

# BREATHE

A spiritual care resource created by Kaseman's Spiritual Care Department

## THE TWO WOLVES (a Cherokee wisdom story)

An elder talking to a child says, "I have two wolves fighting and at war in my heart. One wolf is untamed - constantly fearful, angry, arrogant, greedy, vengeful, envious, resentful and deceitful. The other wolf is tamed - compassionate, loving, humble, kind, empathetic, generous, truthful and peaceful."



The child asks, "Which wolf will win the fight?"



The elder responds, "The one I feed. That doesn't mean that we try to deny or hurt or kill the untamed angry wolf. If we did that we'd end up in a long battle, all the while somehow making that wolf more powerful through our hostility and fear. Hating that wild untamed wolf sucks the strength right out of us. Instead, we calmly pay attention to that wolf and let go of believing they have the answers. If we can do that, they end up lying down next to us - no longer an enemy."

He continues: "We help strengthen the tame wolf - the kind loving wolf by giving it nourishment and support so that we can follow it. That peaceful wolf can become our steady companion, and show us the way through all kinds of different life



experiences: restful or chaotic, enjoyable or disappointing experiences may come and go. But we can have a guide with us through it all. This is what our awareness of these two wolves within us can help us do. We can choose which wolf to feed. We can choose what we will gently let go off and leave behind. We don't have to be at the mercy of old habits, or old ways of thinking, or old ways of being that make us walk backward. We are empowered. It just takes practice."

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## REFLECTION QUESTIONS

- Which part of the story did you find the most important? Which part of the story resonated with you?
- What experiences have you had that is close to this story?
- Where do you find yourself in this story? Which part of the story is about you?
- Notice if you had a moment when you embodied the untamed wolf.
- Notice moments when you embodied the tame wolf.

# NOTICING THE TWO WOLVES WITHIN US

**INSTRUCTIONS:** In each column below, notice attributes (or characteristics) of both the untame and tame wolf that you have experienced in yourself.



- Impulsive
- Reactive
- Rage
- Hostility
- Irritability
- Hitting
- Fear
- Anxious
- Defensive
- Suspicious
- Catastrophizing

- Tense
- Possessive
- Vengeful
- Deceitful
- Resentful
- Apathetic
- Panicky
- Dread
- Despair
- Closed
- Egotistical

- Kind
- Loving
- Patient
- Empathetic
- Connected
- Generous
- Peaceful
- Truthful
- Forgiving
- Responsible
- Hopeful

- Positive
- Helpful
- Accepting
- Genuine
- Open
- Easy going
- Supportive
- Calm / Relaxed
- Respectful
- Grateful
- Altruistic

**INSTRUCTIONS:** To feed the tame wolf, circle a few tools on the right that might be good for you to practice.



## The 12 Tools

*Tools for Learning • Tools for Life*



### **Breathing Tool**

*I calm myself and check-in.*



### **Quiet/Safe Place Tool**

*I remember my quiet/safe place.*



### **Listening Tool**

*I listen with my ears, eyes, and heart.*

### **Empathy Tool**

*I care for others. I care for myself.*



### **Personal Space Tool**

*I have a right to my space and so do you.*

### **Using Our Words Tool**

*I ask for what I want and need.*



### **Garbage Can Tool**

*I let the little things go.*

### **Taking Time Tool**

*I use time wisely.*



### **Please & Thank You Tool**

*I treat others with kindness and appreciation.*

### **Apology & Forgiveness Tool**

*I admit my mistakes and work to forgive yours.*



### **Patience Tool**

*I am strong enough to wait.*

### **Courage Tool**

*I have the courage to do the "right" thing.*



# CREATE YOUR SPIRITUAL CARE PLAN

Commit to actions that will feed the tame wolf.

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## A Toolbox of Spiritual Practices

Below is a partial list of practices that may help you cultivate spirituality in your life. Take a look at the list and see what speaks to you. Which of these nourish your spirit? How would you incorporate these practices into your life? What would you add to the list?

- Read sacred and inspirational literature
- Practice forgiveness of yourself and others
- Listen to or make music
- Spend time in deep reflection, meditation, or prayer
- Participate in groups that involve trust and cooperation (example, sports, hobby or interest groups)
- Observe day of designated for sacred rest – stop doing and enjoy being
- Engage in dance and other types of physical expression
- Involve yourself in acts of kindness to others
- Spend time in nature
- Appreciate the arts
- Be creative – painting, knitting, cooking, gardening, fixing things...
- Share your spiritual journey with others
- Keep a journal
- Nourish others by serving food
- Caring for animals
- Growing and caring for plants, garden
- Joining a social movement for the common good (social, environmental justice)
- Belong to and participate in a faith community
- Take part in rituals, or symbolic practices that are spiritual

\*\*\*This worksheet is adapted from Elisa Goldberg's "Guide to Leading Spirituality Support"

## Spiritual Treatment Plan 2

Identify your spiritual resources. List what helps you move from:

Vulnerability > Resilience \_\_\_\_\_

Helplessness > Agency \_\_\_\_\_

Despair > Hope \_\_\_\_\_

Emptiness > Purpose \_\_\_\_\_

Isolation > Communion \_\_\_\_\_

Resentment > Gratitude \_\_\_\_\_

Sorrow > Joy \_\_\_\_\_

## Threefold Path: In/Out/Up 3

Spiritual healing involves nurturing a relationship with yourself, others, and the Divine. Write the practices that support you in each of the areas below.

Reaching In (Self)

Reaching Out (Others)

Reaching Up (Higher Power / Wisdom)



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**Three grounding tools.** Choose three activities that you will commit to trying for a month.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

## The Waters of Life - Vocabulary of Spiritual Life 5

The words listed below are words related to a thriving spiritual life when we allow ourselves to become more grounded in the present. **Circle words below that you will likely embody** (or receive) if you consistently follow through with your Care Plan above.

- |                 |                |
|-----------------|----------------|
| • Awe/Wonder    | • Hope         |
| • Meaning       | • Love         |
| • Wholeness     | • Purpose      |
| • Healing       | • Acceptance   |
| • Gratitude     | • Grace        |
| • Connection    | • Faith        |
| • Forgiveness   | • Joy          |
| • Compassion    | • Awareness    |
| • Peace         | • Harmony      |
| • Ease /Freedom | • Rest/Renewal |
| • Patience      | • Resilience   |