

**The Guest House** by Rumi, 13th Century Persian poet

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.

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Posted by Marie Bloomfield, B.Sc.,M.Psychol.MA  
Website: [www.bloomfieldpsychology.com.au](http://www.bloomfieldpsychology.com.au)  
Website: [www.mindfulpath.com.au](http://www.mindfulpath.com.au)

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