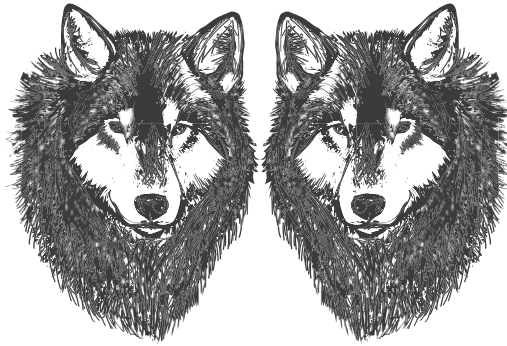


Two Wolves



One day a father told his child about a struggle that goes on within us. He said, “My dear child, the battle is between two wolves that live inside each one of us.”

One is called Evil. It is violence, envy, jealousy, selfishness, boasting, self-pity, resentment, lies and cheating.

One is called Good. It is joy, peace, love, hope, kindness, generosity, humbleness, compassion, truth and honesty.

The child thought about it for a minute and then asked,
“Which wolf wins?”

The wise father simply answered, “The one you feed.”

- Author unknown