

# Forgiveness in the Battle of Everyday Life: Some Hindu Perspectives



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ॐ सर्वे भवन्तु सुखिनः  
सर्वे सन्तु निरामयाः ।  
सर्वे भद्राणि पश्यन्तु  
मा कश्चिददुःखभाग्भवेत् ।  
ॐ शान्तिः शान्तिः शान्तिः ॥

ॐ सहनावतु  
सह नौ भुनक्तु  
सह वीर्यं करवाव है  
तेजस्वि नावधीतमस्तु मा विद्विषाव  
है

Om, May we all be happy  
May we all be free from illness,  
May we all see auspicious everywhere  
May no one suffer.

May we all be protected  
May we all be nourished  
May we work together with great energy  
May our intellect be sharpened  
Let there be no animosity among us  
May there be peace everywhere





The Princess-poet Mira

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**From Hindu perspectives, forgiveness, or  
Kshama, in daily life functions in three  
interconnected ways:**

**First**, by prioritizing individual pursuit of sustainable happiness through a combination of philosophical or devotional beliefs, and practical actions.

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Sita, the unmatched virtuous woman,  
had Rama as her husband.  
She was kidnapped by Ravana;  
and suffered great misery.



**Theologically, devotionally, and for liberation, what does suffering offer?**

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Secondly, Kshama, or forgiveness functions by restoring, fostering, or differently-building interpersonal relations.

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For the Hindus who believe the Supreme Being as the creator of all and as present in all, interpersonal relationships, ideally, are relationships of seeing the divinity of all.

Intentionally choosing to set aside human flaws in order to see someone as a representation of the divine creativity is to rethink one's relationship with all others.

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**The third way in which forgiveness functions** is by prompting an individual to take stock of, or rebuild their ethical toolkit with the supporting qualities of *Daya* (compassion), *Karuna* (mercy), *Kripa* (grace), *Dhiraja* (Patience), and in some cases, *maun* (silence).

*Kshama*, as well as these qualities, are a part of classical understanding of dharma: ethical duty. One's duty as a human.

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ક્ષમા સમ ખડગ નહિ, જરણા સમ નહિ જાપ રે;  
ધીરજ્ય સમ ઢાલ નહિ, મૌન સમ નહિ શાપ રે.

*(Bhaktachintamani 57.37)*

There is no weapon like forgiveness, no chant like courage  
There is no shield like patience, and no retaliation like silence

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Thank you

