



CHRIST
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COUNSELLOR'S NOTE SEPTEMBER 2025

Autumn Leaves and Letting Go

Autumn arrives like a gentle teacher, cloaking the earth in a tapestry of gold, amber, and crimson. Its quiet beauty is not only for the eye, but also for the soul, carrying lessons woven into every drifting leaf. Each falling leaf whispers a truth: there is strength in release, and peace in surrender. The trees, once clothed in green abundance, loosen their grasp without resistance, showing us that letting go is not weakness but wisdom—the wisdom to trust the natural rhythm of life.

We, too, cling to what no longer nourishes us—regrets that echo in silence, self-doubts that cloud our minds, memories that cut sharper than they heal. These thoughts, heavy and restless, weigh upon the heart like dry leaves refusing to fall. Yet, holding them is not strength; it is a burden. Autumn reminds us that release is not loss but a sacred invitation to renewal. To let go of what disturbs us is to create space for what restores us.

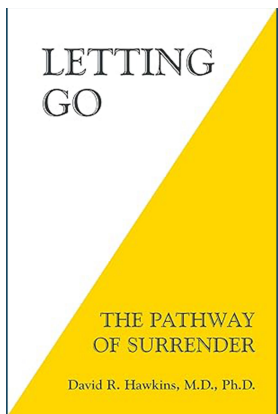
Endings are often feared, yet autumn whispers that they are not failures but beginnings dressed in disguise. Just as trees trust that new life will return after the barrenness of winter, so too must we believe that hope and healing will blossom again after seasons of despair. Letting go is an act of courage, a decision to loosen our grip on pain and embrace the unknown with faith.

Every fallen leaf becomes a symbol of resilience, a testament that cycles of loss give way to growth. Release is not emptiness—it is a clearing, a preparation, a quiet making-ready for all that is to come. In surrender, we discover freedom: the freedom to breathe lighter, to walk forward unburdened, and to welcome tomorrow without the shadows of yesterday.

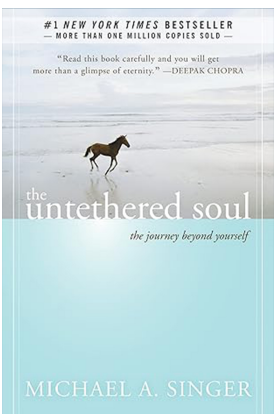
Autumn's lesson is gentle yet profound: change is inevitable, and clinging only deepens suffering. The path to peace lies in allowing, in trusting, in letting go. When we release the thoughts that disturb our spirit, we awaken to clarity, to stillness, to transformation.

So, as the leaves drift softly to the ground this season, may they remind you that you, too, can let go. You, too, can shed what no longer serves you. For beyond every ending waits a new dawn, and beyond every barren branch lives the eternal promise of spring.

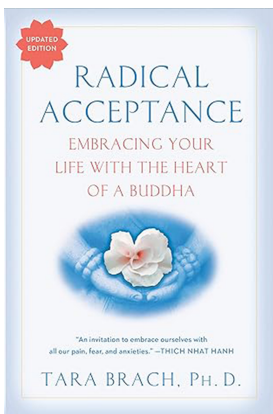
Book recommendation



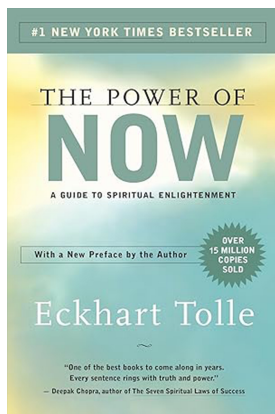
Letting Go: The Pathway of Surrender
by David R. Hawkins



New Harbinger The Untethered Soul: The Journey Beyond Yourself
by Michael A. Singer



Radical Acceptance: Embracing Your Life With the Heart of a Buddha
by Tara Brach



The Power of Now
by Eckhart Tolle

Video Suggestions

Learning to let go

[Watch Video](#)

To Grow, You Need to Let Go

[Watch Video](#)

Why change is so scary - and how to unlock its potential

[Watch Video](#)

The art of letting go: Moving past grudges

[Watch Video](#)

Get in touch with your counsellor for additional resources and help

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