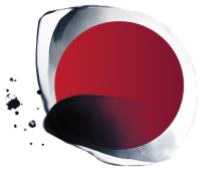


The Guest House



The task of understanding communication with ourselves or our clients is not found in faraway places or unusual states of consciousness. **It is here in each moment that we are present with another human being.** If we open to the present situation that we find



ourselves in and accept what is, we enter a genuine and rich communication with the other person. Remaining present and connected in the communication is not an easy task. It can include both the joys and wonders of all that it is to be human, as well as the depths of life's sorrows and sufferings.

Jack Kornfield (2000), when speaking of spiritual life, suggests that "honoring the truth [of the moment] in this way is the path to freedom" (x). Kornfield suggests that we can remain free in our minds, despite life's circumstance if we accept or "bow" to what presents itself. "To bow to what is rather than to some ideal is not necessarily easy, but however difficult, it is one of the most useful and honorable practices."

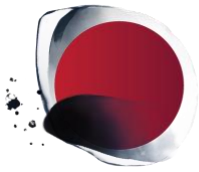
"To bow to the fact of life's sorrows and betrayals is to accept them: and from this deep gesture we discover that all is workable. As we learn to bow, we discover that the heart holds more freedom and compassion than we could imagine."

The Persian poet 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.”

— As cited in Kornfield

Quotes

“If we remain clinging to this life even for one day, we are misusing our time. In this way, we can waste months and years on end. Because we don't know when our lives will finish, we should remain mindful and well prepared. Then, even if we die tonight, we will do so without regret. If we die tonight, the purpose of being well prepared is borne out; if we don't die tonight, there is no harm in being well prepared, because it will still benefit us.

The body is compared to a guest house; it is a place to stay for just a short time and not permanently. At present, the guest of consciousness is staying in the guest house of the body, like renting a place to stay. When the day comes for consciousness to leave, the guest house of the body must be left behind. Not being attached to friends, the body, wealth, and possessions is the practice of the Bodhisattvas.” — H.H. Dalai Lama

References

- H.H. the XIV Dalai Lama. The Heart of Compassion: A Practical Approach to a Meaningful Life,
Kornfield, J. (2000). After the ecstasy, the laundry: How the heart grows wise on the spiritual path. New York: Bantam, pp. x-xi.



DR. TIMOTHY DUKES

DrTimothyDukes.com | Sanctuary | Reflect | The Guest House | 20230924

Image Courtesy of: Timothy Dukes, December 2022

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today’s brilliance successfully transitions into tomorrow’s wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.