A Native American grandfather was talking to his grandson about how he felt about the September 11th tragedy and he said, "I feel as if I have two wolves fighting in my heart. One wolf is the vengeful, angry, violent one. The other wolf is the loving, compassionate one. The grandson asked him, Which wolf will win the fight in your heart?"

The grandfather answered, "The one I feed."

PeaceVow.com The artist as a voice for peace Author unknown. Thanks to John Schmieding, Athens Area Mediation Service