



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

BENEVOLENCE

be·nev·o·lence — *the quality of being well meaning; kindness.*

Generosity is only
benevolence in practice.

What Are Your Intentions Toward Others?

By Rick Hanson Ph.D.

Benevolence is a fancy word that means something simple: good intentions toward living beings, including oneself.

This goodwill is present in warmth, friendliness, compassion, ordinary decency, fair play, kindness, altruism, generosity, and love. The benevolent heart leans toward others; it is not neutral or indifferent. Benevolence is the opposite of ill will, coldness, prejudice, cruelty, and aggression. We've all been benevolent, we all know what it's like to wish someone well.

Benevolence is widely praised—from parents telling children to share their toys to saints preaching the Golden Rule—because it has so many benefits:

Benevolence toward oneself is needed to fulfill our three fundamental needs: to avoid harms, approach rewards, and attach to others. When these needs are met, your brain shifts into its Responsive mode, in which the body repairs and refuels itself, you feel peaceful, happy, and loving.

Benevolence toward others reduces quarrels, builds trust, and is the best-odds strategy to get good treatment in return.

Benevolence within and between nations promotes the rule of law, educates children, feeds the hungry, supports human rights, offers humanitarian aid, and works for peace.

Of course, this is just a partial list of benefits. Bottom-line, benevolence is good for individuals, relationships, nations, and the world as a whole.

How Can We Sustain Benevolence in Ourselves and Others?

Know what benevolence feels like in your body, heart, and mind: Bring to mind a sense of warmth and good wishes toward someone. How does this feel? Try on other kinds of benevolence, and toward other beings, to sense what these are like as well.

Realize that benevolence is natural and normal: In the media, we are so bombarded with words and images of anti-benevolence that you can start to think that ordinary decency and kindness are somehow exotic. But in fact, as we evolved, our ancestors stayed alive and passed on their genes by caring about themselves and others. And given the gratitude and reverence for nature commonly found in hunter-gatherer bands today, they likely also cared about the world upon which they depended.

- **Take care of yourself: When your core needs are met—when you're not stressed by threat, loss, or rejection—the brain defaults to its resting state.**
- **Take a stand for benevolence: Establish your intentions.**
- **Step out of your comfort zone: For example, seeing people you don't know, try wishing them well. Or with someone who's irritating, try looking past the surface to sense this person's own stress and worries.**
- **Last, appreciate some of the benevolence that buoys you along: We've all been nurtured and protected by friends and family. Show gratitude.**

The Art of Emotional Composure

If you lack the inclination to be kind and really want to change that about yourself – the answer to changing that is truly at your fingertips! Refer to the BASIC POWERTAPPING WORKBOOK and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – you can turn that around and in return, enjoy the benefits of doing acts of kindness!

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