

TALE OF TWO WOLVES

An old Cherokee is telling his grandson about a fight that is going on inside him. He said it is between two wolves. One is evil: anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and so on. The other wolf is good: 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 I feed.**"