

## **Native American Wisdom**

An elder Cherokee Native American was teaching his grandchild about life. He said to his grandchild ...

"A fight is going on inside of me ... and it is a terrible fight and it is between two wolves ...

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

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

The same fight is going on inside of you and inside of every other human being too."

After thinking about it for a minute or two, the grandchild asked his grandfather, "Which wolf will win"?

The old man leaned toward his grandchild and whispered ...  
"The one you feed."