

THIS BEING HUMAN

By Rumi

This being human is like a quest house.
Every morning, a new arrival,
A joy, a depression, 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 whoever comes,
Because each has been sent as a guide from beyond.