

# Two Wolves - A Cherokee Parable

*An old Cherokee chief was teaching his grandson about life...*

*"A fight is going on inside me," he said to the boy.  
"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, self-doubt, 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 - and inside every  
other person, too."*

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

*The old chief simply replied,  
"The one you feed."*

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