

August 2014 –The Wolf of Wellness St.

As I lay in bed in the half cloaked darkness the other morning wondering what time it was and whether it was worth counting a few sheep to head back into noddylan, the alarm went off. In a nano second, hubbie was up doing exercises.

Aware that he awakens in such fashion every weekday (though I'm usually never compos mentis at the time), I was amazed at his self-discipline and wondered how he does it.

When I put the question to him, he replied that he had taught himself not to 'think' and to just to 'do'. If he allowed himself an opportunity to think, that thinking space would quickly fill up with many reasons as to why he should languish in the arms of Morpheus...too tired, too cold outside, too dark, don't feel like seeing X today and so on and so forth...point being...we all have a natural tendency to incline ourselves towards negativity when given the chance.

The brain is in fact wired for negativity and according to scientists, of the roughly 60,000 thoughts we have each day (95% of which we thought yesterday), 80% of those thoughts are negative! Now isn't that something to ponder?

This brings to mind the well-known Cherokee parable of an Indian chief who one evening, sitting by the campfire teaching his grandson about life, told him about the fierce battle that goes on inside each of us between 2 wolves, one gunning for happiness, love, joy, peace, empowerment, freedom, appreciation, gratitude et al, the other gunning for sadness, fear, worry, self-doubt, despair, anger, powerlessness and all those other lower, dead-weight emotions.

Intrigued, the little boy looked up at his grandfather and asked "Which wolf will win?" To which the chief replied "The one you feed."

I just love this story because it serves as a great reminder that we have choice, free will and a hand that constantly feeds us.

Which wolf are you feeding?

By all accounts hubbie starves himself when that alarm goes off because he doesn't give himself time to feed on anything! Must be why he's in such great shape 😊

Till next month

Here's to the Wolves on Wellness St!

Caroline