

## **The Guest House (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.

### **So, some questions for self-reflection are:**

- So, who's been visiting you lately? Do you know why?
- Do you tend to reject your own feelings and emotions? If so, why do you think that's so?
- Can you accept everything about yourself without apologizing, blaming, or regretting? If not, why not?
- Do you ever doubt your self-worth?
- Do you ever feel trapped in the prison of your own mind?
- Can you envision a time when you're grateful for all the visitors who come to your guest house? What do you need to "clear out?"

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Peter G. Vajda, Ph.D, C.P.C. is the founder of True North Partnering an Atlanta-based company that supports conscious living through coaching and facilitating. With a practice based on the dynamic intersection of mind, body, emotion and spirit, Peter's approach focuses on personal, business, relational and spiritual coaching. He is a professional speaker and published author. For more information, [www.truenorthpartnering.com](http://www.truenorthpartnering.com), or pvajda(at)truenorthpartnering.com, or phone 770.804.9125. You can also follow Peter on Twitter: @petergvajda