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Dear Readers:

In these times, we want to be of service to all of you working in some capacity with older adults, and many on the front lines. **THANK YOU!**

CircleTalk™ is offering up some ideas, resources and food for thought (amazing how many food metaphors are out there...). In a short and easily digestible form, we will bring you some of the things we love including **short stories and anecdotes, poems, suggestions for videos, books** and much more.

Dive in and enjoy a little mental respite. Be in touch, and [let us know](#) if there are other ways we can support the excellent work that you are doing.

May we all find sources of peace, health and love each day.



## 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.

### Let's Think About This:

*Can you use this poem to engage with others in a discussion about feelings? Can it help you clarify what you are feeling right now?*

*After reading this poem, think about what guests may come knocking at your "house". How many rooms inside of all of us house the many feelings expressed in this poem?*

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*door”?*

*Are there any visitors waiting on your front steps right now that you are not sure you want to invite in?*

*What new delight came into your life because of an unexpected visitor?*

Rumi (1207-1273), was a Persian thinker and writer considered is one of the greatest spiritual masters and poetic geniuses in history.



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