

A Course in Miracles tells us that the ego is an attempt to perceive and define yourself as what you wish to be, rather than what you actually are. Ego is your sense of separate identity, formed in response to what you've perceived and how you've interpreted your perceptions. Forming an ego requires you to make choices. Perceptions, however, are never wholly true. Perceptions are not knowledge. They're always made through a lens of some sort, and so distortion is inevitable.

Perceptions are inherently limiting, and so any sense of self derived from your perceptions is limited. It says, "I am this" and "I am not that." It's incapable of embracing the truth of who you are, because the truth of who you are is unlimited and whole. The truth of who you are cannot be perceived. It can only be *known*.

Today, allow yourself to look beyond your ego definitions. These definitions are nothing more than choices you've made, roles you've chosen to play, or limits you've chosen to place upon yourself. Breathe deeply into your heart. Set an intention to consult the source of knowledge within. Take your time. Who do you *know* yourself to be? Can you feel the unlimited potential? If you were to remove every label you've given yourself, what would remain?

Feel and know the truth of who you are. Say to yourself,

"I am."