

The Guest House (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're 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 whoever comes,
Because each has been sent
As a guide from beyond.

So, some questions for self-reflection are:

- So, who's been visiting you lately? Do you know why?
- Do you tend to reject your own feelings and emotions? If so, why do you think that's so?
- Can you accept everything about yourself without apologizing, blaming, or regretting? If not, why not?
- Do you ever doubt your self-worth?
- Do you ever feel trapped in the prison of your own mind?
- Can you envision a time when you're grateful for all the visitors who come to your guest house? What do you need to "clear out?"

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