

The Guest House *by Rumi*

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.



All is Welcome Here ~ song by Miten

This sacred song is inspired from the Sufi Poems of Rumi



Broken hearts and broken wings, Bring it all, Bring everything
Bring the song you fear to sing, All is welcome here
And even if you broke your vow a thousand times, Come anyhow
We're Stepping into the power of now and All is welcome here
All is Welcome, All is Welcome, All is Welcome Here

See the father and the son, reunited here they come
Dancing to the sacred drum, they know they're welcome here
I see the Shaman, The mighty Priest, I see the beauty, I see the beast
Singing I have been released, And I am welcome here
All is Welcome, All is Welcome, All is Welcome Here

I stood alone at the gateless gate, too drunk on love to hesitate
To the winds I cast my fate, and the remnants of my fear
I took a deep breath, and I leapt, then I awoke as if I'd never slept
Tears of gratitude I wept, for I was welcome here
All is Welcome, All is Welcome, All is Welcome Here

So, bring your laughter & your tears, your busy lives, your careers
Bring the pain you carried for years, All is welcome here
All is Welcome, All is Welcome, All is Welcome Here

Freedom is not so far away, there's only one price we all have to pay
Live our dreams till they fade away, then let them go.
Live our dreams and let them go, Live our dreams and let them go...
Waking up now. Waking up to the power of love...
All is Welcome, All is Welcome, All is Welcome Here