

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

Meaning:

“The Guest House” by 13th century Persian poet Rumi. Frequently recited in mindfulness circles, this poem is **a reminder not to resist the thoughts and emotions passing through you but to meet them with courage, warmth, and respect.** Greet them like guests in your home.