

FEED THE RIGHT WOLF...

I had a sign this week. I was listening my audio CD's as I do on a regular basis and I heard exactly the same story told twice from two different CDs. It occurred to me that maybe this was a story and a lesson that I needed to hear and to learn. It is a profound story with a powerful message and it goes like this...



An old Indian Chief was lying on his deathbed and he gathered all his grand children around to give them his final words of wisdom before he moved onto the next world. 'My Children', he began, ' there is a war raging inside of my belly'. 'Grandfather, what is the problem?' one of his grandchildren asked.

'There are two wolves fighting inside my belly.' 'Two wolves?' 'Yes, my children; the black wolf is the wolf of bitterness and envy and despair and disgust. The other one, the white wolf is the wolf of love and peace and understanding and friendship. They are fighting each other and it hurts so bad.' The grandchildren asked, 'Grandfather which wolf will win?'

He smiled and said, ' here is the lesson my children' as he paused for a second, 'it will be the one I feed!'

Which wolf am I feeding?



This story really got me thinking about which wolf I am feeding and how easy it is, without even realising it, to feed the evil black wolf. The life changing message that comes from this story is that whichever wolf I feed, either consciously or unconsciously, will win and determine how my life turns out. It reminded me that I need to be deliberate about what I say to myself at all times.

Let me give a couple of examples of how easy it can be to spiral into feeding the wrong wolf;

Example one - You are lying in bed and the alarm goes off at 6am for you to get up and go for a run. It is cold, dark and wet and the black wolf inside convinces you that it would be better to stay in bed where it is warm. Rather than fight it you feed it; you justify to yourself that staying in bed would be

the best option and then the black wolf gets stronger and you keep feeding it. You start to feel guilty and beat yourself up because you have no self discipline and that you will never get the results you want. So when you do get up you prove to yourself that the black wolf is right by rushing and skipping breakfast. You continue to eat poorly during that day and then tell yourself that you will never be able to change. That one simple decision has become a negative spiral because you fed the wrong wolf.

Example two – This is a real life example. I played football for the St Kilda football club and aspired to be a champion. After 7 years with the club, and at the tender age of 23, I read in the newspaper, one Saturday morning after the 1987 season, that I had been de-listed and sacked from the club. My black wolf kicked in and I fed it! I blamed the club, I blamed the coaches, I felt sorry for myself and sucked my thumb! I held onto this resentment and bitterness and I continued to feed the black wolf for many years. I wanted sympathy rather than positive results. By the time I finally realised I had been feeding the wrong wolf, it was too late to do anything about it. All this because I chose to feed the black wolf!

Choose to feed the white wolf



As powerful as the black wolf is to determine where we end up, the white wolf has just as much power if we deliberately choose to feed it. Imagine the difference in example one if you had listened to and fed the white wolf. You would have bounced out of bed, gone for your run and felt incredible as a result. You would have eaten a healthy breakfast and had one of the best days of your life – had you fed the right wolf!

What about me? Would my circumstances have been different if I had fed the white wolf? Rather than going into blame and self pity I would have leapt into action. I would have found out what and where I needed to improve. I would have believed in my ability to do what I needed to do to make it at the top level (which, by the way, I had already done). I would have worked hard and kept going until I had been successful - if I simply fed the white wolf. It is not that hard, but it will take a deliberate decision.

Love the white wolf

We all have the ability and potential to have, be or do anything that we want in our lives if we choose to feed the right wolf, the white wolf. Both wolves are in our belly and they are always fighting. The best news is that we are in control of which wolf grows and which wolf goes! If we choose to love and trust the white wolf inside and deliberately feed it on a regular basis we will live an incredible life of abundance. Let's start feeding the white wolf NOW.

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