

Week 6

Quote of the week:

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'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.

— *Mawlana Jalaluddin Rumi*

Practice: Befriending Feelings

Come down into your body and notice: Where is your feeling manifesting in your physical body? In your subtle body? You might notice contraction, a tightening in your abdomen, a racing heart, sweating, or other manifestations. You might notice a change in energy.

Come alongside the feeling in your subtle body with curiosity and gentleness, as you might come alongside a friend.

Inhale some space around your feeling. Surround this space with a soft, compassionate, witnessing attention.

Now reassure your feeling:

I know in the past I have mistrusted you.

I have labeled you and diagnosed you.

Now, I promise, the time for that has passed.

I will not try to control you. I will not fix you, avoid you, suppress you, analyze you, escape you or indulge you.

I will not try to meditate you away.

You are welcome here, just as you are.

Please remain and practice with me.

Sit and breathe with your feeling. Listen. Befriend.