

One evening an old Cherokee 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 thought about it for a minute and then asked his grandfather: "Which wolf wins?"

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

Let us learn to feed the right wolf.

- Pay attention to dreams. Pay attention to visions.
- Read poetry and ask what it means and to what it points. Write poetry.
- Listen to music. Compose music. Sing. Chant.
- Dance and play for no reason other than the joy of it.
- Stay in the present moment as much as possible, noticing how the mind wants to grab a hold of snippets of information and terrify you.
- Start trusting hunches, inner messages, perceptions.
- Stop dismissing the quiet little inner voice. Notice how often you have done this.
- Ask yourself what things mean.
- Read stories and scriptures in a new way - see each character as an aspect of some principle and dynamic alive and well in you.
- Ask yourself what things mean are a symbol of. Study symbols especially ones that grab your attention and find out what all the various traditions have said they mean. What does it mean inside of you.
- What archetypal energies are you living out in your life? The martyr, the ruler, the warrior....? Can you expand your repertoire and call on different energies and dynamics within you. ... e.g.. can you move from being the martyr to the warrior?
- Notice how fluid you are and how rigid? Intuition is fluid. Intellect is rigid.
- Relax and open – tension is fear and the intellect.
- Examine the inter-connectedness or inter-beingness of all things in the universe.
- Seek to find commonality instead of difference in your experience with others.
- Seek to connect, not control.
- See judgment and criticism as the function of the intellect and see that, that which you judge is some disavowed aspect of self.
- See everything external as representative of something internal.
- Garden, walk in nature, do walking meditations
- Imagine and dream and allow yourself to see images, colors, patterns.
- Make mandalas.

- Do guided visualizations.
- Meditate.
- Draw, paint and express.
- Learn to feel the vibration/energy/atmosphere and know what it tells you.
- Use your imagination - stop dismissing it as 'not real.'
- Learn to see everything in the context of the whole and it's inter-connectedness to everything
- Bridge 'either/or' thinking with resolving paradoxes
- Start seeing the blueprint behind creation and you will awaken to a richer, deeper experience of life, closer to the Creator than the creation.