

Two Wolves

One evening an old Cherokee Chief told his grandson about a battle that goes on inside people. The Chief said, "My son, you are a brave now, and there is a battle that is going to take place. Not one against others, it is the battle of the two wolves, inside of you.

One of them is; Evil. It is made up of; anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other of them is; Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The Grandson of the Chief, thought about it for a minute and then asked his wise grandfather and Chief:

"Grandfather, Do you know which one will win?"

The Chief simply replied, "The one you should be afraid of and the one that will win is the one you feed."