

Two Wolves

One evening an old Cherokee told his grandson about a battle that goes on inside people.

He said, "My son, the battle is between 2 "wolves" inside us all.

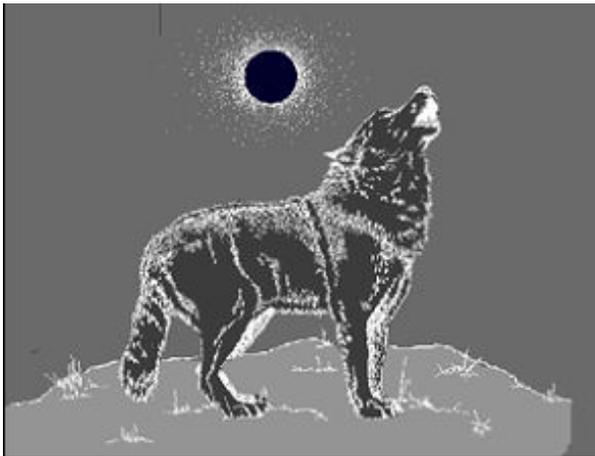
One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

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

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

"Which wolf wins?"

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



The Story of the Moso

The moso is a bamboo plant that grows in China and the far east. After the moso is planted, no visible growth occurs for up to five years - even under ideal conditions!

Then, as if by magic, it suddenly begins growing at the rate of nearly two and one half feet per day, reaching a full height of ninety feet within six weeks.

But it's not magic. The moso's rapid growth is due to the miles of roots it develops during those first five years, five years of getting ready.

Why The Elephants Don't Run

A number of years ago, I had the rather unique experience of being backstage in Madison Square Garden, in New York, during the Ringling Brothers Barnum & Bailey Circus. To say the least, it was a fascinating experience. I was able to walk around looking at the lions, tigers, giraffes and all the other circus animals. As I was passing the elephants, I suddenly stopped, confused by the fact that these huge creatures were being held by only a small rope tied to their front leg. No chains, no cages. It was obvious that the elephants could, at any time, break away from their bonds but for some reason, they did not. I saw a trainer near by and asked why these beautiful, magnificent animals just stood there and made no attempt to get away.

"Well," he said, "when they are very young and much smaller we use the same size rope to tie them and, at that age, it's enough to hold them. As they grow up, they are conditioned to believe they cannot break away. They think the rope can still hold them, so they never try to break free."

I was amazed. These animals could at any time break free from their bonds but because they believed they could not, they were stuck right where they were.

Like the elephants, how many of us go through life hanging onto a belief that we cannot do something, simply because we failed at it once before? How many of us are being held back by old, outdated beliefs that no longer serve us?

The Nails in the Fence

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence.

He said, 'You've done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there and a verbal wound is just as bad as a physical one.'

Ghandi's Shoes

As Gandhi stepped aboard a train one day, one of his shoes slipped off and landed on the track. He was unable to retrieve it as the train started rolling. To the amazement of his companions, Gandhi calmly took off his other shoe and threw it back along the track to land close to the first shoe. Asked by a fellow passenger why he did that, Gandhi replied, 'the poor man who finds the shoe lying on the track will now have a pair he can use.'