



The Guest House by Jelaluddin Rumi

*This being human is a guest house.
Every morning a new arrival.*

*A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.*

*Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.*

*The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.*

*Be grateful for whatever comes.
because each has been sent
as a guide from beyond.*

Now take a moment and see who the guests are in your house.

Notice them one by one as they make themselves known to you and make a note. You may recognize them as a thought, a feeling, a sensation in or around your body, a distraction, a memory.

As you invite each guest in, give them a seat at some sort of table or circle. It could be an intimate kitchen table or a large dining room table or a campfire or conference table...

Place yourself at the head of the table so that you can make contact with each of your guests as they take a seat. Welcome them here. Make note of who they are even if you do not understand why they are here.