

The Mighty Choice of Forgiveness

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The mighty choice of Forgiveness Choosing forgiveness doesn't mean that the wounds will be demolished, nor means being dispassionate, is it solely the start of an emotional healing operation through letting go of negative emotions. Though, it certainly isn't simple, once tempted to react with a close - minded perspective, ready to be combative. Many believe there is no room for showing kindness, compassion, nor affection, once already deceived, but without love there is no forgiveness. Therefore, many with this mindset block out even the thought of forgiving, which makes forgiveness nearly impossible to accomplish. Though once we do decide to apply a percentage of this mighty power into this disorderly world, we can slowly make our lives filled with more love, gentleness, and peace. Recognizing forgiveness is an act of self-love; meaning a gift to oneself. To begin, there are all sorts of thoughts and emotions that cause us to hold back on using the power of forgiveness once already hurt, offended or betrayed. These causes are crucial to identify, considering how difficult it would be to overcome them without it being addressed beforehand. One common cause of unforgiveness is when we remain filled with resentment and bitterness in our cluttered heart. By holding onto this pessimism and pettiness, negativity increases, allowing ourselves to be fixated on revenge and feeding into our satisfaction of negativity. Though, with all these attachments and unhealthy energy, our spirits become sour and poisoned, in addition to becoming close - minded. This leads to losing track of even the thought of involving forgiveness into our lives. Keep in mind, when negativity is the driving force, forgiveness will be useless and

never accomplished. Furthermore, once acknowledging causes of unforgiveness, we could now progress to overcome them and choose the path of forgiveness. Although deciding to go with this path is much more difficult than just feeding into your emotions, it's still possible, with some push and sacrifice, since it's such a powerful place once you do get there, because it frees you. Since the power of forgiveness breaks the cycle of bitterness and vengeance, it's almost like a weight that is completely gone from your heart, that's been haunting you since forever. You are able to slide off all of the anger, aggression, bitterness, and rage you had felt. Think of it as from one second to another all that weight you've been feeling all goes, "Poof", gone from that cluttered heart of yours. If you really take a moment to come to an understanding, you realize the power of choosing forgiveness over negativity gives you a better outcome, benefiting your relationships, your mental health, and spiritual path. Ultimately, throughout this essay I was able to explore the wonders of this mighty power; its benefits and what it looks like to go another path; negativity. Though, after simply embracing and choosing this power, forgiveness opens a pathway of peace allowing us to be free, move forward in our spiritual path, and through time heal my wounds. Most importantly, what will always resonate with me is, if we spend all our time hating our loved ones because of a mistake they've made, the less time we'll have to actually love them.