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The Guest House

I love this poem and read this it in the meditation, My Brain Needs an Off Switch. It is a new way of relating to the stressful events in your life by embracing struggles and learning from them.

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.*

– Jelaluddin Rumi, Translation from The Essential Rumi by Coleman Barks