



CULTIVATING THE SEEDS OF CHANGE ©
Renée Canali, Mindset Coach Vol.3, Issue 12 December, 2006

Gifts to Give Yourself

This is the Cherokee Tale of Two Wolves. There are many versions, but the lesson remains the same.

One evening, the grandson of an old Cherokee came to sit at his knee and ask the many questions that children ask. Tonight, the grandson came to his grandfather with a look of anger on his face. Grandfather said, "Come, sit and tell me what has happened today."

The child sat and leaned his chin on his Grandfather's knee. Looking up into the wrinkled, nut brown face and the kind dark eyes; the child's anger turned to quiet tears. The boy said, "I went to the town today, with my father, to trade the furs he has collected over the past several months. Father said that since I had helped him with the trapping, I could get something I wanted. I was so excited to be in the trading post, I have not been there before. I looked at many things and finally found a metal knife! It was small, but a good size for me, so father got it for me."

Here the boy laid his head against his grandfather's knee and became silent. The Grandfather, softly placed his hand on the boy's raven hair and asked, "And then what happened?" Without lifting his head, the boy said, "I went outside to wait for father, and to admire my new knife in the sunlight. Some town boys came by and saw me, they got all around me and starting saying bad things. I dropped my knife and one of them snatched it up and they all ran away, laughing." Here the boy's anger returned, "I hate them, I hate them all!"

The Grandfather, with eyes that have seen too much, lifted his grandson's face so his eyes looked into the boy's, "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. 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.

It is as if there are two wolves inside me, one is white and one is black. The White Wolf is good and does no harm. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith. He lives in harmony with all around him but will only fight when it is right to do so, and in the right way. But, the Black Wolf is full of anger. It is evil, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. 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 said, "The one I feed."

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GROWTH ACTION PLAN FOR DECEMBER 2006 ©

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Many of life's gifts are brought to us by those who have gone before us, like this wise Cherokee. In the tales that are passed down from generation to generation and shared from culture to culture, it is not surprising that the lessons they teach are the same. My hope for you is that you discover ways to encompass their wisdom into your life.

Here are some gifts I encourage you to give to yourself:

- Let go of Have to do's and Should do's. These are things driven by guilt and expectations. Do only those things that move you toward your truest desires and the wellbeing of yourself and your family.
- Throw out those "coulda, woulda, shoulda's". What has passed is no more. The moment right now is what is most important. Make the most of the 86,400 seconds you have today.
- Take time for a midsummer night's dream and visions of sugar plums. Dare yourself to go beyond those boundaries that exist in your mind's eye while you create your life's journey.
- Focus on what you **want** instead of what you don't want. If something is bothering you, figure out what the opposite of that feeling or situation is and focus on acquiring or achieving That.
- Invite abundance into your thoughts, words and deeds. Whenever you are feeling overwhelmed by life, fearful or impoverished, give to others of your thoughts, time or your resources.
- Create "who" you are every day. "Who" you were yesterday is only a reference point from which to launch a new discovery! Your choices determine your outcomes.
- Enrich your relationships. Work towards listening intently to what others are saying to you. Focus on their meaning, not on your response. What is the real message? Seek first to understand. Only then should you seek to be understood.
- Set the stage every night for the next day's events. Decide to have a day full of energy and opportunity. Plan those activities that contribute to your dream to be taken care of first thing. If you fail to plan, you plan to fail.
- Persist in conquering your fears. Gain momentum every day by moving towards a goal. Take a gulp of courage, rinse and repeat! Don't allow setbacks or disappointments to leave a bad taste in your mouth.

Lastly and most importantly, give the gift of **celebration**. Every time you try something new, celebrate; when you face a fear, party; as you surpass your expectations, dance! Celebration is the crown for your victories-both large and small.

Peace, health and prosperity to you and your families now and in the coming year. I am grateful for the opportunity to share with you through this newsletter.

Renée

For things to be different you have to cultivate change. If you are ready to take action to create and live an extraordinary life, contact Renée for a coaching consultation at Renee@landofpossibility.com or call 866-337-2728. All rights reserved. This may be reproduced with copyright statement and credits intact.