

**Intended for Grades:** 7-12    **Estimated Time:** 30 - 45 minutes

**Lesson Title: TWO WOLVES INSIDE**

The Two wolves inside comes from a Cherokee wise elder. The author is unknown but the moral to this story is very universal. As human beings capable of good and evil we struggle with these opposing forces throughout our lives.

**Lesson Purpose:** Students will:

- \* Learn that every human faces the same struggle choosing to be good instead of bad.
- \* Provide students with new “tools” to help them have positive thoughts and feelings about themselves, others and life in general.

*Main ideas to be shared during the workshop:*

1. Forces of Good & Bad
2. Thoughts Become Things
3. Love is letting go of fear
4. Happiness is only a thought away

- \* Discuss prevalent issues in their lives and/or school
- \* Brainstorm ways to reduce the challenges and stress they face everyday

**Materials & Preparation:**

- \* Two wolves story hand out
- \* Two wolves inside poster
- \* Love is letting go of Fear hand out
- \* Small crumbled wads of paper (enough for each participant to draw one)
  - Write on ½ of the small slip of paper Love/happiness and the other ½ Fear/anger

**Background Information:**

This lesson weaves several concepts together - the dualistic nature of human beings, thoughts & feelings influence our actions, you can only experience one thought at a time, and we have the power to choose what we think and feel.

**Steps:**

1. The facilitator reads the Cherokee story.
2. Invite participants to share what the story means. Hand out the two wolves inside poster.
3. Ask the group, Can our thoughts create our reality or experience? Can you have “Yes? No?”
4. Ask students to pair up:
  - \* Instruct one person to think about something that makes them happy. The observer then looks at body language, facial expression, and body stance. (Have observer remember or record observations.)
  - \* Switch roles with the person now thinking a negative thought... The new observer records or remembers body language, facial expressions, and stance.
  - \* With the whole group, discuss observations and what participants noticed and learned about how thoughts influence our body language and emotions.

5. Another group question: “Is it possible for the mind to be thinking more than one thought at a time?”

\* Invite students to try to:

- Smile while having a negative thought
- Frown when having a positive thought

\* Discuss the outcome and why people cannot do this. (NOTE: Your brain can't think two things at the same time. If students argue this point, share that the reality is we have many thoughts that go on in our minds, but they can't happen simultaneously.)

6. Share the Love is letting go of Fear – hand out

\* Discuss if they feel this statement is true.... Refer back to the 2 wolves inside flyer of Good/happiness/love VS Evil/bad/Anger/Fear

7. Have students draw from a bowl a wadded piece of paper. After everyone has drawn. Ask students to read what is written on their wadded paper. It will either be Love/happiness or Fear/anger. Have students to do a quick write about how that emotion is currently operating in their life. After a few minutes – invite students to share their quick write with the whole group.

**Reflection Questions:**

\* What was something important that you learned from this lesson?

\* How can you use this information to help you do well in life?

# Inside Each of Us are Two Wolves



## ONE IS EVIL

It is anger, envy, sorrow, regret,  
greed, arrogance, self pity, guilt,  
Resentment, inferiority, lies,  
false pride superiority, and Ego

## ONE IS GOOD

It is joy, peace, love, hope, serenity,  
humility, kindness, benevolence,  
empathy, generosity, truth, compassion,  
and faith

Which Wolf Wins?

The One you feed most

# THE TWO WOLVES INSIDE

ONE EVENING, AN ELDERLY CHEROKEE BRAVE TOLD HIS GRANDSON ABOUT A BATTLE THAT GOES ON INSIDE PEOPLE.

HE SAID "MY SON, THE BATTLE IS BETWEEN TWO '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.

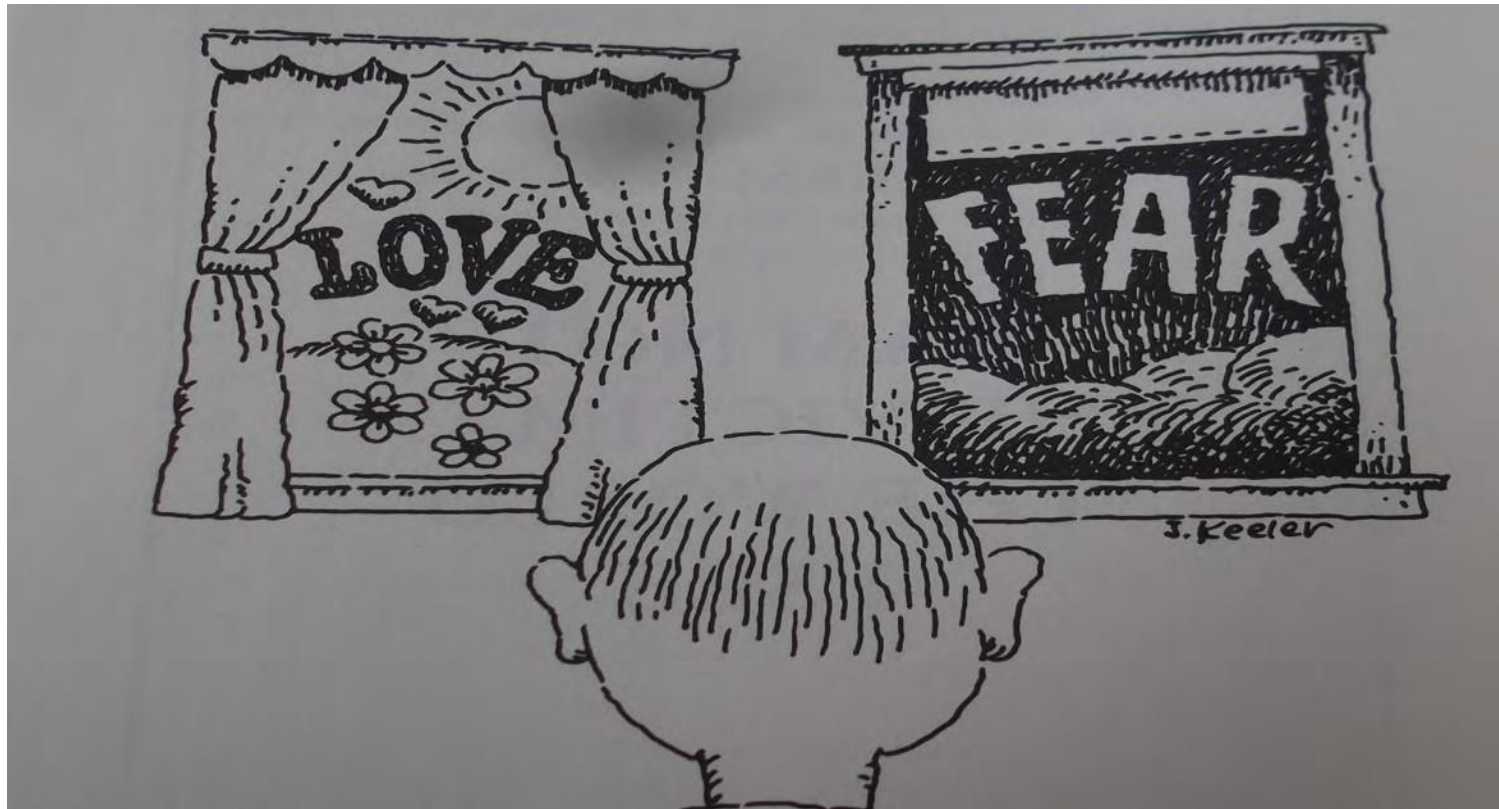
THE OTHER IS GOOD. IT IS JOY, PEACE LOVE, HOPE SERENITY, HUMILITY, KINDNESS, BENEVOLENCE, EMPATHY, GENEROSITY, TRUTH, COMPASSION AND FAITH."

THE GRANDSON THOUGH ABOUT IT FOR A MINUTE AND THEN ASKED HIS GRANDFATHER:

"WHICH WOLF WINS?..."

THE OLD CHEROKEE SIMPLY REPLIED, "THE ONE THAT YOU FEED"





You can not occupy the same thought at the same time

"Love, then, is letting go of fear."

"Fear and Love can never be experienced at the same time.  
It is always our choice as to which of these emotions we want."

– Gerald G. Jampolsky

**“Look at the choices you make, and consider whether these choices lead you towards love, or fear.**

**Even the smallest choices are based in love or fear.**

**Ultimately, every action you undertake is rooted in love or fear.  
Often there is a mixture of both — a confused muddle of motives.  
But one will be the primary motive.**

**For example---**

**Do you exercise because you love how it feels to your body,  
or because you fear gaining weight or experiencing physical deterioration?  
Again, the question is what is the *primary motive*.  
*Is the primary motive love, or fear?***

**The problem is, the fear path never leads you to a good place.  
It will never give you what you really want.**

**Because what you really want, of course, is love. Everyone wants love.  
But making decisions out of fear always leads you away from love, not toward love.**

***This is always true. When you do things out of fear, you are leading  
yourself further and further away from what you really want — which is love.”***