

## The Two Wolves Inside



An elder Cherokee Native American was teaching his grandchildren about life. He said to them, “A fight is going on inside me . . . it is a terrible fight, and it is between 2 wolves.

One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

They thought about it for a minute, and then one child asked his grandfather, “Which wolf will win?”

The old Cherokee simply replies, “The one you feed.”