

The Guest House

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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.

— Jalaluddin Rumi, translation by Coleman Barks (The Essential Rumi)

The Worm's Waking

This is how a human being can change:

There's a worm addicted to eating
grape leaves.

Suddenly, he wakes up,
call it grace, whatever, something
wakes him, and he's no longer
a worm.

He's the entire vineyard,
and the orchard too, the fruit, the trunks,
a growing wisdom and joy
that doesn't need
to devour.

- Rumi