

DIVINE DISCERNMENT
How to Use Your Inner Guidance System

Behold the problem, ask for the answer, and then accept it when it comes.

~ A Course In Miracles ~

To *discern* is to make a clear evaluation that helps you with a decision or choice. *Divine* discernment refers to an assessment that you make with the inner guidance of Spirit.

No doubt there have been at least a few times in your life when you've desperately wanted clear and specific direction from a completely reliable source. Perhaps you even prayed the words, "*What would you have me do, God? What am I supposed to do about this situation?*"

When we seek to know the best path forward in our lives, we may too often approach it from a merely information-gathering perspective instead of a spiritual surrender perspective. This is not a surrender of giving in or giving up, but rather a surrender of partnering with the Divine! It's a surrender that allows us to be in a state of readiness and trust for revelation.

What we find outside of ourselves is INFORMATION.

What we receive from the Spirit Within is REVELATION.

Discernment that you receive from within is clear and direct, bypassing any confusion and cutting through resistance no matter how long you've been stuck.

Each of us requires or prefers a little different strategy for discernment. Some people trust their Inner Guidance System and are quite comfortable making decisions - even life-altering decisions - on a gut feeling or on an intuitive leading.

Other people are wired to require more information before making a choice. And the more important a decision seems to be regarding possible consequences and long-term effects on their life, the more information they may need.

It's good to know your personal discernment style for discovering what you need in order to comfortably make a decision. But to quickly receive inner guidance you must still be willing to surrender it or give it over to the Holy Spirit, to Divine Mind or Divine Guidance that is always yours to access from within.

Surrender is the key to knowing God's Will for your happiness. And your mind, heart, and soul working in sync with each other form the perfect receiving station for Divine Discernment.

*Calmly turn within, ask in faith,
then listen in confidence for the answer to be revealed.*

Our own inner thoughts and dialogue, our own desires and dreams, are leading us to God's Will all the time. Are we paying attention?

Five Questions to Facilitate Divine Discernment

1. Where are you presently hurting in your life? Where do you want to see or experience a significant change?
2. What is the specific change or shift that you want?
3. What do you currently believe this change will bring you?
4. What are you really willing to do to bring about this change?
5. What are the signs that appear to support you in this change?

Signs of God's gentle leading in Your life:

- WATCH FOR SIGNS OF DISCONTENT. Rumbblings of discontent can be anything from simple dissatisfaction to deep sadness or even anger. Feelings are a big part of your inner discernment mechanism. They are not to be ignored.
- WATCH FOR SIGNS OF JOYFUL LEADING. God's Will and Your own will come together in JOY! The *Course in Miracles* says that God's Will for us is perfect happiness, perfect love, perfect peace and perfect joy. Pay attention to what brings a sense of joyfulness to you and follow that vibration!
- WATCH FOR RECURRING THOUGHTS, IDEAS, OR THEMES THAT CHALLENGE YOU TO GROW! God's Will is a living creative thing – it is never inert, never motionless, but always moving and inviting movement. That's why we are restless and even depressed when we are stuck for too long. We were created for moving into ever-greater Good.

THOUGHTS FOR MEDITATION

"I turn to God within and know my path is directed."

***The wisdom of Spirit illumines my thoughts; I now see clearly
where before I was confused***

***I am always divinely guided to my perfect Good.
There is nothing in my way.***

I know what is mine to do this day and I do it!