



A Cherokee Elder was teaching his grandchildren about life. He said to them, "A fight is going on inside me... it is a terrible fight between two wolves.

One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride and superiority.

The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion, and faith.

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

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

The old man simply replied, "The one you feed."