

TWO WOLVES



One evening an old Cherokee and his grandson were sitting under a full moon as they heard wolves howling in the night. He said to the boy, "My son, there is a great battle between *two wolves* who live inside each one of us.

One wolf is Evil. He thrives on the energy of anger, self-pity, sorrow, pain, resentment, regret, envy, jealousy, lies, greed, guilt, false pride, superiority, and ego.

The other wolf is Good. He thrives on the energy of joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith."

The grandson watched beautiful white clouds drift past the moon as he thought for a while about what his grandfather had told him. Then he asked, "Which wolf will win the battle in me?"

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

*Dr. Andrew Weil
mental / physical exercise to
bring us to a greater awareness of
our breathing to influence it to increase health
* of Body & MIND*

I'll start with the guidelines. Then I'll share an expanded version, with commentary, interpretation, and additional teachings. You can always discover new layers of meaning and application.

The basic outline as Thich Nhat Hanh teaches it goes like this:

OUR AWARENESS OF BREATHING

1 Breathing in, I know
I am breathing in.
Breathing out, I know
I am breathing out.

[in]
[out]

2 Breathing in, I notice my
breath has become deep.
Breathing out, I notice my
breath has become slow.

[deep]
[slow]

*MINDFULNESS
BREATHING*

3 Breathing in, I calm my body
and my mind.
Breathing out, I feel at ease.

[calm]
[ease]

MANTRA |

4 Breathing in, I smile.
Breathing out, I release.

[smile]
[release]

5 Breathing in, I go back
to the present moment.
Breathing out, I know this
is a wonderful moment.

[present moment]

[wonderful moment]

(CANCER SURVIVOR)

TYG

breathe 81

"pause breathe smile" by GARY GACK