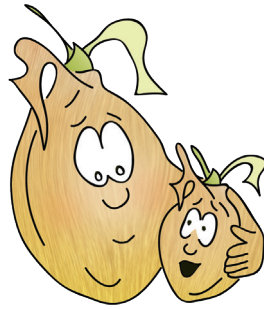


# Two Wolves



One day a Grandfather told his grandchild about a struggle that goes on within us. He said, “My dear child, the battle is between two wolves that live inside each one of us.”

One is called Evil. It is violence, envy, jealousy, selfishness, boasting, self-pity, resentment, lies and cheating.

One is called Good. It is joy, peace, love, hope, kindness, generosity, humbleness, compassion and honesty.

The grandchild thought about it for a minute and then asked, “Which wolf wins?”

The wise Grandfather simply answered, “The one you feed.”

*- Cherokee or Lenape Legend*

