

THE GUEST HOUSE HANDOUT

Session 2: Emotions as Visitors

THE GUEST HOUSE POEM

**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 sweep your house
empty of its furniture,
still, treat each guest honorably.
They may be clearing you out
for some new delight.**

**The dark thought, the shame, the malice.
meet them at the door and invite them in.**

**Be grateful for whatever comes.
because each has been sent
as a guide from beyond.**