

The Squirrel Who Let Go

Inspired by Desmond Tutu

Written by Sundeep Parmar



LITTLE KEYS
to the Universe



LITTLE KEYS TO THE UNIVERSE

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DEDICATED TO

Ria & Mia



Big Lessons. Little Stories.



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In a peaceful forest filled with towering trees and sparkling streams, there lived a young squirrel named Nutty. Nutty was known for his quick feet and curious nature, always jumping from branch to branch, exploring every corner of the forest. But despite his outward cheer, Nutty carried a heavy burden, a burden he didn't know how to get rid of. A long time ago, Nutty's best friend, Binky the rabbit, had promised they'd always be together, playing and gathering food side by side.



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But one fateful day, when Nutty needed help the most, Binky had run off, leaving Nutty alone. Nutty had waited and waited, but Binky never returned. That moment stuck with him, like a thorn lodged in his heart. As the years passed, Nutty tried to move on, but the memory of Binky's betrayal kept returning. Every time he thought of that day, his heart filled with anger. Why did Binky leave me?



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Why didn't he keep his promise? Nutty would think to himself, the familiar frustration tightening in his chest. Despite making new friends like Hoot, the owl, and Hopper, the frog, Nutty couldn't stop thinking about the pain of Binky's abandonment. He felt like he was walking through the forest with a heavy stone tied to his back. One crisp autumn evening, as Nutty sat on his favorite branch overlooking the forest, staring into the setting sun, he sighed deeply.



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If only I could forget about Binky. If only I could stop feeling angry, he thought. As if in response to his thoughts, the ground below Nutty suddenly shook slightly. Startled, Nutty looked down to see a massive brown bear slowly approaching. This was Grizzle, the wise old bear who had lived in the forest for many years. Grizzle had seen the forest change, and he had seen many animals struggle with burdens of their own.



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He knew a thing or two about the weight of anger and the power of letting go. Why the long face, Nutty? Grizzle asked, his deep voice gentle and wise. Nutty hesitated, but then let out a long breath. It's Binky, Nutty said with frustration in his voice. He promised we'd always be there for each other, but when I needed him most, he left. I can't stop thinking about it.



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I can't forgive him. Grizzle nodded slowly, his eyes filled with understanding. I see, you carry that anger with you, don't you? Nutty nodded, the weight of his emotions pressing on him. I do, every day I think about it. It's like this heavy stone that I can't shake off. Grizzle sat down beside Nutty, his large steady form calming. You know, Nutty, I've seen many creatures carry burdens like that.



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Holding on to anger is like carrying a boulder on your back. You might think it protects you, but really, it's just keeping you stuck in the past. Nutty looked at Grizzle, confused. But how can I let go of it? Binky hurt me. He left me when I needed him most. I can't just forget that. Grizzle smiled softly. Forgiveness doesn't mean you forget what happened or say it was okay.



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Forgiveness is about letting go of the anger that ties you to that moment. It's about freeing yourself from the weight of the past. It's not for Binky, it's for you. Nutty frowned, but if I forgive him, doesn't that mean I'm saying it's okay that he left me? No, Nutty, Grizzle said, shaking his head. It's not about saying it's okay. It's about choosing to free yourself from that anger. You don't need to carry it anymore. Letting go is like letting go of the stone that you've been carrying.



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It's no longer weighing you down. Nutty's mind raced. If I let go, will I still feel hurt? Will I still remember? Nutty asked. You will remember, Grizzle said softly, but you won't be carrying the weight anymore. You'll be free to live in the present, unburdened. You'll be free to move forward. Nutty sat silently for a long time, thinking. The sun had set and the forest around him had grown quiet.



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The only sound was the rustling of the leaves in the gentle evening breeze. Nutty closed his eyes and took a deep breath. For the first time in years, he felt like he could finally breathe without the heaviness in his chest. I'll try, Nutty whispered. I'll try to forgive. Grizzle smiled. Good. Start by taking a deep breath, Nutty. Let the anger go just for a moment. Feel the weight of the past starting to lift.



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Nutty closed his eyes and breathed in deeply. The cool night air filled his lungs, and as he exhaled, he imagined the anger he had been carrying turning into smoke, drifting away in the wind. With each breath, he felt lighter, freer, as if the stone in his chest was finally lifting. When he opened his eyes, Nutty felt different. The forest around him didn't look the same.



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Everything felt brighter, clearer. The weight he had carried for so long was gone, replaced by a sense of peace. I did it, Nutty thought. I really did it. Grizzle chuckled softly, his eyes sparkling. You've made a great step, Nutty. Forgiveness is the key to freedom. It doesn't change the past, but it changes the way you carry it. Nutty nodded, his heart lighter than it had been in years.



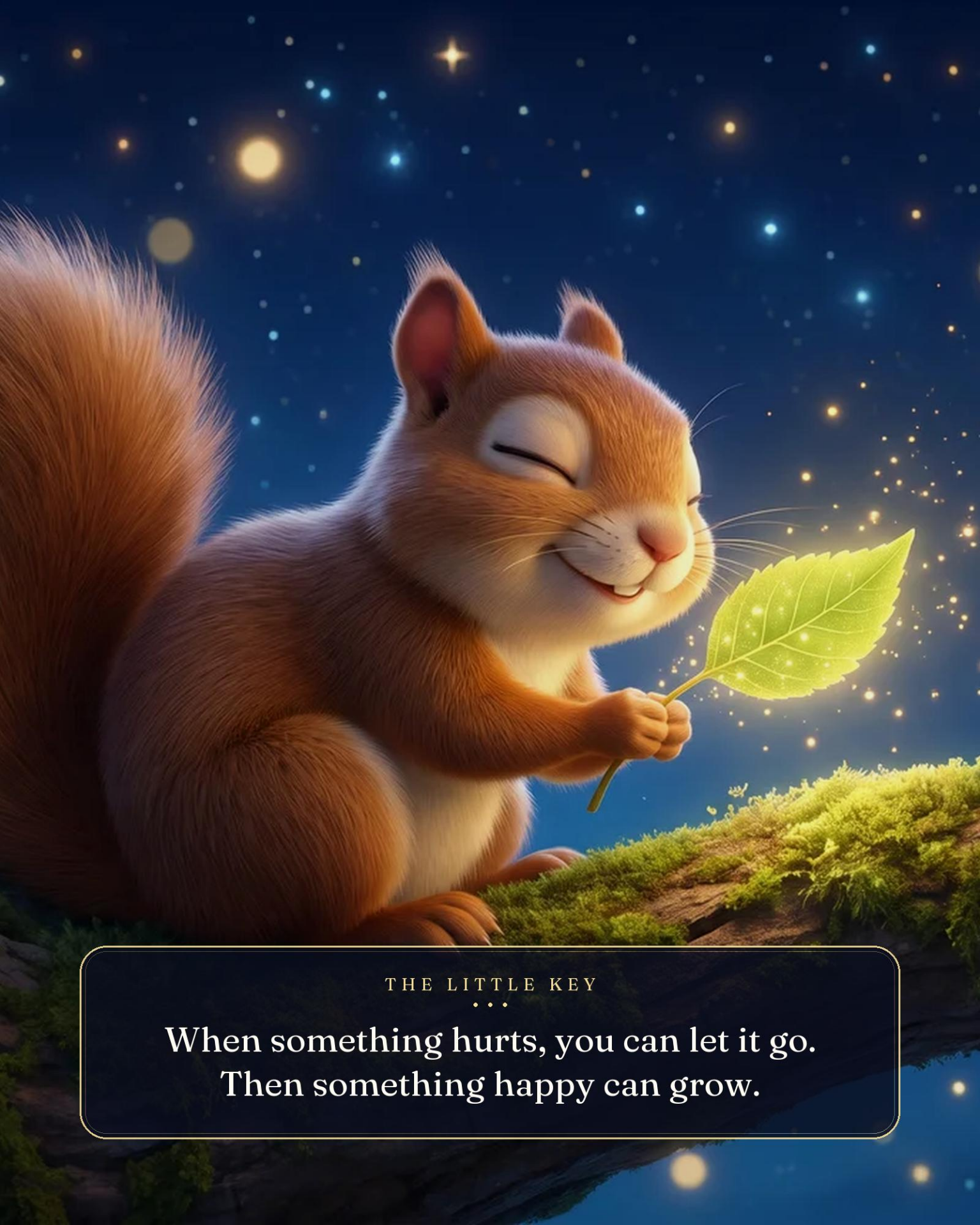
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Thank you, Grizzle, he said, his voice filled with gratitude. I feel free. The moral of the story. Forgiveness doesn't mean excusing the past. It means choosing to release the anger that keeps you stuck. When you forgive, you free yourself from the weight of old wounds. Now, it's your turn. Think about something that's been weighing you down. Can you let go of the anger just for a moment and give yourself the freedom to move forward?



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Tomorrow, take a deep and let go of something that's been holding you back. Feel the weight lift and let tomorrow bring peace.



THE LITTLE KEY
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When something hurts, you can let it go.
Then something happy can grow.



LET GO GENTLY

Nutty the squirrel clings tight to a worry he just can't shake — until he learns that letting go makes room for something happy to grow. A gentle bedtime story about letting go.

For kids holding onto old hurt — a way to let go and grow something new.

Big Lessons. Little Stories.

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