



In India there is a tree called the Banyan tree. They are supposed to be some of the strongest trees on earth. India is also noted for having some of the strongest creatures on earth – the elephant.

Legend has it that when wild elephants are captured, they are chained to the Banyan tree for the purpose of training them to be docile. The elephant will pull against the chain until the pain in his leg becomes unbearable. But yet he will continue to try to free himself until one day he will realize that he can't break the chain. When that day arrives, the trainer will then free him to captivity.

The trainer can then take the elephant and lead him almost anywhere and just tie his foot to a small peg in the ground and the elephant will stay put. Why? Because the elephant has developed a psychological barrier that reminds him of being chained to that Banyan tree.

As we go through life how many of us are like the elephant; mentally bound to invisible Banyan trees of life? How many of us are chained to our families or social relationships? How many of us are chained to some bad habits? How many of us are chained to our work? How many of us are chained to some old wives' tale or outdated philosophies about life and religion, because we lack the courage to seek the truth, that may force us to change our way of thinking or living. If the elephant had the mental capacity for seeking out truth, he would soon discover that the only chains that bind him are the ones in his mind. Unlike elephant, we do have the capacity to seek the truth and free ourselves from the chains that bind us to our own ignorance. We are made to be free in both body and spirit.