

## "TWO WOLVES"

I recently came across this jewel in a book I read, and now share it with you :

One evening, an old Cherokee told his grandson about a battle that goes on inside of 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.

"One 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.**"