

# **The Guest House**

**by Rumi**

**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.**