

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.”

Rumi

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

- 1. Tell of an experience of a “momentary awareness” that came into your life as an “unexpected visitor.”** (i.e. joy, depression, meanness, etc.)
(What did you learn about yourself, the world?)
- 2. Share a story of sorrow in your life that you are still crying about.**
- 3. Share about what you have learned to “be grateful for whatever comes, because each has been sent, as a guide from beyond.”**

Check our and download more small group storytelling reflections and prompts at:

<https://lifesjourney.us/storytelling-in-small-groups-menu/>

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