

## WFWP USA President's Corner: Memorial Day - Creating Bridges of Peace

Angelika Selle  
May 31, 2022



Dear friends,

In this Memorial Day season, as we commemorate the hundreds of thousands of mostly men - fathers, husbands, and sons - who gave their lives for their nation, we are devastated to witness the current state of our society in America. This is marked most notably by the recent senseless shootings of innocent schoolchildren in Texas and the racist slayings of shoppers in Buffalo, NY - not to mention the increasing violence and killings in our homes and streets, even in small and remote villages and communities.

How far have we come away from what is true, good, and decent - from what is moral and from

knowing what is right and wrong?

We women and mothers weep with the families who have lost their innocent children and pray for their souls and for the healing of their families. At the same time, as we think of the future and our next generation, we ask ourselves, wherein lies the answer and the solution to all of this?

There is one thing we mothers can and must do right now, and that is to thoroughly educate, re-educate, and guide our children and youth toward righteousness, godly values and principles, and a relationship with our Creator. Now is the right time to focus on the goodness in ourselves and those around us, instead of being swallowed up by all the darkness and confusion.

Remembering [the story of the two wolves](#) (and they are in each of us), WFWP is committed to intensify our efforts to promote, speak about, and highlight the good that is still there, and to hold each other accountable to be the best we can be.

We also call on all women and mothers to create bridges of the heart wherever we go, starting with our family and immediate environment, and also to encourage our men and husbands to do the same.

During the month of May, our Global Women's Peace Network Arizona chapter resurrected our WFWP Bridge of Peace Project, which had been on hold the last few years. And to our surprise, two local TV camera crews showed up and a station later aired [one minute of the event and an interview with me](#).

May this be the beginning of more Bridge of Peace ceremonies around the nation (please note that the Project, which embodies the values we stand for, is trademarked by WFWP). But most importantly, let us create or rebuild the KEY BRIDGE, which is the one with our Creator, our God, who will give us the strength to be able to weather the storms around us and stay true to what is good, righteous, and beautiful!

With prayers and hope,  
Angelika



## Two Wolves



Our negative thoughts can create anxiety, anger, resentment, jealousy—an array of emotions. Negative thinking is normal. However, if this way of thinking becomes incessant, it can lead to depression and self-destructive behavior like addictions, derailing us from what we want most in life. At minimum, negative thinking saps our energy, erodes our self-confidence and can put us in a bad mood. Certainly, many would agree that our thoughts come and go so quickly that it seems impossible to notice them, but with awareness and an attitude of self-compassion, we can redirect our negative thoughts to more positive ones.

Two Wolves is a Cherokee Indian legend and illustrates the most important battle of our lives – the one between our good and bad thoughts. Here is how the story goes:

**“ An old Cherokee 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.” He continued, “The other is good – he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion, and faith. The 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.”

Our thoughts can be our own worst enemy. That is, if we let them. Think about how you may be “feeding” your negative thoughts by allowing them to rule your mind. Next time you have a negative thought, catch it and ask yourself, “What is this thought doing for me?” You will find that the answer is that all they are doing is disempowering you. You can immediately feel more empowered by focusing on something good in your life and **cultivate the practice of gratitude.**

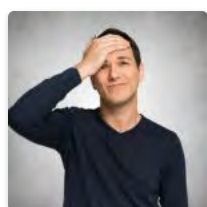
We can create greater peace, confidence and a more positive outlook by learning how to manage our thoughts. After all, this battle can be won because we have the power of choice!

***Which wolf are you feeding? Remember, you always have a choice...***

More resources:

- [The Legend of Two Wolves](#) by Celestial Elf (animated video of the Two Wolves story)
- [The One You Feed](#) podcast

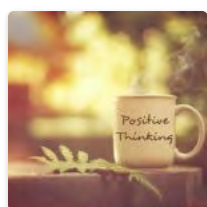
## You May Also Like



Shift Your Focus:  
How to Step Away  
from Distractions



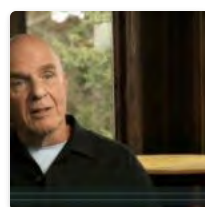
Visualize to Help  
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## Comments



Mike says



2020-10-30 at 11:40 PM

That is incorrect interpretation! If you stop feeding the bad he will get weak and eventually die.

[Reply](#)



Diana says

2020-11-11 at 8:41 PM

The first part of the story is telling us that we can never get rid of the first wolf, the first wolf will always be there. The fight between two wolves is eternal.

[Reply](#)



Latricia Turner says

2018-01-26 at 2:40 AM

Excellent and rewarding post. Thank you for helping me choose which "wolf to feed."

[Reply](#)



Callie P Roberts says

2016-08-28 at 9:50 PM

I love this..

[Reply](#)



VirtuesforLife says

2016-08-30 at 1:06 AM

Glad you liked the post Callie! It is insightful.

[Reply](#)



Brenda Stevens says

2016-08-03 at 5:25 PM

My Great Grandmother was Indian and simplicity of their "knowing" speaks volumes

,,,ahhhh THANK YOU!!!! Your words.....recognize the burn and FIRE of truth, share on my friend...share on!!!!

Reply



VirtuesforLife says  
2016-08-07 at 11:44 PM

Thank you for your comment and so glad that you enjoyed the post! This Native American Indian wisdom is truly a strong message for all.

Reply



The One You Feed says  
2016-03-10 at 8:23 PM

Thanks for the discussion here. We created a podcast based on this parable. It is called The One You Feed and we'd love to know what you think.

<http://oneyoufeed.net>

Reply



nikhilsheth says  
2016-03-02 at 4:58 AM

I loved watching Tomorrowland where they've done a good job in bringing this quote to life <3

Reply



peace65 says  
2016-02-26 at 7:08 PM

The Native American elder tale shows how things are in reality, that we are all children of God and how we need to recognize our role and make a difference in the world we live in. The way we address the issues and manage our difficult experiences dictate the outcome. The issue with the letter of Galatians is that it shows a limited God who punishes his people, it contradicts the idea that the Cherokee Indians are teaching. Impurity, debauchery, sexual immorality, idolatry can be misconstrued in various ways depending on one's religion and figment of imagination to me that's too narrow. God is loving, for he allows free will and offers salvation. The Galatians is about a young Paul

addressing the issue of his time, we should not read this out of context. Paul also says in his letter to the Galatians, "Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort? (Galatians 3:3) Paul also wrote in Luke, read that and see the difference as Paul becoming more matured more aware. That is why we should not read the bible by verse, instead we should read in context. People evolve, just like religion we should do the same, open our heart, don't try to edge God.

[Reply](#)



Tanya Bhatia says

2016-02-21 at 10:56 AM

Found this beautiful story from the drama Hello Monster.. Such an amazing message delivered by these words!

[Reply](#)



TheOverTime says

2016-02-18 at 5:26 AM

The black wolf.

[Reply](#)



miya says

2016-01-12 at 4:42 PM

Technically if u read the full story it goes on to say that u can't feed one more than the other. If u only feed the good wolf the bad one will always be waiting. So u must feed them both because both have good attributes that the other does not where the good is kind and soft the bad is strong and assertive. Balance them both to truly attain peace.

[Reply](#)



punjabi says

2013-12-06 at 11:30 AM

Speechless.....so strong of a message ...it's a turning point for everyone.

[Reply](#)