

My Two Wolves in AA

-Anonymous

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. (The Mind self will & the Spirit within God).

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."

We see this in the Big Book when it tells us that the main problem is in the Mind (Pg 23). It's our thoughts, the things I keep telling myself over and over again. In reality I am feeding that Evil Wolf and he will win the battle. If that wolf wins the battle because of my feeding him with my thoughts I can expect all of the things he represents, that is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego (Pg 62, Pg 133).

Restlessness, irritability, and discontentment comes from this wolf. On the other hand, if I feed the good Wolf with good thoughts, feeding it with clean thankful good thoughts I can expect to have joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith."

Make the choice to pray to my new Director, the one I committed to listen to in the third step, or am I going to give way to fear, or am I going to yield to temptation or not. If I fight temptation I will fail, instead I will employ my choice to pray about it instead of giving way to it. The Big Book on Pg. 84, Paragraph 3 "and we have ceased fighting anything or anyone -- even alcohol. For by this time sanity will have returned.

Pg. 85; 5th line: We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality -- safe and protected..... (this is only done by feeding the Good wolf).

The Big Book on Pg. 85, first paragraph, line 6, tells us; "Every day is a day when we must carry the vision of God's will into all of our activities. How can I best serve Thee - Thy will (not mine) be done. These are thoughts which must go with us constantly."

I have a choice, which Wolf I want to feed. God wants me to be "happy, joyous and free" and if I want to have what God wants for me then I better feed the Good Godly Wolf.

- Practicing heart coherence (logically consistent) is one method for "feeding" the Good wolf.
- Just take some time everyday to feed it by:
- Soaking in heart coherence for a few minutes
- Noting events you are grateful for -- no matter how mundane
- Noting people or qualities of people around you that you are grateful for - no matter how "small"
- Recall positive qualities about someone you need to have a difficult talk with or with whom you are annoyed
- Recall 3 positive things in your day to be grateful for and why you are; be specific and make them different every day
- If you have trouble finding the three things, identify a "negative" then create a rationale for why it is really positive - flip it around