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○ ***The Battle Within (The two wolves inside us all.)***

*One evening, an elderly
Cherokee brave 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 minute and then asked
his grandfather
"Which wolf wins?..."*

The old Cherokee simply replied,

“The one that you feed.”