



## Two Wolves

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

The other 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 moment, and then asked his Grandfather, "Which wolf wins?"

The old Cherokee simply replied, "The one you feed the most."

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