An elderly Cherokee Native American was teaching his grandchildren about life... He said to them, "A fight is going on inside me, it is a terrible fight and it is between two wolves. One wolf is evil---he is fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, competition, superiority, and ego. The other is good -- he is joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith. This same fight is going on inside you, and inside every other person, too." They thought about it for a minute and then one child asked his grandfather, "Which wolf will win?" The old Cherokee simply replied, "The one you feed." --Author Unknown

Be The Change: