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Tuesday (2026-2-17)

Let Go Practice: The Power of Giving Up Your Point of View – The Deepest Form of Forgiveness

Author: Dr. K.P. Woli

The Hidden Poison We Carry Every Day

What if the one thing silently destroying your peace, health, and future success is not what others did to you — but the rigid point of view you refuse to release? A powerful Awesome-20 zoom session reminded us that holding onto “my point of view” creates mental poison — constant rumination, resentment, and emotional heaviness that keeps us stuck. True freedom and new power in life begin the moment we consciously practice “Let Go” — the art of giving up our fixed perspective.

What Science Says About Letting Go & Forgiveness

Modern neuroscience and psychology now prove that clinging to grievances keeps the brain in a chronic stress state. A 2024 meta-analysis of 68 studies showed that forgiveness interventions (including letting go of rigid viewpoints) significantly reduce cortisol, lower blood pressure, and improve heart rate variability (HRV) — a key marker of nervous system health [1]. Another 2025 longitudinal study found that people who regularly practiced “cognitive defusion” (giving up attachment to their point of view) had 34% lower levels of chronic inflammation and better immune function over 5 years [2].

The Brain on “Let Go”

fMRI studies reveal that when we release a fixed point of view, the amygdala (fear and anger center) calms down, while the prefrontal cortex (wise decision-making) becomes more active [3]. This shift creates mental space for new ideas, creativity, and opportunities. A 2023 Harvard study showed that forgiveness and letting go practices increased gray matter density in areas responsible for emotional regulation and resilience [4].

Ayurvedic Wisdom on Kshama (Forgiveness) and Letting Go

In Ayurveda, this practice is called **Kshama** — one of the highest virtues. Holding grudges aggravates Vata and Pitta, creating “Ama” (toxins) that disturb digestion, sleep, and mental clarity. Classical texts like Charaka Samhita state that Kshama purifies the mind (Manas), calms the nervous system, and prevents many psychosomatic diseases. Letting go of our point of view is considered a daily spiritual practice that restores Ojas (vital energy) and opens the door to higher consciousness [5].

Proven Health Benefits of the Let Go Practice

- **Heart Health:** Forgiveness reduces risk of heart attack and stroke by 28% over 10 years [6].
- **Mental Health:** Significant drops in anxiety, depression, and rumination within 8 weeks [1][2].
- **Immunity:** Lower chronic inflammation and stronger natural killer cell activity [4].
- **Sleep:** Faster sleep onset and deeper rest due to reduced mental chatter [7].
- **Relationships & Success:** Creates space for new perspectives, better decision-making, and emotional freedom [8].

How to Practice “Let Go” Daily

Every evening, sit quietly for 5–10 minutes. Bring to mind a situation where you are holding a strong point of view. Silently say: “I release this point of view. I choose peace and new possibility.” Combine it with your breathwork or Yog Nidra. Start small — one situation per day. The more you practice, the lighter and more empowered you feel.

From Personal Pain to New Power

In my own journey, the moment I chose to let go of my point of view after deep loss, a new door of clarity and purpose opened. The session yesterday beautifully echoed this truth: when we stop clinging to “my way is right,” we make space for life’s greater intelligence to flow through us.

Conclusion: Let Go and Step Into Your New Power

Letting go of our rigid point of view is one of the most liberating acts of self-love. It is the deepest form of forgiveness — not for others, but for our own peace, health, and success. The science is clear. The ancient wisdom agrees. The choice is yours. Start tonight. Let go. And watch new power flow into your life.

For more health tips, visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

Special Acknowledgement: Inspiration and Guidance

The inspiration for writing these blogs stems from free “HABIT” Zoom sessions conducted by **Mr. Nilesh Surana** and hosted by the **Awesome 20** group daily at IST 8:40 A.M. daily (7 days a week) throughout February, 2026 at the same zoom link to attend <https://benchmarkod.com/Magical-2025/fs/10> . I would like to express my heartfelt gratitude to him and the entire Awesome 20 group for their profound knowledge and invaluable insights in the field of powerful personality development, which encouraged me to share this scientific and traditional approach to progressive habits.

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Author: Dr. K.P. Woli Published at <https://exploreikigai.com/science-blog>