

Name \_\_\_\_\_ Class \_\_\_\_\_

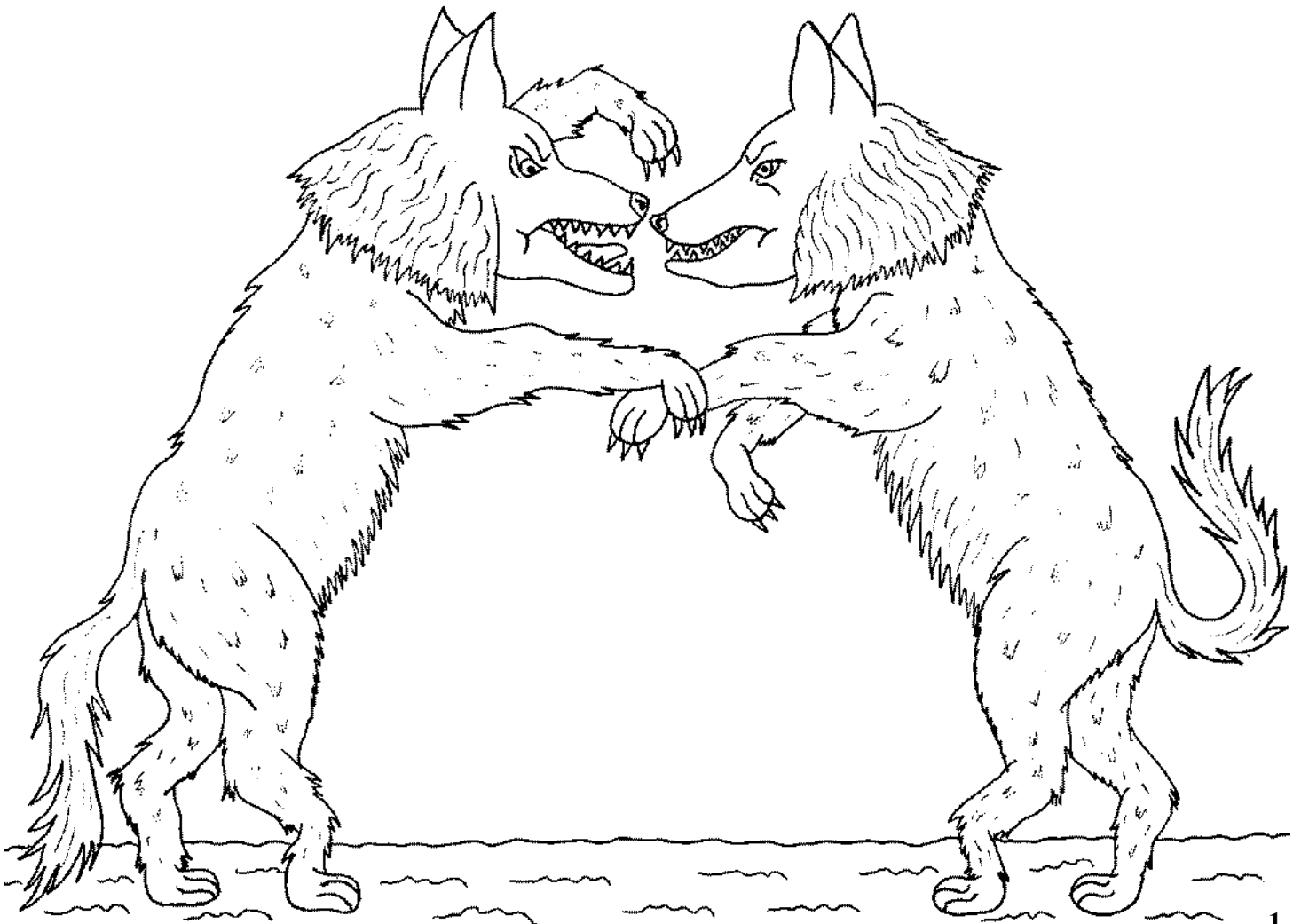
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## The Parable of the Two Wolves

A wise Cherokee elder sat by a campfire, telling his grandson an old Cherokee fable that had been passed down through the generations: There are two wolves, and they're constantly fighting with each other. One wolf is as bright and pure as the winter snow, representing love, empathy, forgiveness, hope, kindness and compassion toward others. The second is a dark wolf, representing anger, fear, resentment, darkness and despair. On and on they battle one another, waging combat day after day.

"So which wolf wins?" the grandson asks.

The elder turns to the boy and says, "Whichever one you feed."

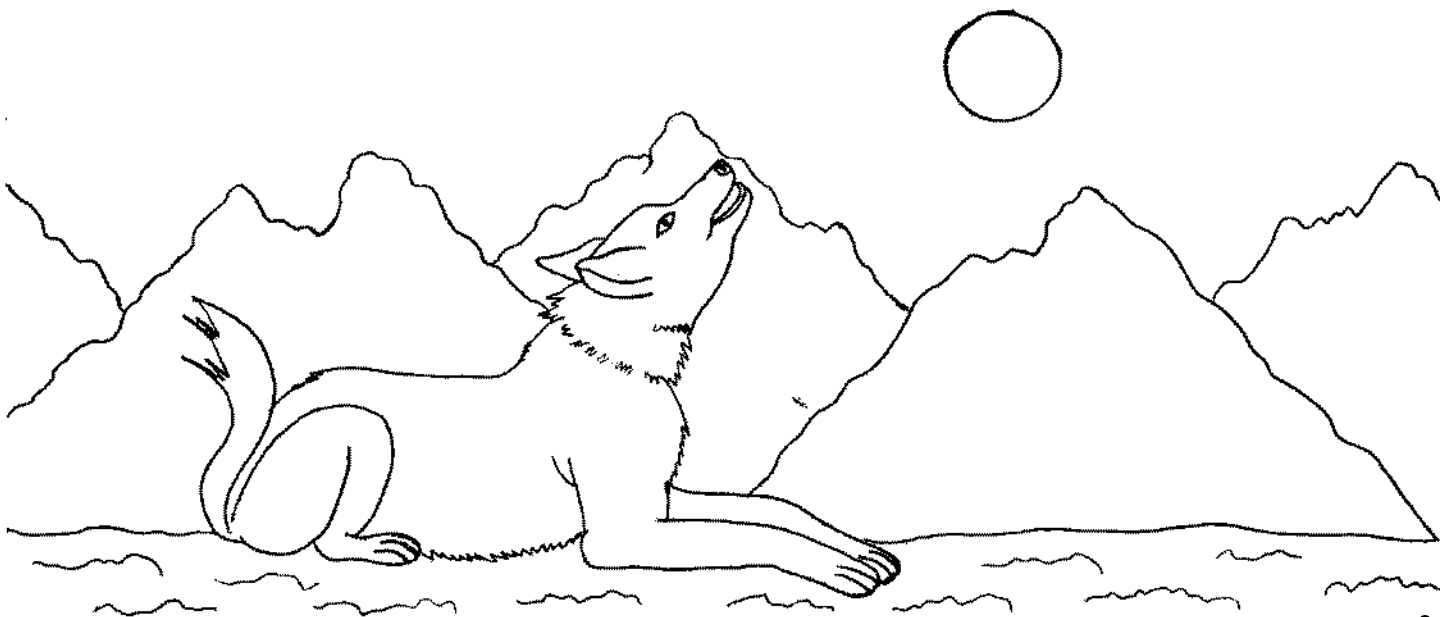


This story serves as a parable for the conflict each of us have going on inside our own mind ... the battle between our better angels and the more selfish and hurtful qualities we also possess. Like the wolves in the story, each day brings new situations that pit these dueling forces against one another, and it is we who must decide through our choices which wolf to feed.

Do we spend our time thinking more about ourselves, or what we can do to help others? Do we respond to upsetting situations with hurtful deeds of our own? Do we feed our fear, anger and resentment, allowing these things to grow bigger and bigger in our heart? Or do we push back against the malevolent wolf and focus on love, kindness and compassion toward others? Whichever wolf you choose to feed is bound to grow bigger and stronger in your mind.

1. Give an example of how one might feed the wrong wolf:

2. What happens if we keep feeding the wrong wolf?



3. How do we know if we're feeding the right wolf?

4. Give some specific examples of how you can feed the right wolf in your own life:

