

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle was between 2 "wolves" inside us all.

One was EVIL

It was
anger
envy
greed
guilt
jealousy
inferiority
& ego

The other was Good

It was
joy
peace
hope
love
kindness
humility
generosity

The grandson thought about it for a minute and then asked his grandfather:

"Which wolf wins?"

The old Cherokee simply replied:

The One you FEED