



WOLVES OF PEACE

There is an old Cherokee story about a tribal elder who is 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, 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 Cherokee simply replied, "The one you feed."

Musing on the NLP Presupposition that 'There is a positive intention behind every behaviour', isn't it amazing that almost everyone thinks they act with good intentions? Sometimes it is only for their own benefit or protection, but frequently these actions are justified as being the best for others too. Occasionally people will admit that they acted in anger, or with greed, and possibly feel guilty enough to have regrets. But few people accurately assess whether their heart or their ego lies behind their actions.

There is a dangerous assumption that an objective middle ground exists between love and fear or between the heart and the ego. Many people still think that truth is somehow separate, provable, measurable, justified by evidence and reasoned argument. They don't realize that these 'truths' are usually supporting only one map of the world. These 'truths' are ultimately based on limited sensory input, but the ideas, values and beliefs that develop as a consequence become sacrosanct.

People become so convinced and attached to these 'truths' that they will defend them unto death. Perhaps you've found yourself in arguments with people who hold an opposing view to your own. Or maybe you have watched the news in different countries - each one supporting a completely different 'truth'.

On a world scale it is unfortunate and very worrisome how much this phenomenon is happening right now. Politics and media have polarized into different camps, choosing evidence to support the rightness of their actions. As people argue the pros and cons of action or inaction, hardly anyone searches for the deeper level of truth for humanity.

Closer to home, an example of this was a young mother who was going through a transition time as her children were now all in school and she was considering the option of going back to work. Rather than face her feelings of inadequacy and low self esteem from being out of the work force for so long, she focused on problems with her husband. His short comings, his demands, his neediness, his controlling



behaviour became unbearable. She related story after story of unreasonable behaviour, fights, and how she didn't have a life. Her anger was all about how he needed to change, because he was the cause of all her bad feelings. As she continued to feed her anger, it grew to the point of wanting to give up and get a divorce. Plus, of course, focusing on her husband provided a neat distraction to divert attention away from her work issue.

Although she was convinced by all the evidences of her 'truth', I knew from previous sessions that she dearly loved her husband and children more than anything in the world. So I asked her why she was telling me all these stupid stories that I knew she didn't really believe deep down? If she wasn't willing to stand up for the love in her heart, I would! It turned out that what she really wanted by being so angry, was to be listened to, to be loved, and to be accepted for who she was. Her positive intention actually had little to do with her husband, and much more to do with old childhood wounds.

She was then willing to heal an old misunderstanding from 4 years old, when she felt unwanted and rejected by her mother. She had decided then that life was hard work, and she would have to live in service and sacrifice in order to get people to value her. Accessing her own inner, deeper truth, she realized how loved she really is, how important she has always been to everyone and how it doesn't matter whether or not people give her attention. She is important! From this perspective, there was nothing but love for her husband and children, and all her stories were exposed for their obvious bias.

"Every fantasy, be it of love or hate, deprives you of knowledge, for fantasies are the veil behind which truth is hidden. To lift the veil that seems so dark and heavy, it is only needful to value truth beyond all fantasy, and to be entirely unwilling to settle for illusion in place of truth."

A Course in Miracles

Where in your life might you be feeding the wolf of ego and fantasy?

1. Look for places in your life where you feel anger, revenge, cynicism, righteousness or superiority of any kind: especially moral, intellectual, or spiritual superiority. Look for places where you feel a victim, or so helpless and hopeless as to be numb or dead around some issue. Even look at the areas you make the most jokes about. These places will be harbouring the wolf of the ego.
2. Choose one of these areas and be willing to look underneath the stories to find out what is really going on. Has this been a distraction that hides a completely different issue? What else is going on behind this?
3. What excuse has it given you? What have you not had to do because of this? Or what did it prove?
4. Identify what the real issue is - usually a fear of some kind.
5. Facing this issue directly, are there ways you can deal with it? Or is there a deeper level of truth that transcends it?



6. Can you access the wolf of peace and love and feed that one instead? Do whatever you need to do to fully connect with your own deeper inner level of truth. How does this change your perspective?

7. You can repeat this process even on world scale issues and be able to speak and act with more clarity.