**The Guest House**

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.

— Jellaludin Rumi,

**Reflection questions:**

1. Who has been visiting you lately? Do you know why?
2. Do you tend to reject your own feelings and emotions? If so, what makes you want to push them away?
3. Can you accept everything about yourself without apologizing, blaming, or regretting? If not, what gets in the way of being able to do so?
4. Can you envision a time when you’re grateful for all the visitors who come to your guest house?
5. Who needs to leave? And how can you treat them with respect while they are guests in your house?