

“Guest House” by Rumi

(13th century mystic and poet)

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 sham, 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.

~ ~ ~

Dr. Viktor Frankl, author of the book *"Man's Search for Meaning,"* was imprisoned by the Nazis in WWII because he was a Jew. His wife, his children, and his parents were all killed in the holocaust.

The Gestapo made him strip. He stood there totally naked. As they cut away his wedding band, Viktor said to himself,

"You can take my wife, you can take away my children, you can strip me of my clothes and my freedom, but there is one thing no person can ever take away from me -- and that is my freedom to choose how I will react to what happens to me!"

James S. Hewett