



Monday Matters

February 11, 2013

Two Opposing Wolves

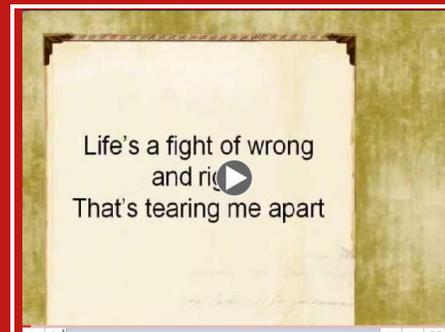
Have you ever had feelings, thoughts, or acted in ways that were unacceptable to even you but you felt totally helpless to control them? As we grow up, we become aware of things, maybe lots of things, in the world around us which are basically beyond our ability to control. These might include other people as well as most events in our lives.

Some of these things we have little or no control over are our own thoughts, feelings, and actions which can be the source of much distress and frustration. It may be thoughts such as "I cannot stop hating my boss for passing me over for a promotion." It may involve an emotion like "I lost a close friend or relative and I cannot stop feeling sad, lonely and even unloved." But are we without power to control our own thoughts, feelings and actions? Read the following story that I find enlightening and I hope you will find helpful as well.

An old Grandfather said to his grandson, who came to him with anger at a friend who had done him an injustice, "Let me tell you a story.

I too, at times, have felt a great hate for those that have taken so much, with no sorrow for what they do.

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Battle by Chris August (with lyrics)

Quote of the Week

"I do not forget any good deed done to me and I do not carry a grudge for a bad one."

~~ Viktor E. Frankl ~~

The Nelson Family



But hate wears you down, and does not hurt your enemy. It is like taking poison and wishing your enemy would die. I have struggled with these feelings many times." He continued, "It is as if there are two wolves inside me. One is good and does no harm. He lives in harmony with all around him, and does not hate.

But the other wolf, ah! He is full of anger. The littlest thing will set him into a fit of temper. He fights everyone, all the time, for no reason. He cannot think because his anger and hate are so great. It is helpless anger, for his anger will change nothing. Sometimes, it is hard to live with these two wolves inside me, for both of them try to dominate my spirit." The boy looked intently into his Grandfather's eyes and asked, "Which one wins, Grandfather?" The Grandfather smiled and quietly said, "The one I feed."

I'm sure many of you have thoughts about the story and it may even raises some questions such as:

- Are you aware of two different opposing "wolves" operating within your mind, one of which leads to pain and a diminished sense of life and the other to a joyous, meaningful, and fulfilling life?
- In what specific ways do you feed the negative wolf?
- What specific ways do you use to feed the positive wolf?
- Having become aware of how you feed the wolves within you, can you think of ways to better nurture your chosen wolf?



Anthony, Kristin, Leif, Juliana, Soren, Mia, Evangeline

The Nelson's are missionaries to the natives in Alaska.

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Monday Matters

Ron Nelson, CCA

MondayMatters.us@gmail.com

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"Cabin in Winter"

by Linda J. Nelson

ArtByLJNelson@bellsouth.net