

The healing power of forgiveness

I recently posted a series of articles on healing and the positive feedback was overwhelming. One patient in my podiatry practice praised these discussions and was grateful to me because the articles were helping her family and herself. We were talking about what subject I could write about next and we mutually agreed the next series would be on forgiveness. I am grateful to my patient for her kind words and the inspiration to talk about the healing power of forgiveness.

People will ask me, “Why is it so hard to forgive?” The reason is because it is the most powerful of human actions. Forgiveness heals both the conscious and unconscious mind. It is because of the healing impact on your unconscious mind, that it has the greatest power. It heals from inside-out. Nothing in the external world needs to change in order to experience the healing of forgiveness.

There is a verse in *A Course in Miracles* that summarizes forgiveness. The verse is, “Do you want to be right or happy?” What this wisdom can teach us is to give up the stubbornness of wanting to be right. The insistence on being right can cloud your judgment and leads to resentment. Let bygones be bygones as they say and you will notice more happiness come into your life.

One way to reduce the pride of being right is to imagine the last moments of your life. At the end of your life, pride is a comedy. What will be most important to you in your final moments will be your relationships. Forgiving those who may have hurt you in your life will bring you the most peace. The following story can help clarify this. The story is told by Mother Teresa. She wrote the story as follows.

I once picked up a woman from a garbage dump and she was burning with fever; she was in her last days and her only lament was: “My son did this to me.” I begged her: “You must forgive your son. In a moment of madness, when he was not himself, he did a thing he regrets. Be a mother to him, forgive him.” It took me a long time to make her say: “I forgive my son.” Just before she died in my arms, she was able to say that with real forgiveness. After her forgiveness of her son, she became unconcerned she was dying.

In your final moments pride becomes the obstacle to peace. For the Indian woman placed in the trash by her son, the only way out of pain was to forgive. In this forgiveness, even the fear of death is healed. This story illustrates how the unforgivable can be forgiven. It also teaches that forgiveness heals you, not the other person.

One hidden gift about forgiveness is that the world does not need to change for you to have peace. When your mind is healed by forgiveness, all fear is extinguished. At the end of your own life, all pride becomes a joke. No matter what has happened to you begin today to forgive the person. It would be a shame to have to wait until the end of your life to be in peace. Forgiveness is a choice, make it today and understand that peace is your

reward. To learn more, visit drmcquaid.com where all of the latest articles have been updated to the web site.

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