



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!

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.

By cultivating acceptance of the suffering and pain in your life, we open up space for healing. Often emotions and thoughts cannot be fixed, avoiding them takes time and energy away from what really matters. Acceptance allows things to be as they are, and opens up new possibilities and wiser reactions.

### Class Five Practice

1) Combine different meditations to prolong your practice, and practice every day. Create a playlist, and try listening to [Breath and Body](#), [Sounds and Thoughts](#) and [Befriending Meditation](#) and [Cultivating Self-Compassion](#) all in one sitting.

2) Please record your experiences, reactions, discoveries and challenges on the [homework log](#) as this will help with the inquiry 52 0 TdiJ EMC ET /Span <</MCID602.16 113.52 72 4ex-a-3.52 72 4ai6