

The Two Wolves Teaching Parable

There is a wonderful story from the Cherokee Indian tradition. An old grandfather said to his grandson, who came to him with raging anger at a friend, “I too have felt great hate for those that have taken so much, with no sorrow for what they do. But hate wears you down, and does not hurt your enemy. It is like taking poison into your own body and wishing your enemy would suffer and die. It is as if there are two wolves inside me. One is kind and understanding and does no harm; it works to benefit the entire pack. He lives in harmony with all around and does not take offense or plot revenge. His heart is open and available to the Great Spirit. The other wolf is always vengeful, vicious and full of anger. The littlest thing will set him into a fit of temper. He fights everyone and for no reason. He kills without cause or remorse. He cannot think because his resentment, anger and hate are so great. His heart is closed to the Great Spirit. Sometimes it is hard to live with these two wolves inside me. Both of them try to dominate my Spirit.” The boy looked with amazement into this wise man’s eyes and asked, “Which one wins, Grandfather?” The grandfather smiled and said, “**The one that wins— is the one I feed.**”

Ask Yourself Frequently—Which Wolf Am I Feedings?

Feeding the Light Wolf

(The Higher Self/Spirit/Truth/Love)

- Be aware and responsible for every single thought, this is your only point of power, use it as soon as you notice! Mind the gap.
- Refrain from blame of others for your pain, projection is another form of poison which only harms us, not them.
- Choose to serve Love every day with each thought. Awake-Aware-Available.
- Ask for help from Spirit to train you to use every thought to heal and serve love.
- Fill yourself up with joyous activities. Spend time in nature, play, and walk away from any kind negativity as fast as you can.
- Make quiet time for Spirit often.
- Resist the temptation to indulge in righteous judgments of others and criticism of yourself.

TRUE Forgiveness!

- Keep yourself well-rested and strong, overwork and fatigue is the dark wolf’s weapon. Focus on what uplifts you!

Feeding the Dark Wolf

(The Lower Self/the Ego/Perceived Guilt)

- Filling yourself with negativity from the news, gossip, indulgent thoughts of judgment of what cannot be changed.
- Believing that heaping guilt upon yourself/anyone is right and helpful.
- Allowing yourself to get overtired and over worked, eating too much sugar.
- Believing that anger, blame, and violence in any form toward any individual or nation will EVER lead to peace.
- Focusing on what upsets you and being with others that are abusive.
- Overindulgence of food, sex, alcohol.
- Even the slightest judgment of oneself or of another, is powerful food for the dark wolf.
- Believing that your thoughts are not powerful and do not matter.
- Seeking or supporting violence, violent images, even if only in your thoughts.



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