

TWO WOLVES

An elderly Cherokee Native American was teaching his grand children about life.

He said to them "A fight is going on inside me – it is a terrible fight, and it is between two wolves.

One wolf represents fear, anger, envy, 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.

The same fight is going on inside you, and inside every other person too.

They thought about this for a minute, and then one child asked his grandfather "Which wolf will win?"

The old Cherokee simply replied – "The one you feed