

“How liberating it is to reflect on the truth of Impermanence – the most supreme dharma of them all.”

- Anam Thubten

## 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.  
[They] 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 above.

- Rumi

Natural Refuge Tree (guided meditation on Insight Timer) by Lama Willa:  
<https://insighttimer.com/willamiller/guided-meditations/the-natural-refuge-tree>

One who believes all their thoughts is psychotic.  
One who believes some of their thoughts is neurotic (most of us).  
One who believes none of their thoughts is enlightened.

- Unknown