

# Autumn Season of Surrender

Autumn has a distinctive change of personality. The days are gorgeous, and the nights seem a little longer, more time for cooking and eating slowly. It's the perfect time of year for taking stock of our lives as we prepare for winter.

A great time to review our Sadhanas and perhaps make changes to our daily practices, diet and sleep patterns. Allow these to meet the different needs of the body and mind for the cooler seasons ahead. This is a time of transformation, of letting go. Think leaves fall from trees to conserve energy for when they need it most, in the spring, the time of renewal and growth. This is a good time to let anything unneeded fall away, creating space in your body and mind for new growth.

The early autumn colours in the valley herald a time of change, of life transforming itself and letting go naturally.

In yoga, the process of letting go and allowing transformation to take place is called vairagya (detachment). Vairagya brings mental peace and spiritual awakening.

We can be like the trees, letting go of the old to make space for the new and we can do so with compassion, lightly, gently and with kindness.

*Hari om Jean*