

An Old Cherokee Tale of Two Wolves

One evening an old Cherokee Indian told his grandson about a battle that goes on inside people. He said, 'My son, the battle is between two 'wolves' inside us all. One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.'

The grandson thought about it for a minute and then asked his grandfather: 'Which wolf wins?'

The old Cherokee simply replied, 'The one you feed.'

This is such a lovely story: so simple and yet so true. I think each and every one of us has these two wolves running around inside us. The Evil Wolf or the Good Wolf is fed daily by the choices we make with our thoughts. What you think about and dwell upon will in a sense appear in your life and influence your behavior.

We have a choice, feed the Good Wolf and it will show up in our character, habits and behavior positively. Or feed the Evil Wolf and our whole world will turn negative; like poison, this will slowly eat away at our soul.

The crucial question is "Which are you feeding today"?

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