**The Battle Within**

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.”