



# THE KINGDOM OF WOLVES

ANCIENT WISDOM  
FOR A  
MODERN WORLD

CHARLES (CHICK) OLSSON  
ILLUSTRATED BY RYAN JONES

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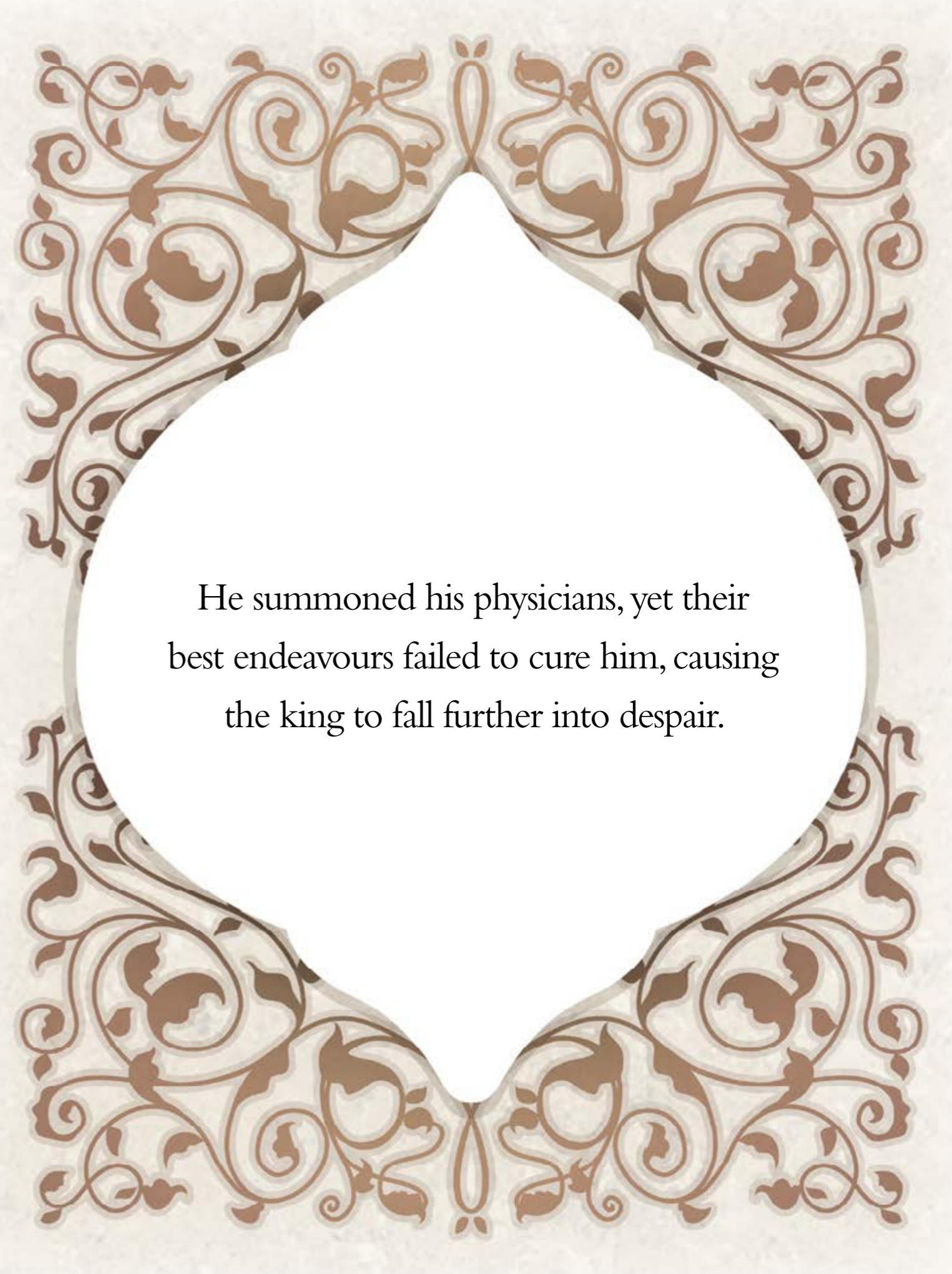
There once lived a mighty king who desired  
for nothing, but believed he had very little.



Inner peace had become a phantom, happiness no longer part of his life, as incomprehensible despair grew every day in his mind. His moods swung from high to low, capricious as the wind.



He summoned his physicians, yet their best endeavours failed to cure him, causing the king to fall further into despair.





The king reasoned that if peace of mind was not discoverable in his palace, then contentment might be found elsewhere. Appointing trusted administrators, he bid farewell and began his adventure.

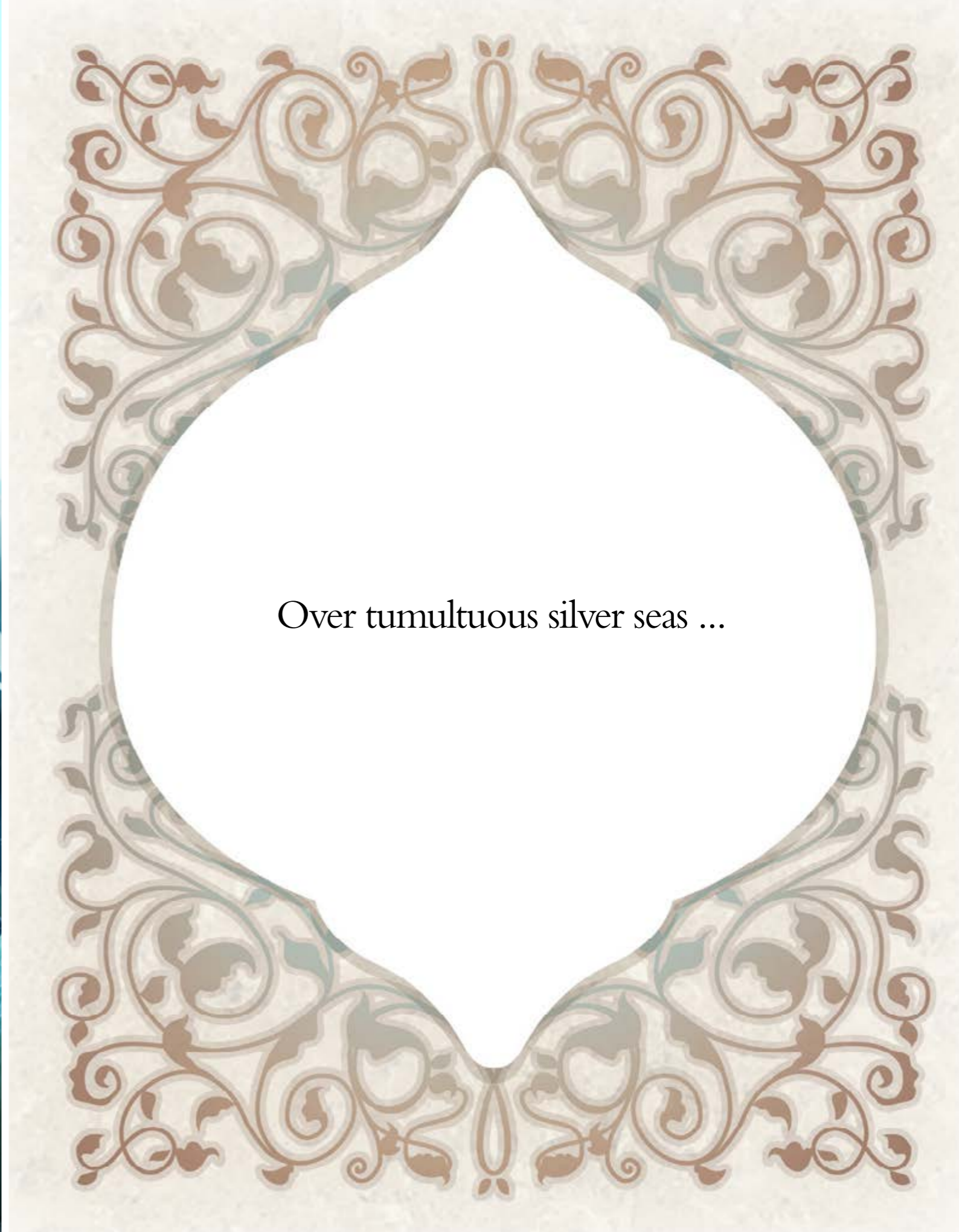


Through frost covered polar deserts ...

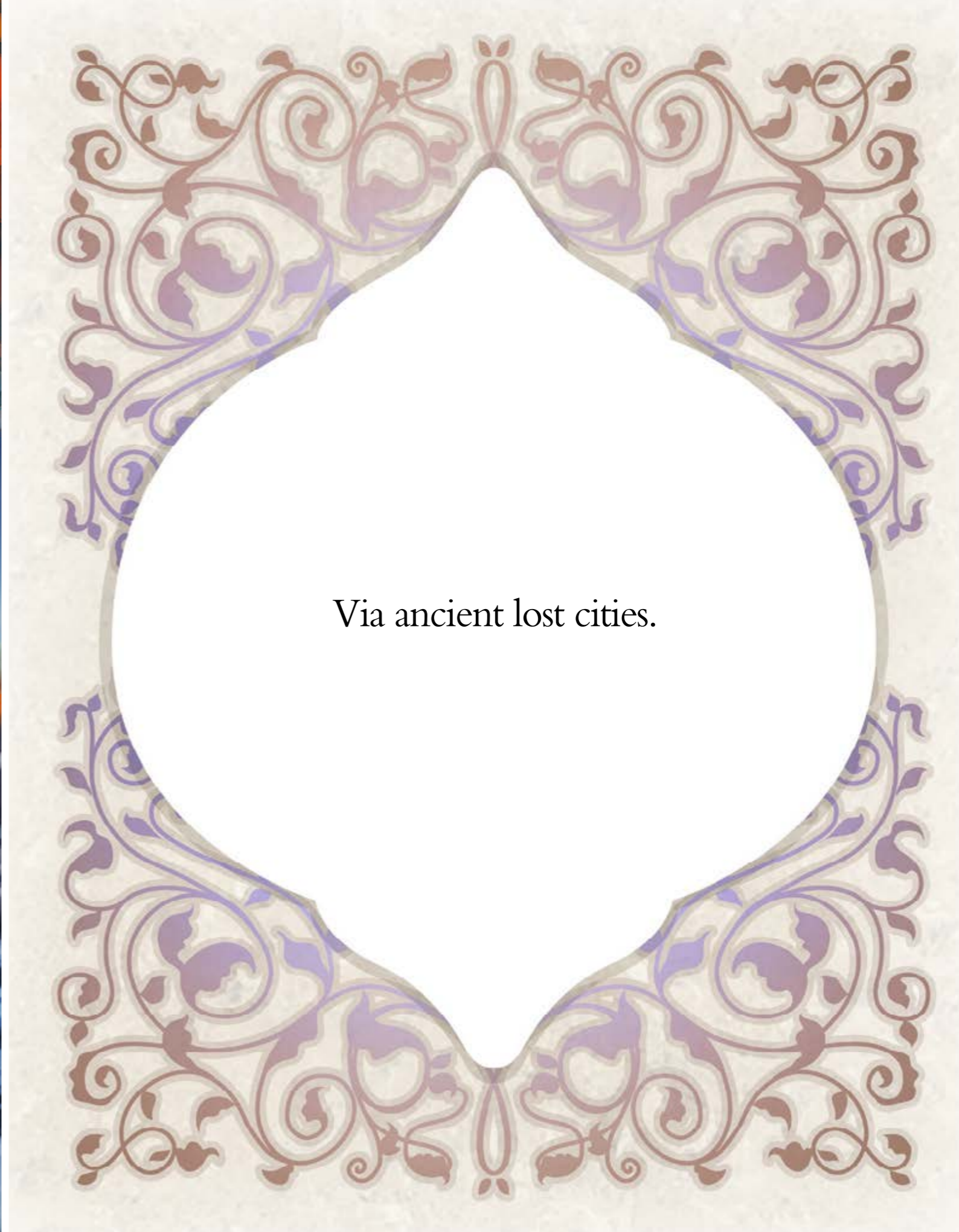


Along wild cloud drenched ranges ...

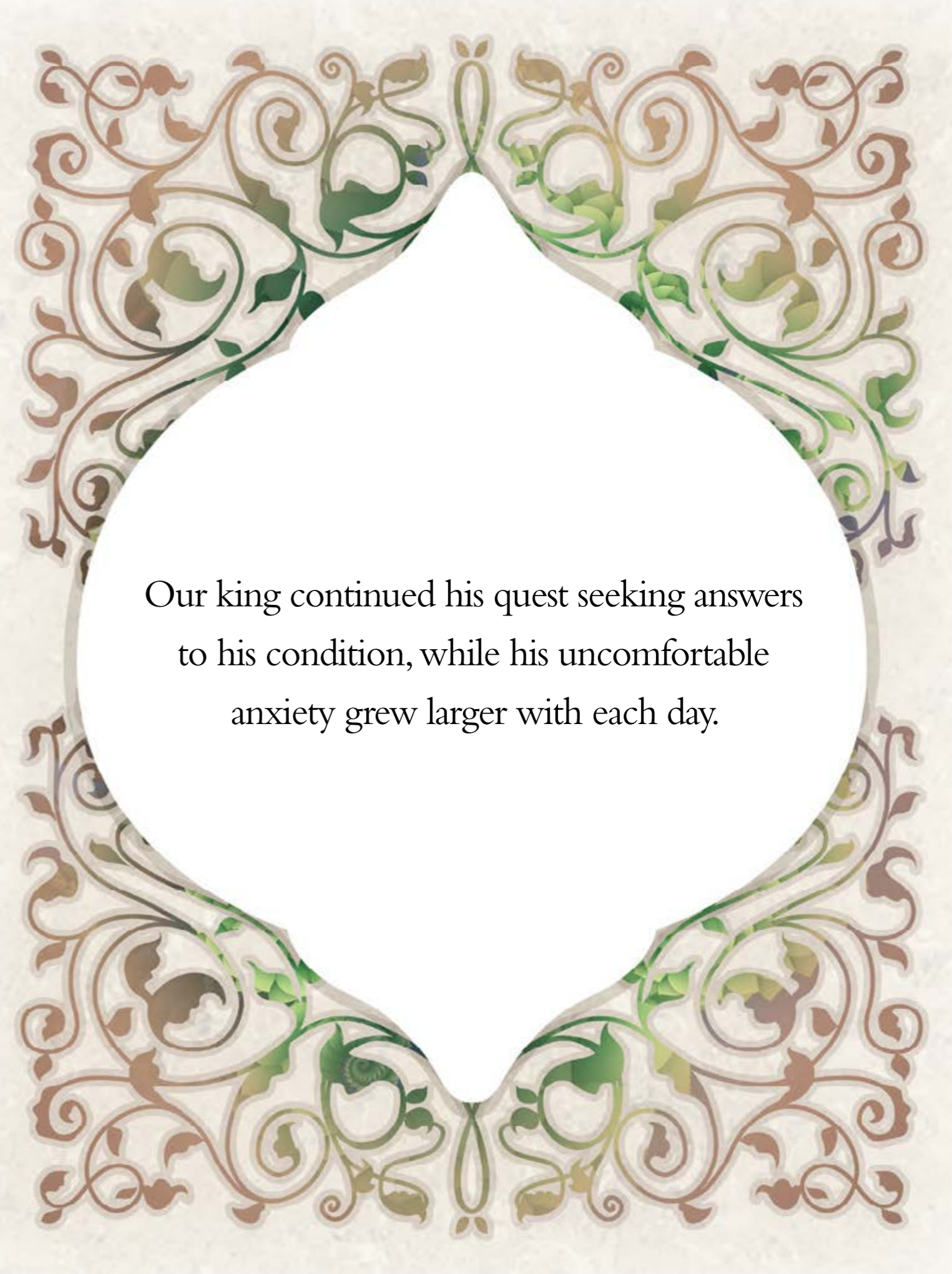




Over tumultuous silver seas ...



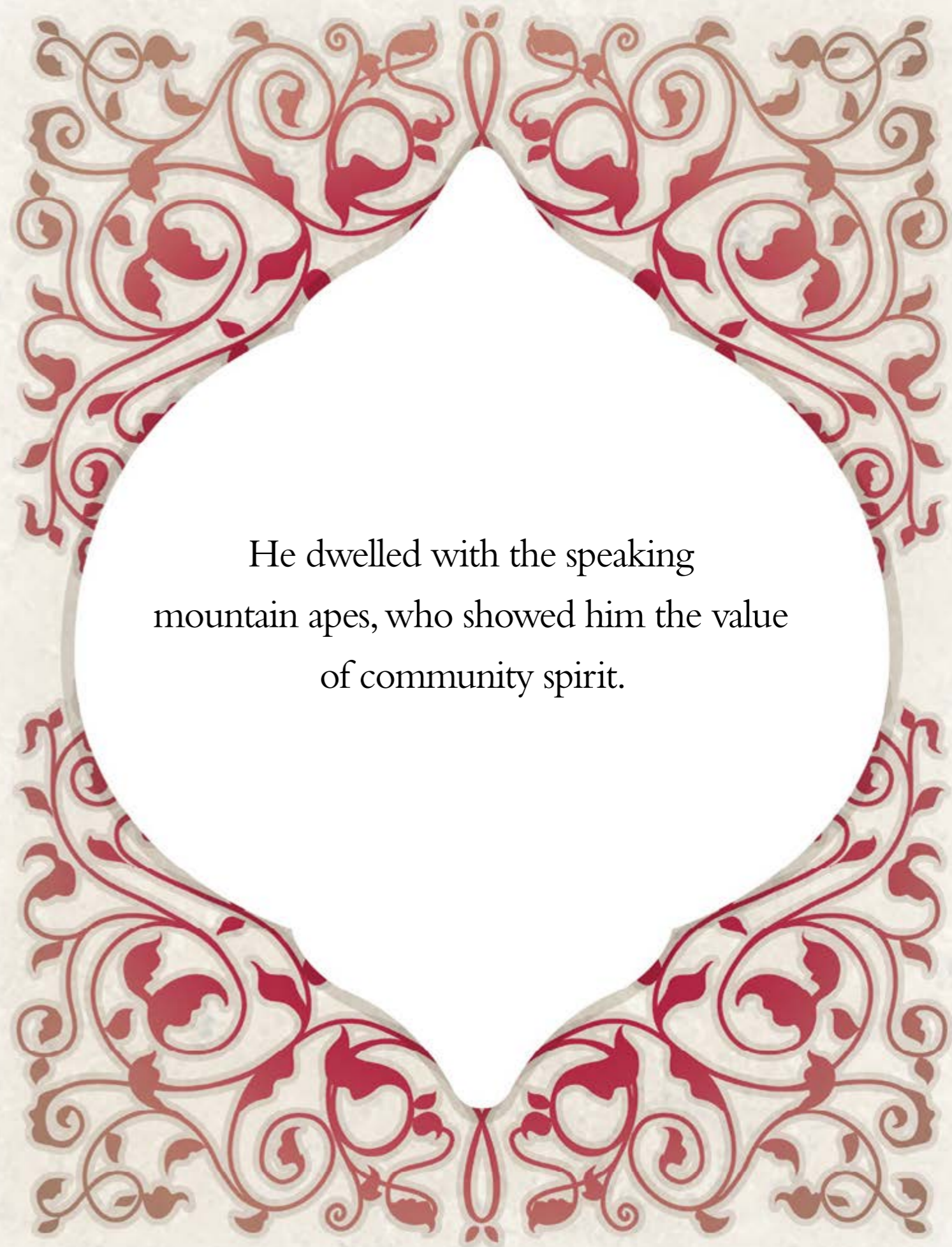
Via ancient lost cities.

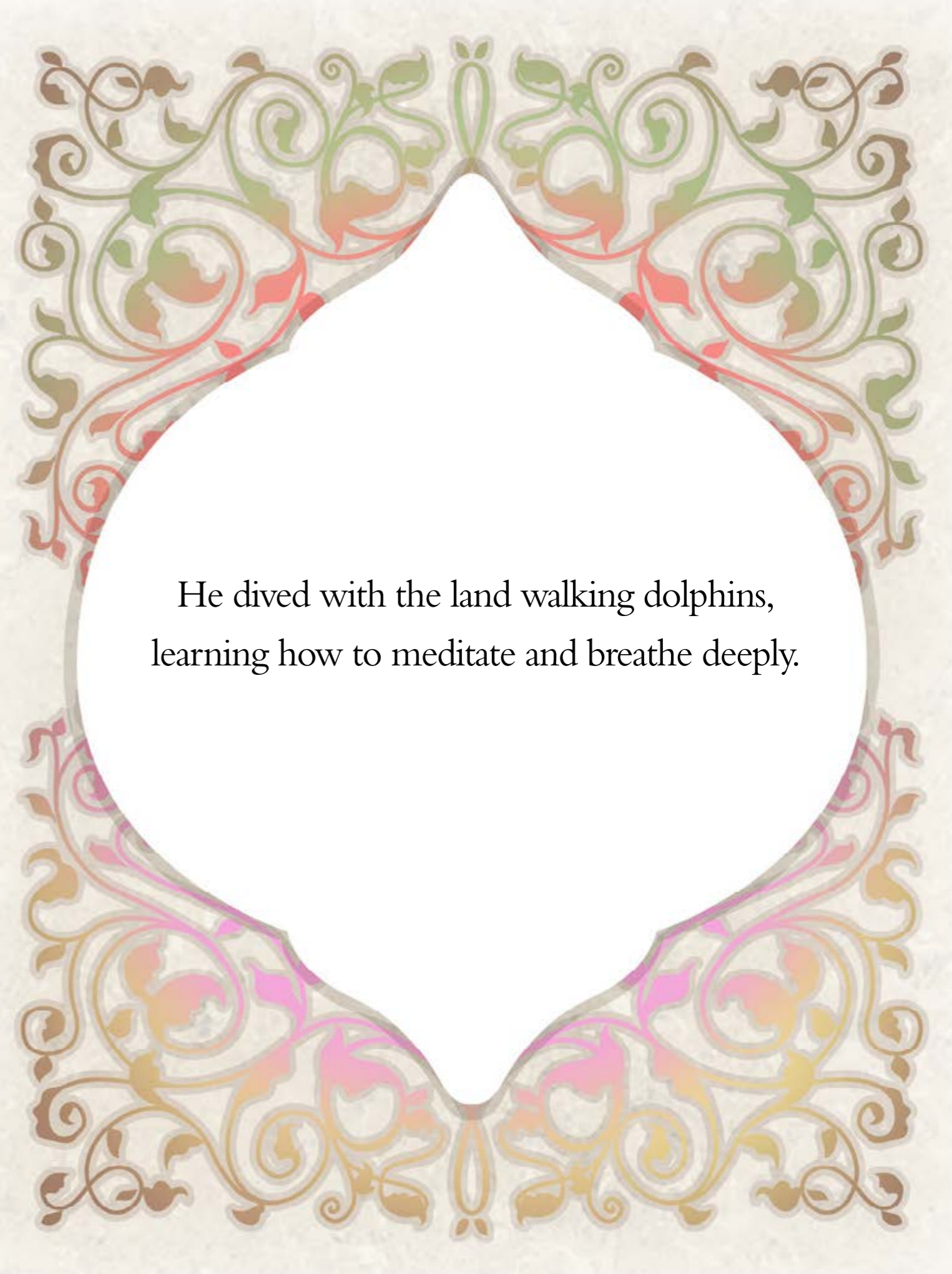


Our king continued his quest seeking answers to his condition, while his uncomfortable anxiety grew larger with each day.

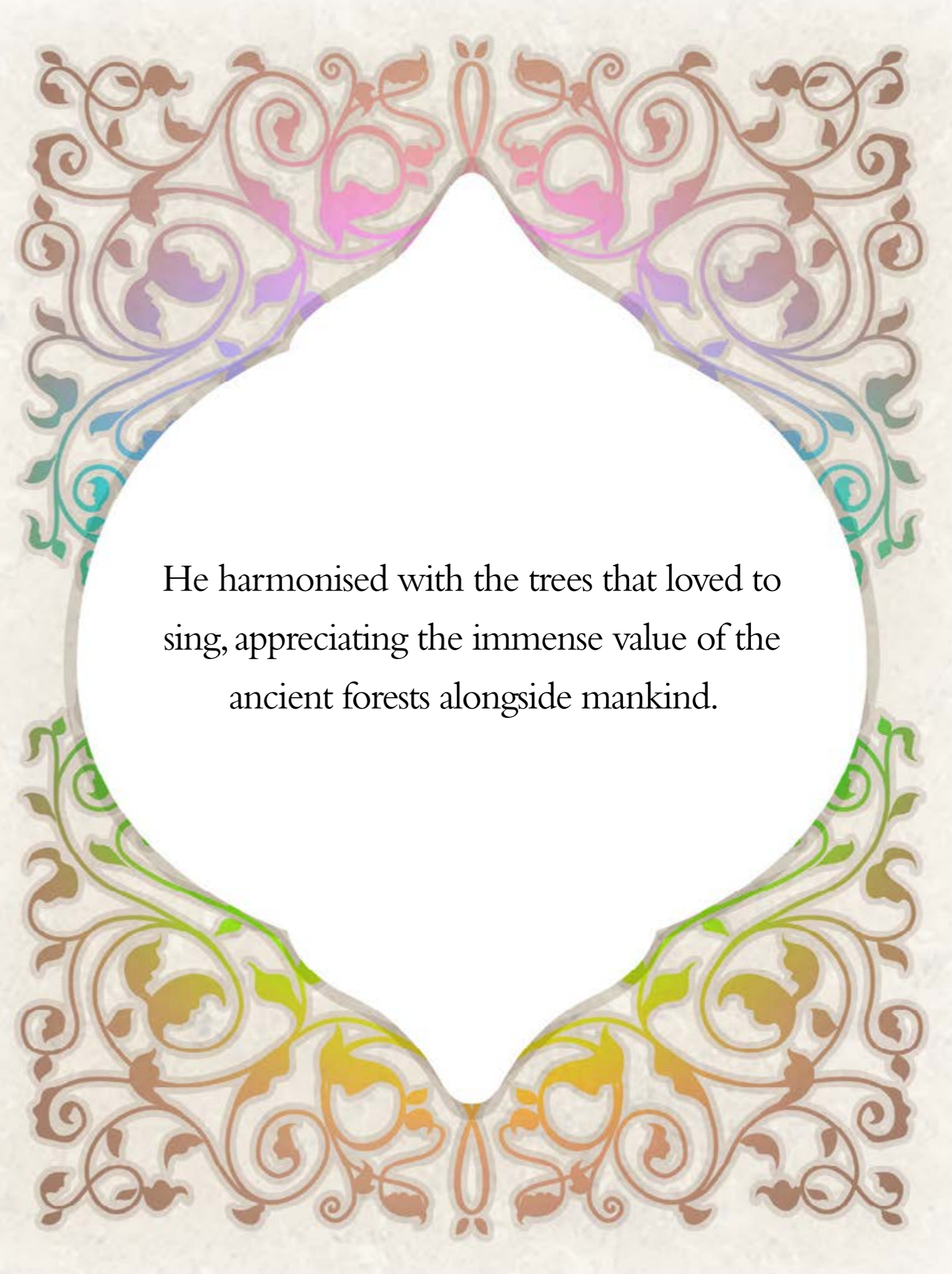


He dwelled with the speaking  
mountain apes, who showed him the value  
of community spirit.

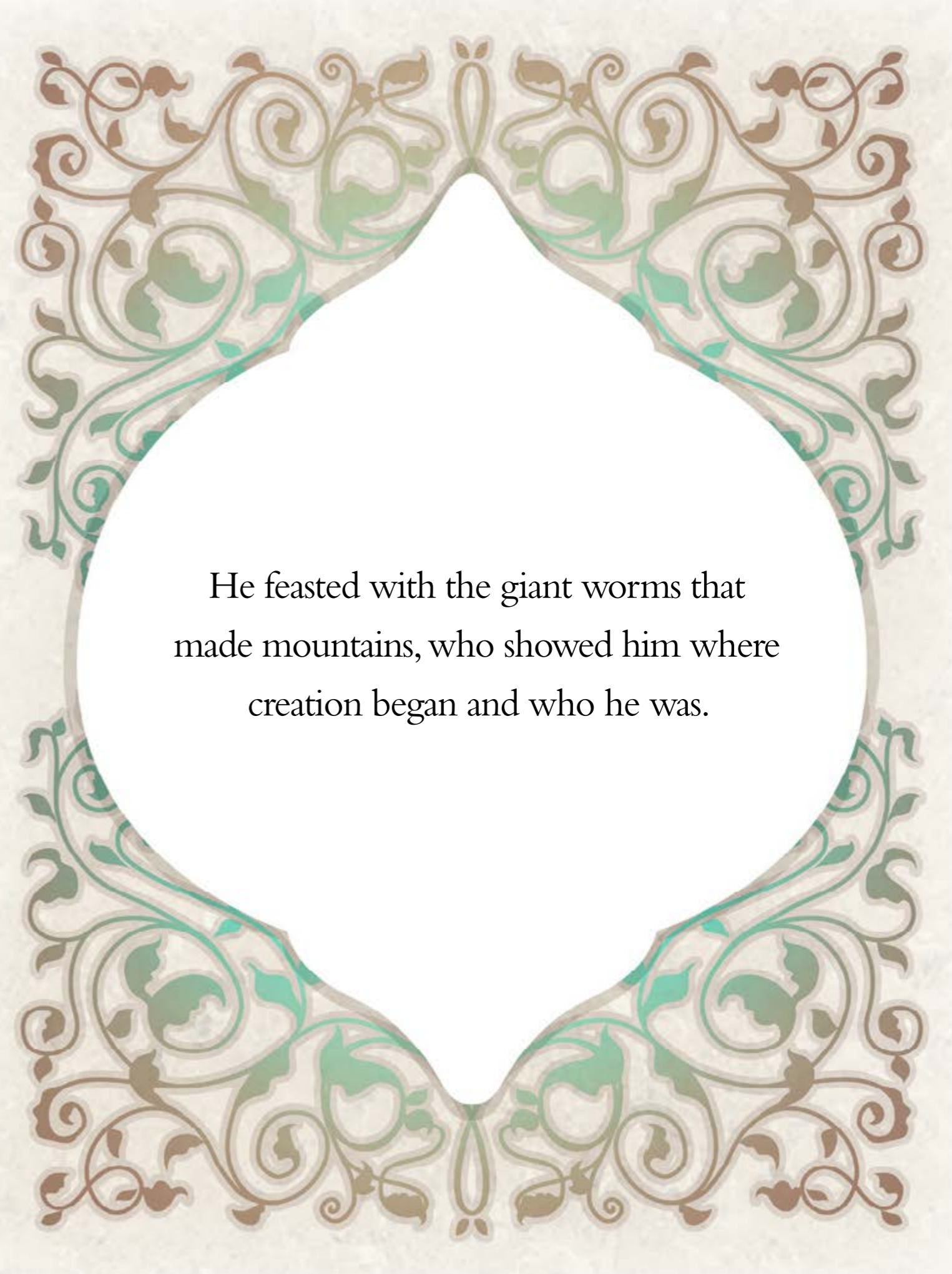




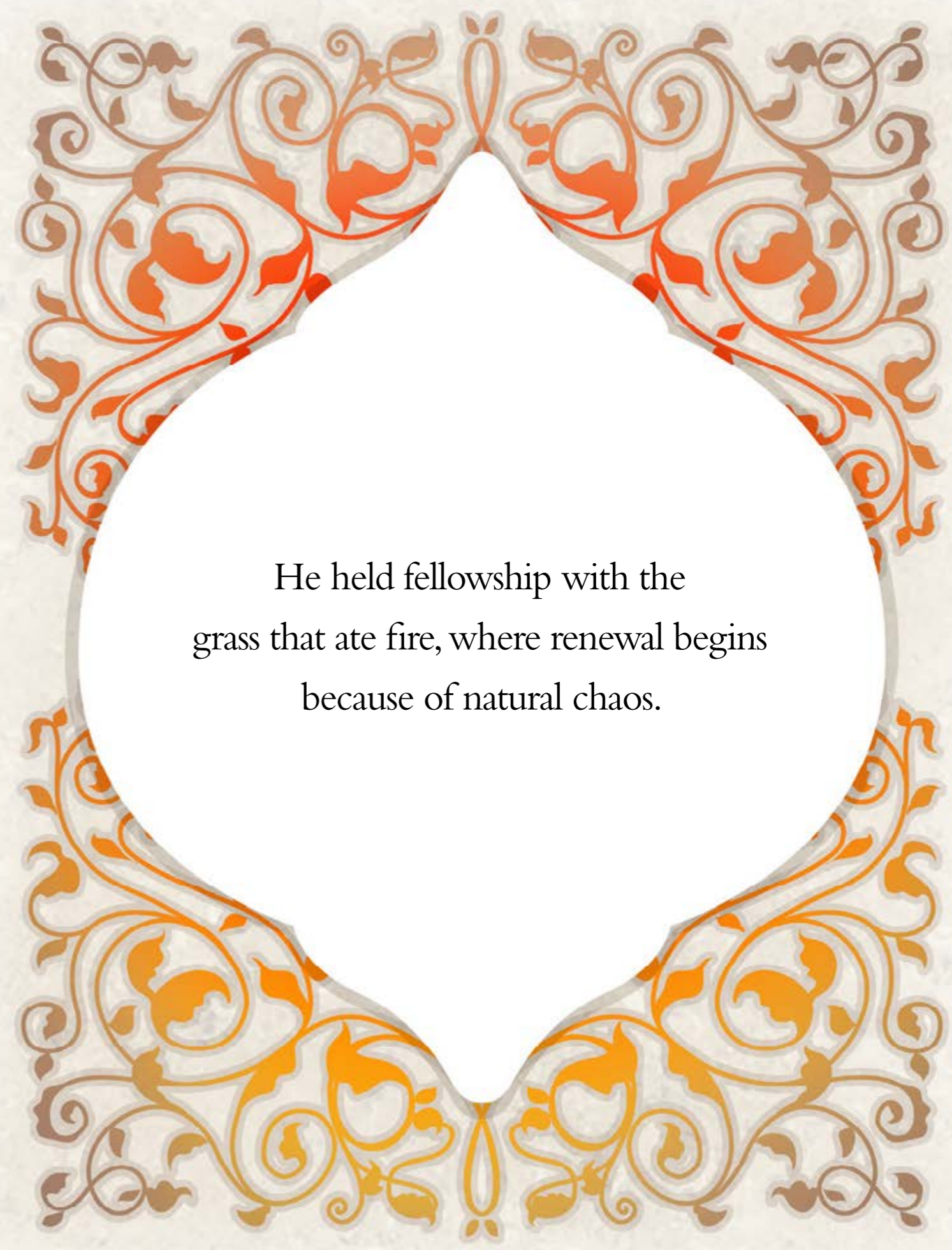
He dived with the land walking dolphins,  
learning how to meditate and breathe deeply.



He harmonised with the trees that loved to sing, appreciating the immense value of the ancient forests alongside mankind.

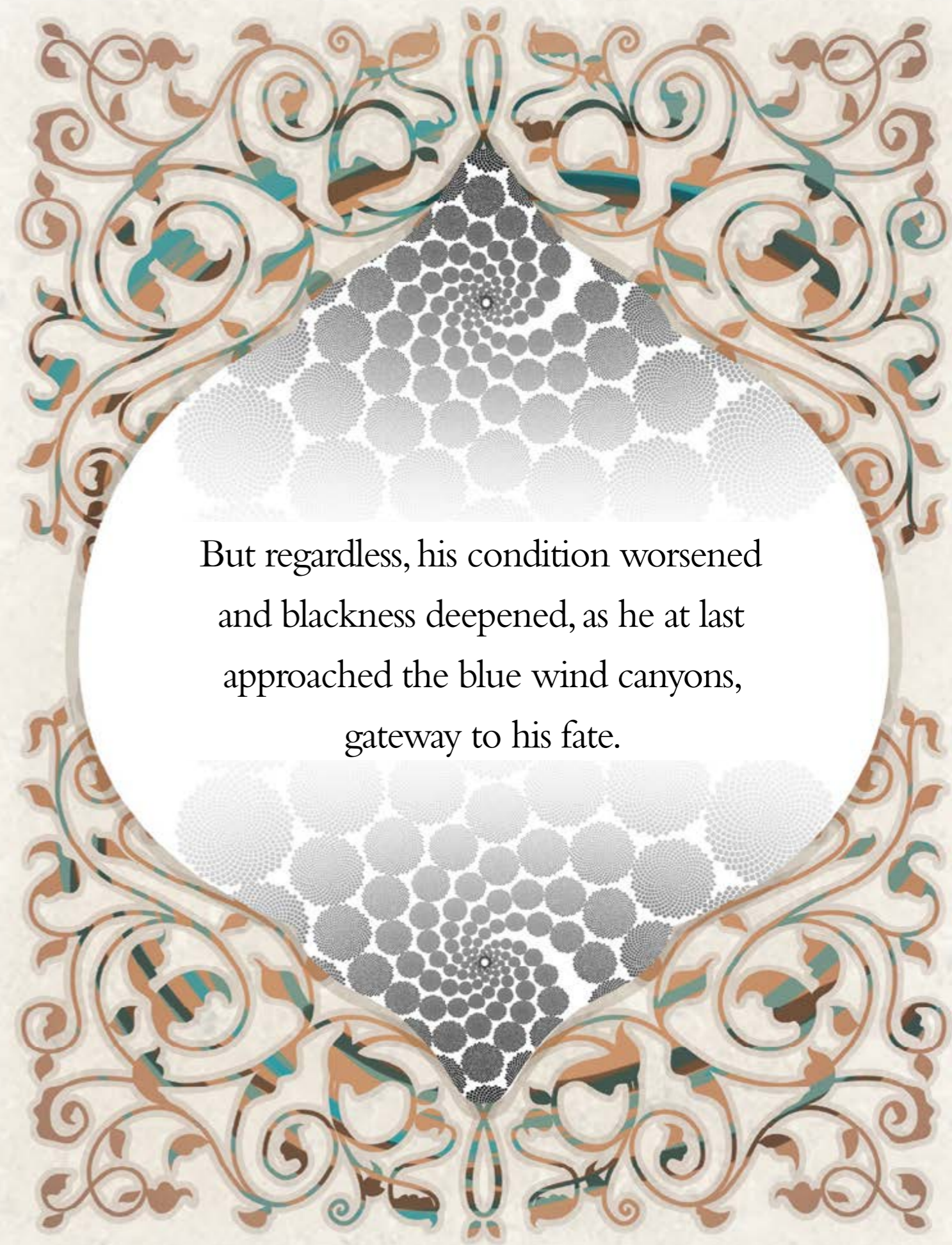


He feasted with the giant worms that made mountains, who showed him where creation began and who he was.

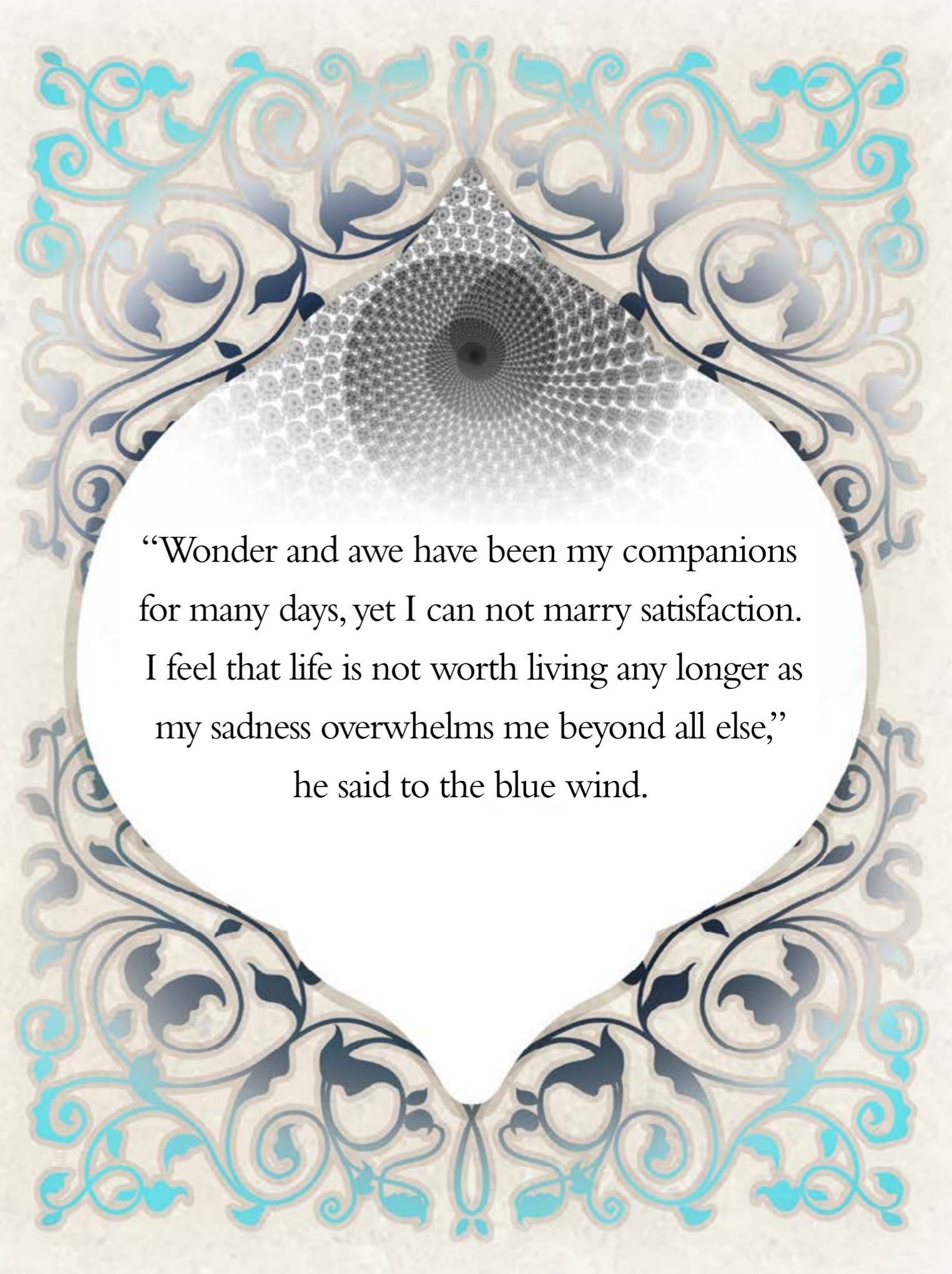


He held fellowship with the  
grass that ate fire, where renewal begins  
because of natural chaos.

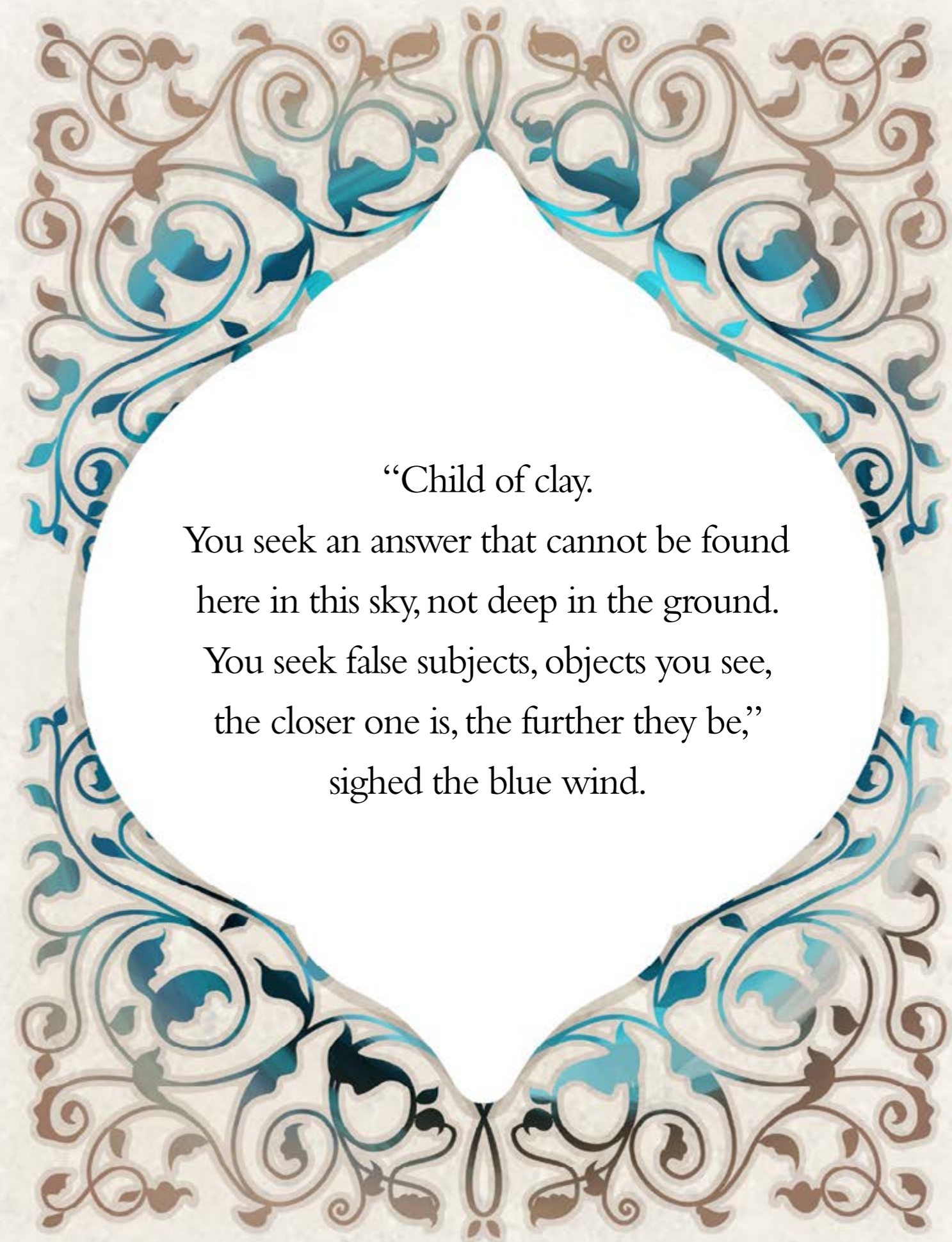
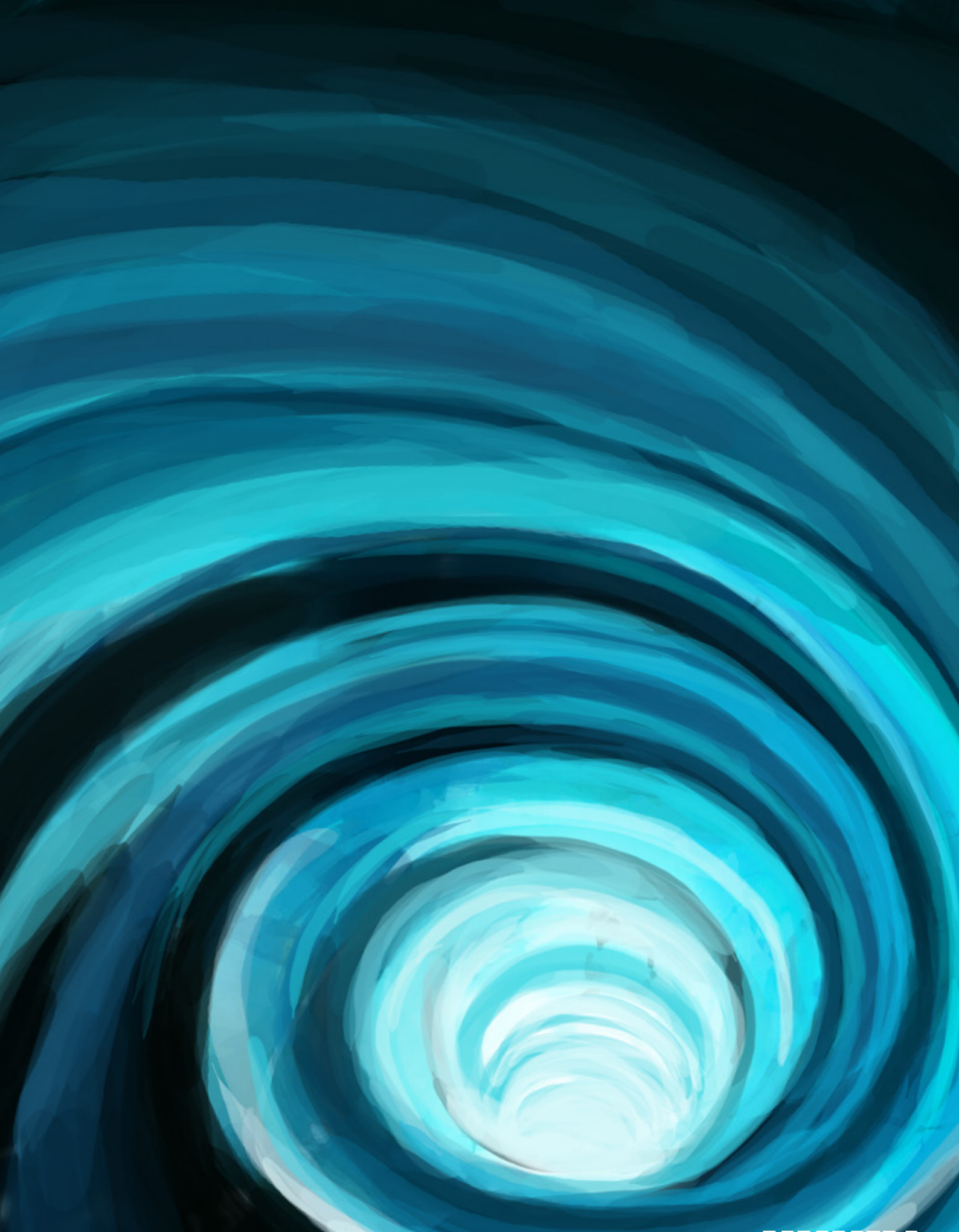




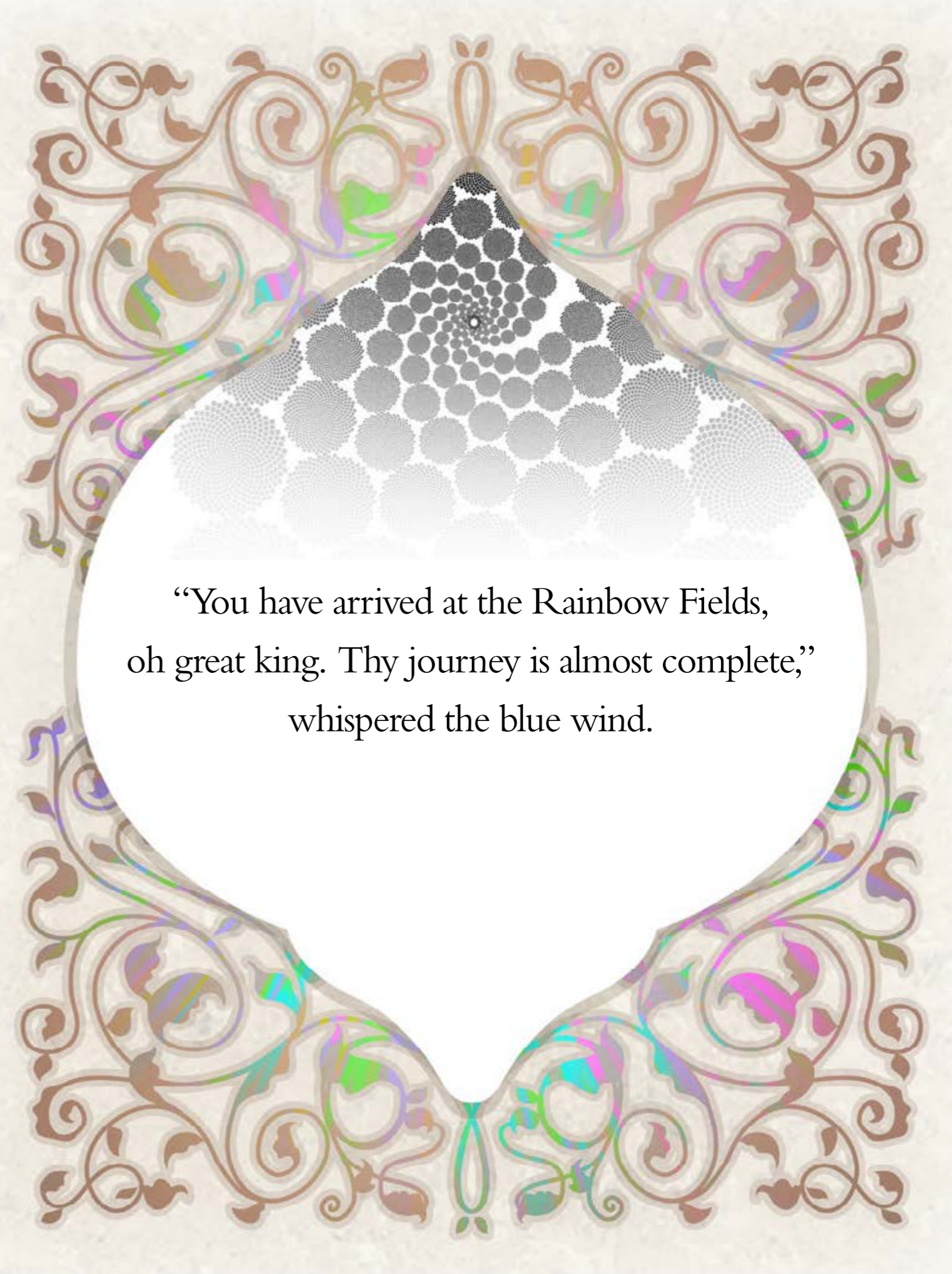
But regardless, his condition worsened and blackness deepened, as he at last approached the blue wind canyons, gateway to his fate.



“Wonder and awe have been my companions for many days, yet I can not marry satisfaction. I feel that life is not worth living any longer as my sadness overwhelms me beyond all else,” he said to the blue wind.



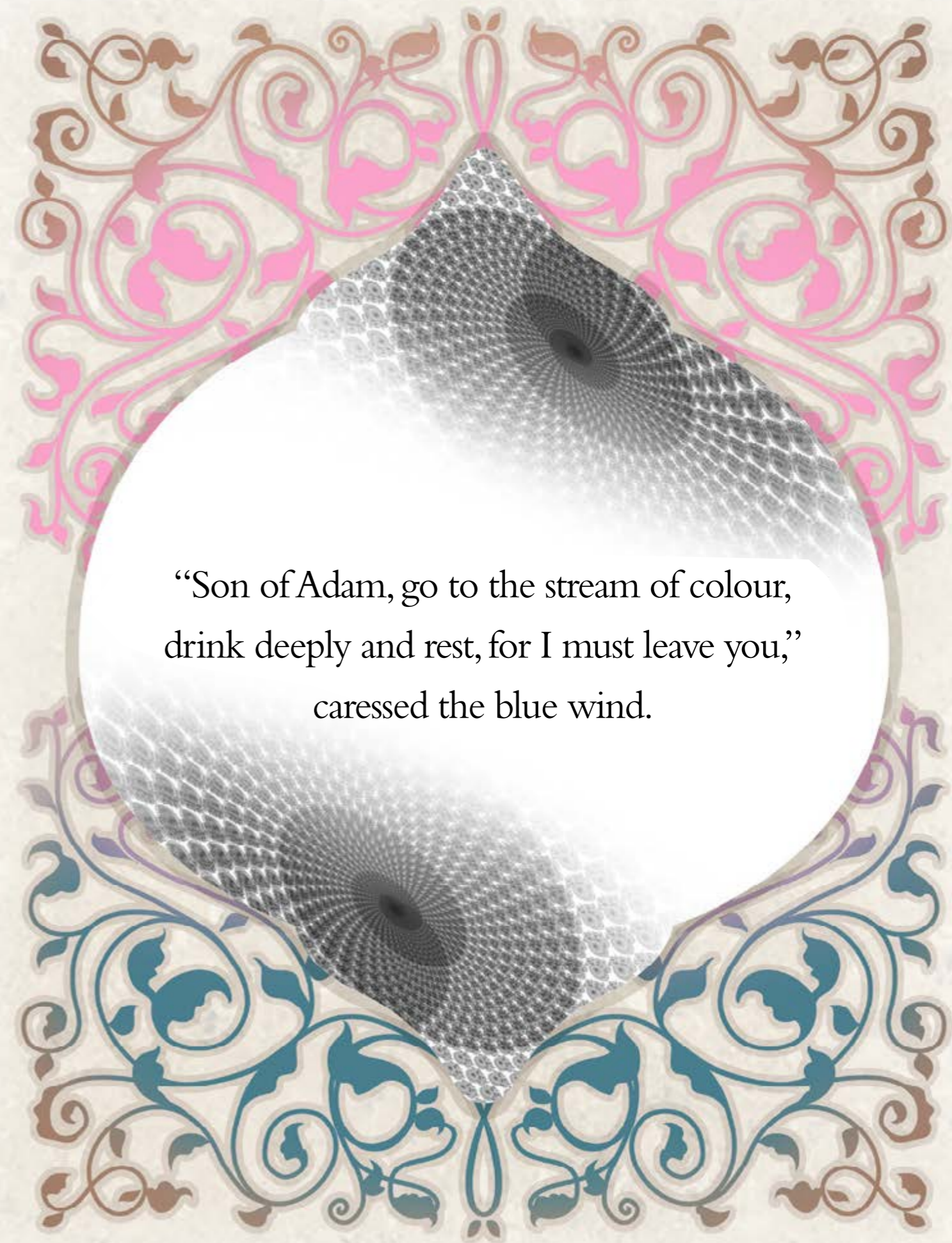
“Child of clay.  
You seek an answer that cannot be found  
here in this sky, not deep in the ground.  
You seek false subjects, objects you see,  
the closer one is, the further they be,”  
sighed the blue wind.



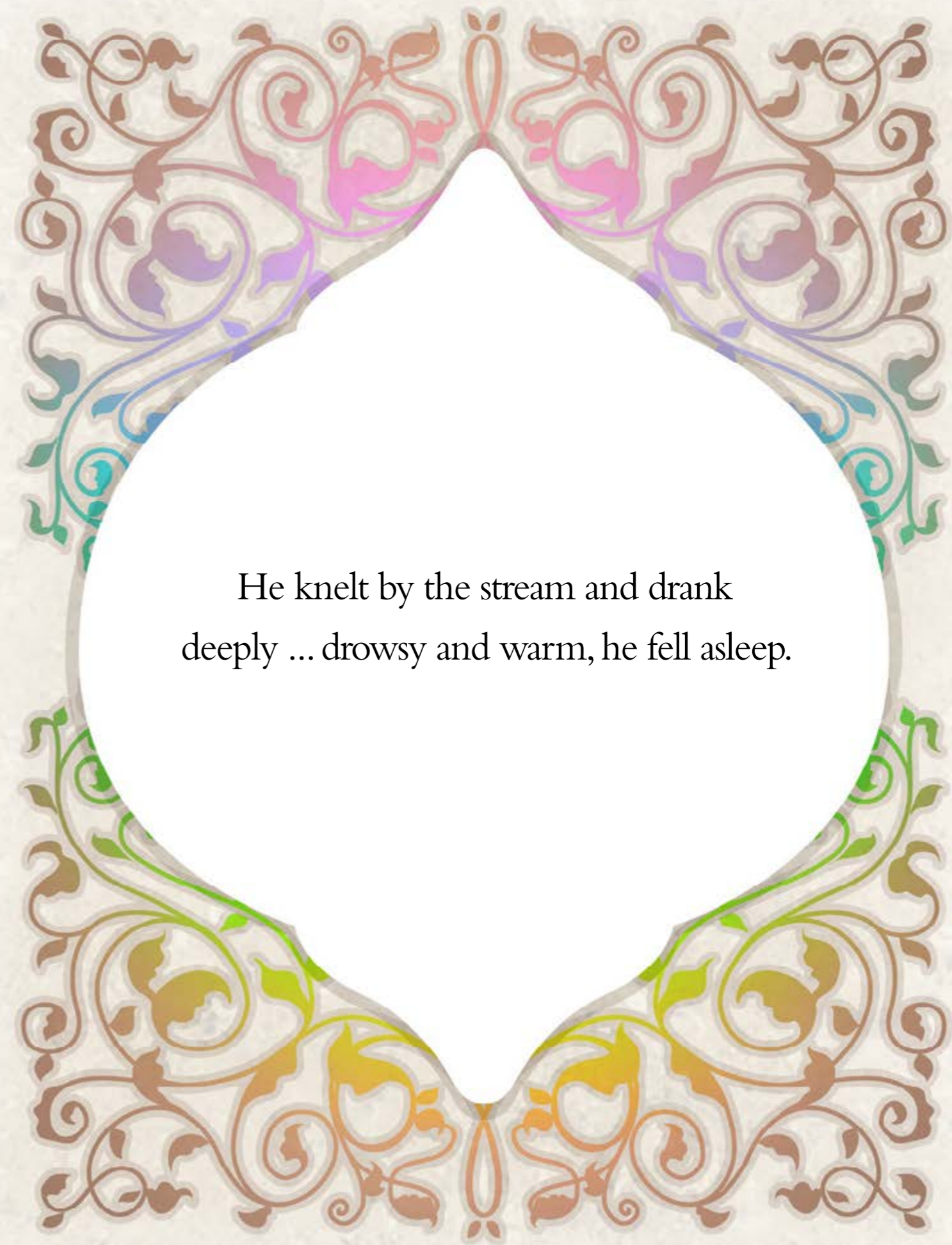
“You have arrived at the Rainbow Fields,  
oh great king. Thy journey is almost complete,”  
whispered the blue wind.



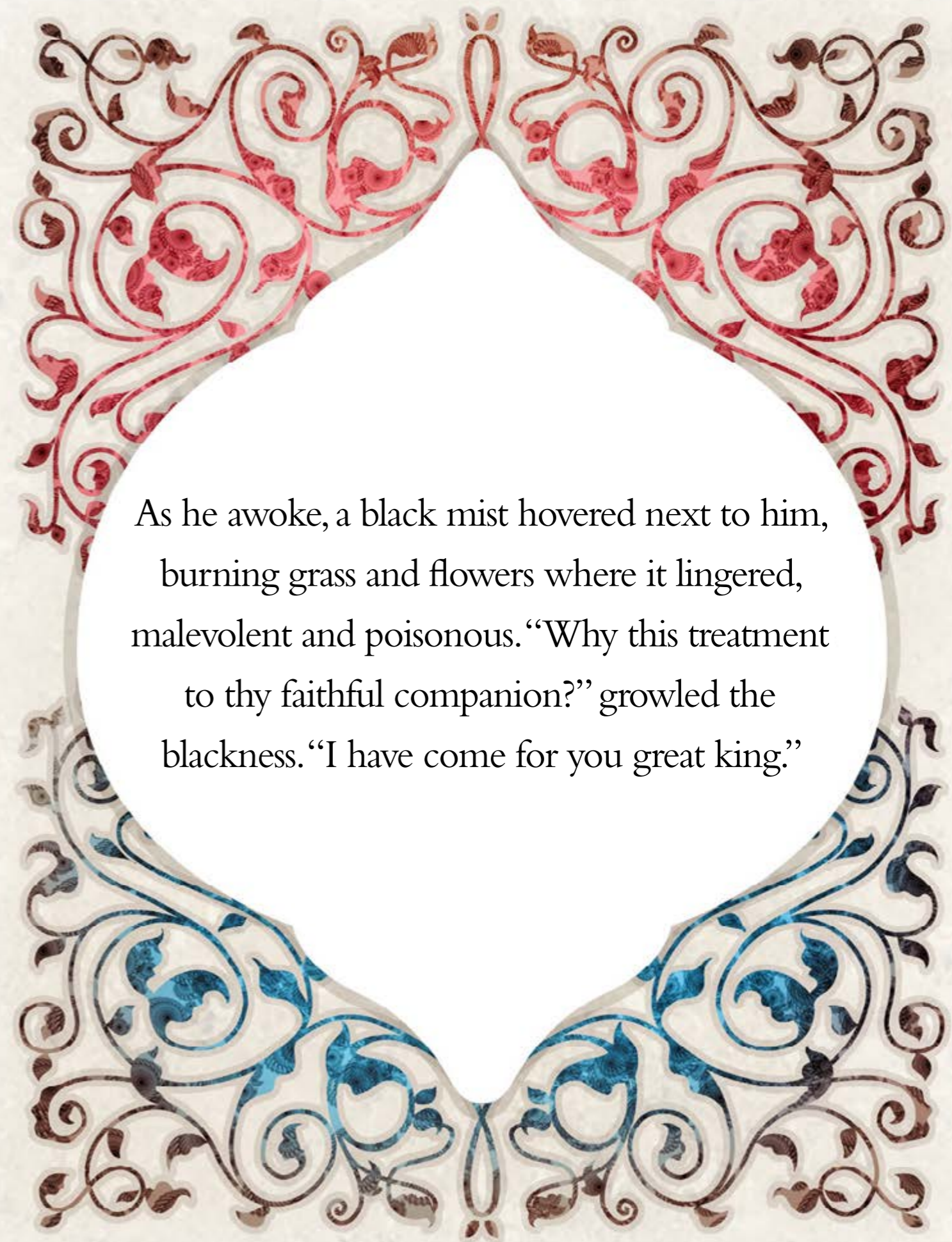
A place of endless sky and lost colours welcomed our king, flowers and grasses waved in greeting, as he walked through fields of deep familiarity, as if his parents were still alive, embracing and covering him with their adoring kisses and love. They both had been taken by a plague many years ago, leaving him a mighty kingdom, never to enjoy his youth, never to feel their gentle touch, never to hear their kind words again. His young heart had broken and had never stopped yearning for them. The king fell to his knees, confronting his feelings of deepest loss, of terrible regret and pain, powerful emotions he had never dealt with, an ache in the corner of his soul that had invisibly consumed and devoured him.



“Son of Adam, go to the stream of colour,  
drink deeply and rest, for I must leave you,”  
caressed the blue wind.



He knelt by the stream and drank  
deeply ... drowsy and warm, he fell asleep.

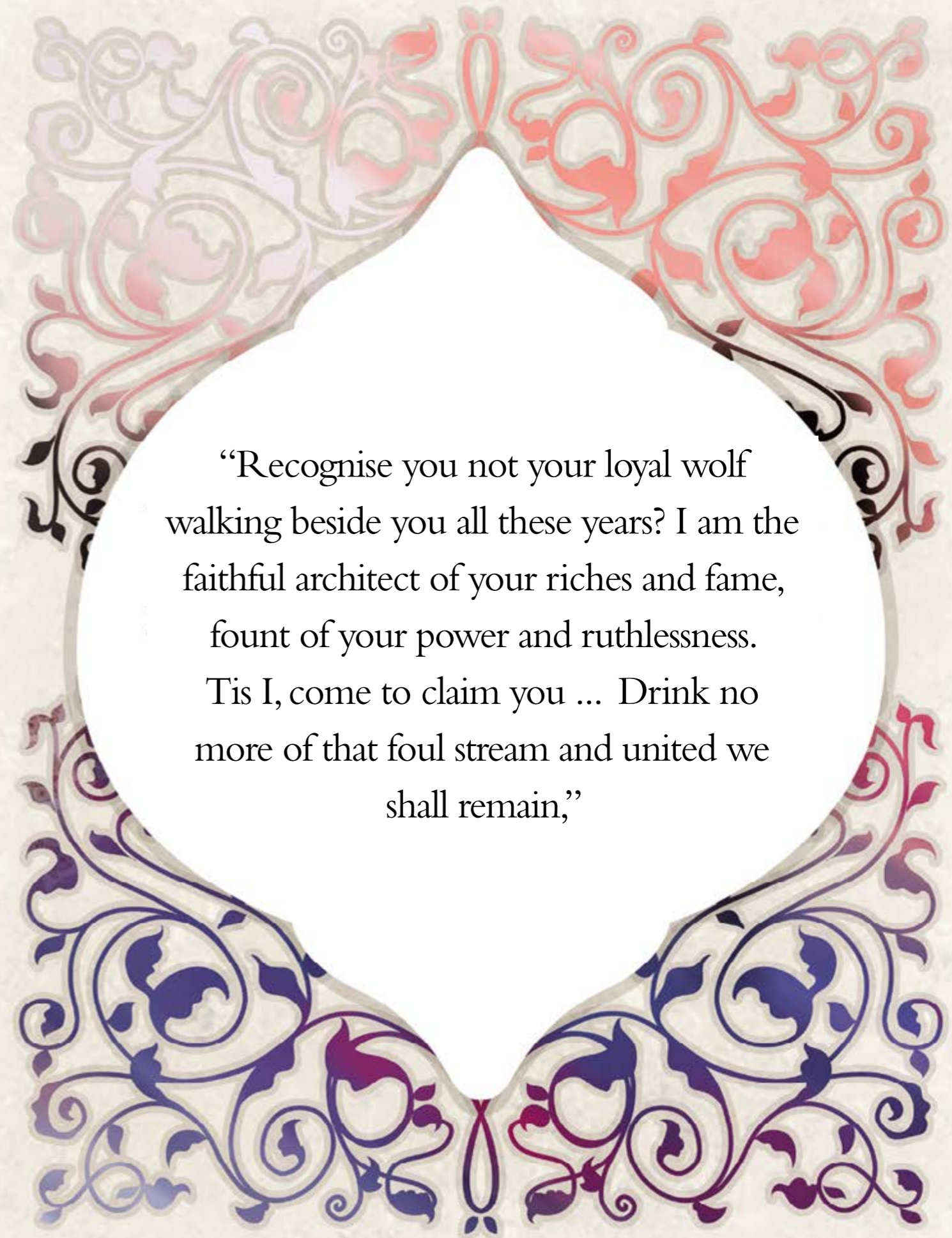


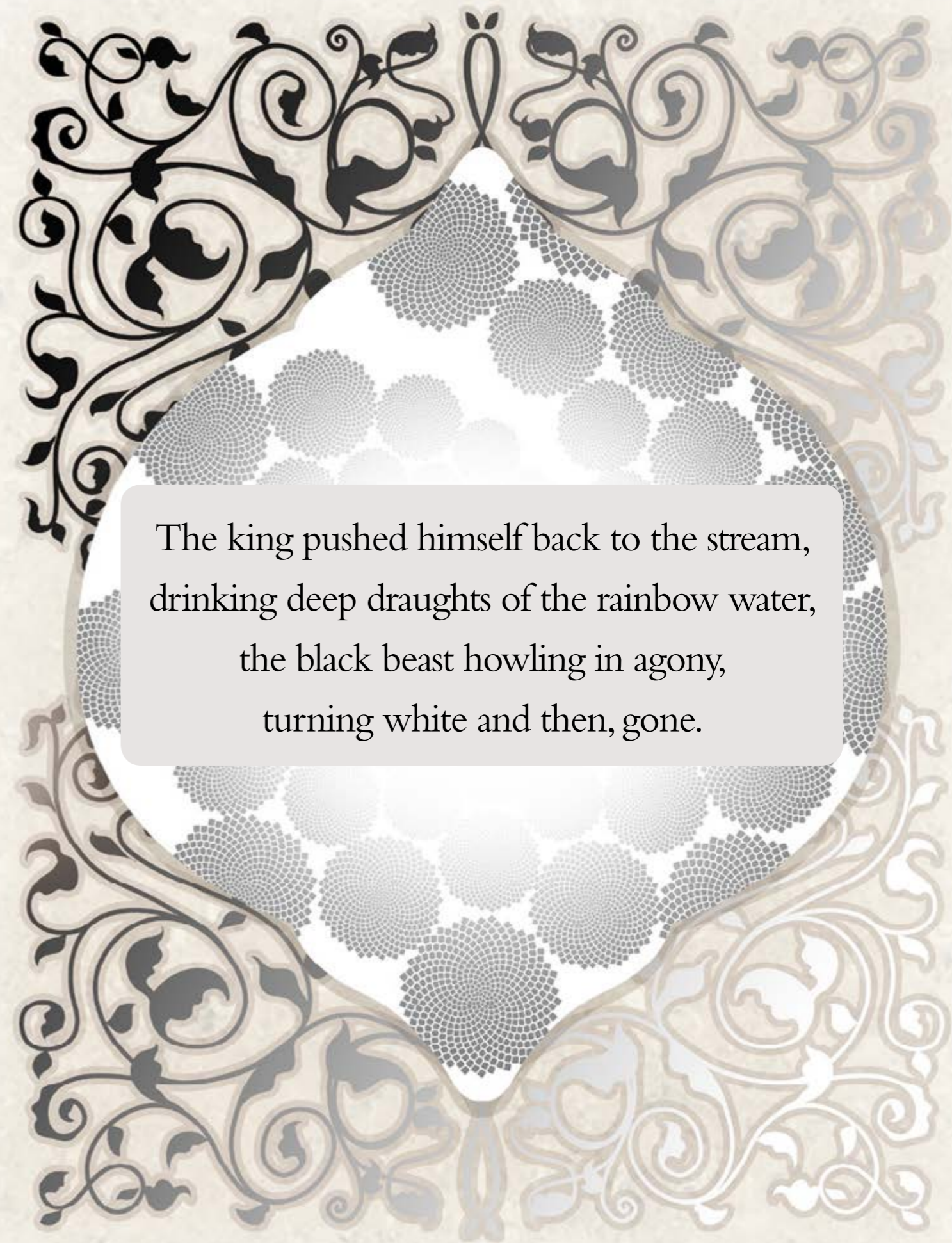
As he awoke, a black mist hovered next to him, burning grass and flowers where it lingered, malevolent and poisonous. “Why this treatment to thy faithful companion?” growled the blackness. “I have come for you great king.”





“Recognise you not your loyal wolf walking beside you all these years? I am the faithful architect of your riches and fame, fount of your power and ruthlessness. Tis I, come to claim you ... Drink no more of that foul stream and united we shall remain,”





The king pushed himself back to the stream,  
drinking deep draughts of the rainbow water,  
the black beast howling in agony,  
turning white and then, gone.



As the king lay exhausted, blackness departing,  
another image formed and approached, his mind  
filling with colours, illuminated, peaceful.

“Who art thou, golden one?” whispered our king.

“Why old friend, tis You! Lost but now found,  
cured and now free at last. How I have missed  
you,” laughed He to Himself.



“My dearest friend, thy queen awaits her long departed love, thy family pines for thee, as do your friends and subjects. Many have need of your experience so they too may be healed.

It is time to tell your story and illuminate those terrible shadows,” smiled his golden self.

And so he did.



And as our story closes, history remembers a smiling king, whose empire stretched from ocean to ocean, a kingdom governed by reason and fairness, as the complications and conditions of the mind were confronted and cured.

They came to understand that peace had to start within, before it could take hold without.

## Author's Note

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Areas in our brains associated with positive feelings can sometimes lose function. Science can now “re-illuminate” these structures, allowing feelings of normality and contentment to return.

Poorly marketed as “anti-depressant medication”, the more correct terminology should be “re-connection therapy”, more suitable for this common and easily treatable condition. Any doctor can prescribe this medicine and you don't need to tell anyone you are taking it unless you want to. Just be careful when driving and give alcohol a wide detour for a while.

You may need to change medication a few times to find the one most suitable. Eat organic food, drink veggie juice, take fish oil and walk for at least half an hour per day.

Find a great therapist to talk you through it. Reduce negative situations in your life and focus on positive things.

Primarily, take your doctor's advice above all else.



Charles (Chick) Olsson. Photograph courtesy of Fairfax Media

## Do you need a hand?

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For a quick free consult call Sarah at Logic Lounge Psychology on 0416 254 189.

Today there are many of us who may be debilitated by life circumstances. Your ‘wolf’ may bring with it a low mood, loss of interest in things you would normally enjoy, sleep disturbance, loss of energy, feelings of worthlessness, hopelessness, as well as a range of other symptoms.

Don't let your wolf overwhelm you and rob you of your peace and happiness, help is available for you. Make a decision to take a hold of your life. Out of the grasp of the black beast and into a life lived in accordance with your goals and values, the things in life that are important and truly matter.

Medication and psychological therapy are both effective ways to combat the black beast. Medication helps to regulate chemicals in your brain, which may be unbalanced when your mood is depressed, anxious or unfamiliar. Psychological therapy can be just as effective as medication. On its own or in conjunction with medication, psychological therapy helps you to better understand yourself in a more profound way. Psychological therapy provides you with insight into how your wolf has come to control you and how you may overcome it.

People often spend time, effort and resources servicing their car, renovating their home, but often neglect their most important asset – themselves. Why not put some time and effort into discovering your golden self?

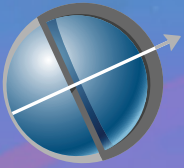
## Sarah Jacob

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Sarah Jacob is the Principal Psychologist of Logic Lounge Psychology. Sarah has experience working with depression, anxiety, stress, chronic pain, grief and loss, and a range of other mental health disorders. She has worked with clients from a range of cultural backgrounds and age brackets, ranging from children to late adulthood. Sarah has a multidisciplinary background having also worked in corporate banking, financial services and education sectors.

Sarah is a Medicare provider of Focused Psychological Strategies. She is registered with AHPRA (Australian Health Practitioner Registration Agency) and is a member of the APS (Australian Psychological Society).





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The Ancients knew the power of the mind, examining and understanding its complexities. Then, as now, peace of mind is what we seek, elusive for many regardless of wealth or power.