

An Old Cherokee Is Teaching His Grandson About Life

"A fight is going on inside me", the old Cherokee said to his grandson. "It is a terrible fight and it is between two wolves."

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego."

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

"This same fight is going on inside you, grandson - and also inside every other person."

The grandson thought about it for a minute and then he asked his grandfather, "Which wolf will win, Grandfather?"

The wise old Cherokee simply replied, "The one you feed."