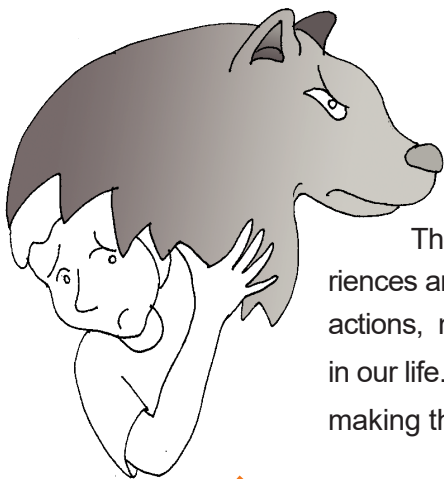


The 2 wolves



A Native American Parable

An old Cherokee is 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, and ego." He continued, "The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The 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 Cherokee simply replied, "The one you feed."



You don't need to fight with your "bad wolf". It is enough to make your "good wolf" stronger!

The message of this famous parable is powerful! It reminds us that our experiences are in our hands. Our thoughts, feelings and emotions, and as a result our reactions, nourish our negative or positive tendencies, which give way to consequences in our life. It is up to us to use them well, and that means assuming responsibility and making the right choices: which tendency do we want to make strong?

I have to pacify this bad wolf. He scares me, too.

It will help us decide to watch how these two forces, that the Native Americans refer to as Wolves, make us act and feel. What happens when the "bad wolf" takes control? How do you speak and behave? How do you feel when the "good wolf" stands by and guides you? Which "wolf" is a friend to you, and why? Be attentive and notice how certain video games or movies, an overuse of social-media, and even certain company can build tension and anxiety, anger and frustration within you. Be in charge of your reactions and life-experiences by cultivating what makes you feel good, by feeding your "good wolf!"



My "good wolf" is eating the right food, thanks to ME!

What does it mean to be responsible for the way we act?
What **diet** will make our "good wolf" stronger?
Does my happiness depend on others, or on what I have?
How can I cultivate my inner resources: talents, intelligence and Human Values, so my inner cupboard... is filled with good food?

