The Story of Two Wolves

An old Cherokee chief was teaching his grandson about life.

"A fight is going on inside me," he told the young boy,

"a terrible fight between two wolves."

"One is evil, full of anger, sorrow, regret, greed, self-pity and false pride.

The other is good, full of joy, peace, love, humility, kindness and faith."

"This same fight is going on inside of you, grandson...

and inside of *every other person* on this earth."

The grandson ponders this for a moment and then asks,

"Grandfather, which wolf will win?"

The old man smiled and simply said,

"The One You Feed."

~Feed the Good Wolf~