

The Guest House

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

A joy, a depression,
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 honorable.
He may be clearing you out
for some new delight.

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

Be grateful for whoever comes,
because each has been set
as a guide from beyond

- Rumi w/edits by Lyn