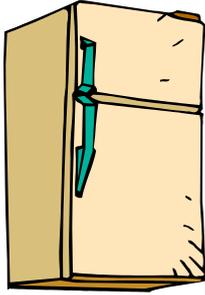




Two Wolves – A Cherokee Parable¹

Refrigerator Quote*
Number 2.



Here is a simple explanation of ego and choice:

An old Cherokee chief was teaching his grandson about life...

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

"It is a terrible fight and it is between two wolves."

"One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, self-doubt, and ego.

"The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith.

"This same fight is going on inside you - and inside every other person, too."

The grandson thought about it for a minute and then asked his grandfather,

"Which wolf will win?"

The old chief simply replied, "The one you feed."

^ Who was Eleanor Roosevelt?

She was First Lady of the United States from 1933-45, during the four presidential terms of her husband, Franklin Delano Roosevelt. *Roosevelt* was both her birth name and her married name; she was the niece of former president Teddy Roosevelt, and was a distant cousin to her husband Franklin, whom she married in 1905. Eleanor was active in social work and Democratic politics even before her husband became president, and after his election she helped to shape the social programs known as the New Deal. She was a new kind of First Lady: she traveled the country independently of FDR, visited coal miners and factory workers, wrote newspaper columns and opinion pieces, visited soldiers overseas during World War II, and advocated for the poor. After FDR's death, she continued to lecture and write about racial equality, women's rights and world peace. She was also an American delegate in the early days of the United Nations, a post she held from 1945-52. (Excerpt from: <http://www.factmonster.com/biography/var/eleanorroosevelt.html>)

* From a book about grieving# "I call these "refrigerator quotes" and ask grievors to put the quotation on a refrigerator door so they and members of the family, or friends, will see it. Some participants photocopy the quotes and pass them on. Others carry the quotes in a purse, notebook, or wallet for further reflection. The more they read and ponder a refrigerator quote, the more meaning it offers." (p.11.)

#Borrowed Narratives: *Using Biographical and Historical Grief Narratives With the Bereaving* by Harold Ivan Smith, published by Routledge Mental Health.

¹ Source of this version: <http://www.katherine-leon.com/2010/08/two-wolves-cherokee-parable.html>