

The Story of Two Wolves

The Cherokee legend of the two wolves illustrates the battle between our darker side (the black wolf) and our more noble side (the white wolf)¹²³. The story is often framed as an elder passing wisdom to a young listener, using the wolves as a metaphor for inner conflict³. Whichever wolf we "feed" with our thoughts and actions determines our character³

An old Cherokee is teaching his grandson about life.

A fight is going on inside of me, he said to the boy.

It is a terrible fight and it's between two wolves. One is evil and 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, hope, peace, serenity, humility, kindness, benevolence, generosity, empathy, truth, compassion and faith.

The same fight is going on inside you. And inside every other person too.

The grandson thought for a moment and then he said, Grandfather, which one will win?

The old Cherokee replied simply, 'The one you feed'.

The story and symbolism of the Two Wolves story succinctly teaches the power of what we focus on and how it creates and affects our lives.