

# CHEROKEE TALE OF TWO WOLVES

One evening an old Cherokee Indian 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, faith and forgiveness.”*

The grandson thought about it for a minute and then asked his grandfather: “**Which wolf wins?**”

The wise old Cherokee simply replied, “**The one you feed.**”

