SPIRITUAL PERSPECTIVE ON FORGIVENESS

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ABSTRACT
The well-known adage “To err is human, to forgive is divine,” attributed to the English poet and critic Alexander Pope, suggests the strong connection we feel between forgiveness and spirituality. Today the clinical applications of forgiveness, as studied by contemporary psychologists, are grounded to a significant extent in the perspectives on forgiveness and forgiveness practices of the world’s religions. This paper tries to see forgiveness as a character strength which helps in maintaining interpersonal relations.

KEY WORDS: Spirituality, forgiveness, religion.