

The chief was sitting at the edge of the village, obviously deep in thought. He sat there for hours and hours, seemingly unmoving. The tribe was beginning to get worried and restless, but nobody wanted to disturb him. An elder eventually got up his courage and walked over. 'Chief,' he asked, 'what's going on? You look so troubled!' The chief just sat there, and the elder thought that he had not heard. Finally the chief spoke.

He said: 'You know, it's like there are two dogs fighting inside of me all the time. A dog of glowing light and beauty, and a dog of fire and smoke. This dog of fire is not glowing with the light but, life choking smoke and consuming fire. He is mean, irritable, and angry. He is fighting for me to stay isolated. His venomous bites fill me with anger and resentment like things will never get better. He wounds my sense of being with self righteous or self destructive pride. His blows have me feeling fearful, anxious, judgmental and spiritually disconnected.

The dog of glowing light is fighting for me to shine light from the inside. As he bites in to the fire and smoke dog I'm brought to live fearlessly outside myself with love, passion and kindness. I feel his bites sinking in to me like good pain, when I go the extra mile or push through fear. He slashes at the smoke and fire dog with forgiveness, grace and hope for the future. This dog shines bright, He is the me that longs to live with purpose. This dog is my God given soul my authentic self, my essence and my creativity flow from here, as does my intuition, faith, and sense of connection and compassion. The mystery of the glowing light dog has me reaching to know more about the depths of vibrant, real, unconditional love and spiritual connection.

Behind these eyes is a battle. The fire and smoke dog is constantly fighting the glowing light dog.'

The elder looked at the chief and said quietly, 'Chief, so which dog wins?' The chief sat quietly for a moment, and then replied: 'the dog I feed.'