



Two Wolves Poem

A Cherokee is telling his grandson about a fight that is going on inside himself.

One is evil: Anger, envy, sorrow, regret, fearful thinking, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is good: 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 Cherokee simply replied, “The one I fed.”

~Author Unknown