgive? By forgetting, you will not know what it is that you have to forgive. The only way to move forward in your journey is to break the ties that connect you to the past. The only way to break them is by consciously forgiving. Get into the habit of asking for forgiveness from God and those around you. More importantly, get into the habit of forgiving others. You will be many levels closer to enlightenment, once you learn how to forgive.

