

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

(Translation by Coleman Barks)