



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.”



love – *an intense feeling of deep affection.*

Have you ever found yourself in a position where you know you should be feeling something, but don't? Do you feel as if you've built a wall around your heart that's preventing you from being in tune with your emotions and preventing you from making changes in your life? If so, living that way can

have long term, unwanted consequences and freeing yourself from the further damage it can cause is essential.

There is no greater power than love! Love has the ability to heal the world. Love is pure and decent, innocent and true. It has the capacity to heal old wounds and cleanse you of any negativity that does not serve you.

Love can take many forms. There is love we feel for our spouse, our family, a child and a friend, as well as the love we feel for our pets.

Then, there is love that is referred to as self-love, meaning the love of self. Why is it so hard to love ourselves as we are? Why do we seek validation, acceptance, recognition and acknowledgement from others? The truth is that we are seeking love outside of ourselves. We are putting those outside of ourselves responsible for us loving ourselves. This is not a bad thing. It is human nature to seek approval and love outside of ourselves.

The Importance of Showing Love

It's easy to forget the importance of expressing love in the day-to-day struggles of life. In addition, we all have moments of frustration, anger, anxiety, or sadness; times when it's hard to fully be there for the ones we love, but it's important to remember that love is action and if love is not expressed, it may be a pattern that needs to change.

10 Ways the Bible Interprets Expressing Love –

1. **LISTEN** without interrupting. (Proverbs 18)

2. **SPEAK** without accusing. (James 1:19)

3. **GIVE** without sparing. (Proverbs 21:26)

4. **PRAY** without ceasing. (Colossians 1:9)

5. **ANSWER** without arguing. (Proverbs 17:1)

6. **SHARE** without pretending. (Ephesians 4:15)

7. **ENJOY** without complaint. (Philippians 2:14)

8. **TRUST** without wavering. (Corinthians 13:7)

9. **FORGIVE** without punishing. (Colossians 3:13)

10. **PROMISE** without forgetting. (Proverbs 13:12)

“Keep love in your heart. A life without it is like a sunless garden when the flowers are dead.”

– Oscar Wilde

The Art of Emotional Composure

If you're having a hard time feeling and showing love – the answer to changing that is truly at your fingertips! Refer to the **BASIC POWER TAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. You are in control of your emotions – you can turn off that switch that's keeping you from feeling and expressing love. Time to take action and change it!

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