

ELEPHANT BONDAGE

Have you ever wondered why grown up elephants don't try to break their leg chains and escape? They could if they tried. They have been convinced that they can't do it, so they don't even attempt it.

This is how it's done in Thailand. The captured elephant has iron bands placed around each leg attached with heavy chains, then the elephant is chained to a large tree. The elephant lifts his leg and pulls and pulls to try and break the chain or uproot the tree. He continues to try until one day he quits. He simply stops trying. At that point, the elephant has lost his freedom. He is trapped because he *believes* that he can never break free.

Think about the reasons you use to limit yourself – why you are telling yourself “If only I was ...” taller, smarter, or whatever excuse you can come up with. You are as trapped as the elephant is. But, you have the ability to free yourself.

Consider these quotes:

“You are today where your thoughts have brought you; you will be tomorrow where your thoughts take you.” – James Allen

“No one can make you feel inferior without your consent.” – Eleanor Roosevelt

Will you stay chained like the elephant, or will you break your chains and be free to follow your dreams? The choice is yours.