

## Native American Legend

### The Battle Within

There is a story told of a Native American warrior in the sunset of his days, who is passing on life truths to his grandson. He begins, "A fight is going on inside of me. It's a terrible fight between two mighty wolves: one with beautiful flowing black fur and the other with radiant white." He explains, "The shadowy one is Evil. He is vanity, wrath, envy lust, cowardice, greed, gluttony, sloth, and fear. The glowing one is Good. He is humility, courage, cleanliness, obedience, industry, integrity, wisdom, gratitude and peace. Son, you have this same fight inside of you. So does everyone who has ever occupied this ground." The boy looked confused. Then after a moment, the child asked, "Which wolf will win, Grandfather?" The old warrior counseled, "The one you feed, son. The one you feed!"

### Questions to consider:

A metaphor is an implied comparison between two things. It does not suggest a literal association, but rather one that is understood without being expressed directly. The old warrior uses the metaphor of a battle to explain to his grandson that we all have a struggle within us between Good and Evil.

1. What is Good compared to?
2. What is Evil compared to?
3. Are there literally wolves fighting inside of us? Give a specific example of something that might be a battle inside our minds.
4. What does the Grandfather mean when he says that the wolf that will win the battle is the one you feed?
5. Think about a time when you made a choice that went against your value system. How did you feel? Did it create an uncomfortable condition in your mind that could be compared to a battle? Why? Write about your experience.
6. How can we overcome the battles that come within our minds and hearts when we behave contrary to our beliefs or values?