

Riches Within

Coaching for an Extraordinary Life

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www.richeswithin.com



SPIRITUAL DISCERNMENT

How to tap the soul's wisdom for deep and happy insight into your life

Spiritual discernment is a key element in life design that is often overlooked or minimized. Yet we are more than mere intellect. We are spiritual beings who have direct access to limitless wisdom. That wisdom can be put to great use in very practical ways as we are dreaming our lives and giving form to the desires of our hearts.

To discern is to recognize clearly. Put very simply, discernment is the ability to make good judgments. In the design of an extraordinary life - one beyond anything we have yet experienced - we need more than good judgment; we need the keenest possible insight into our nature, purpose, wants, and life goals.

Spiritual discernment has nothing to do with religion in this context and everything to do with the alignment of mind and soul. *Webster's Dictionary* says that the soul can be defined as "the spiritual part of a person". It is a vital or essential force within us that informs our life. From this perspective, spiritual discernment is the active joining of the eternal Self with our human understanding.

There is no more important knowledge for each of us than what is held within the soul - waiting for our willingness to listen and respond accordingly.

How Spiritual Discernment Guides Our Choices

There is nothing mysterious about spiritual discernment. It is, in fact, a very natural process to those who take the time to connect with themselves at a deeper level of consciousness. What can be gained from this inner vision is quite remarkable. Here are a few examples:

- Since our souls are wise beyond our imagining, discernment gives a special kind of illumination to our thinking. The ideas that come to us at

this level are in harmony with our truest intentions, whether we have given voice to those intentions yet or not.

- Because this discernment requires honesty, the decisions made from soul feel good and right to us. They align with our moral and emotional nature.
- Spiritual discernment offers us a quiet confidence in making choices. There is nothing to hide; everything is out in the open light of the spirit, and so we can happily choose a path that is for our highest good and greatest joy.

A Formula for Spiritual Discernment

De-stress.

Learn to put the experience of *calm* back into your life. Learn the difference between sanity and foolishness when it comes to the hours you work, the company you keep, the habits you perpetuate, and the things you tolerate.

A life that is perpetually filled with unresolved stress is a whirlwind of drama. A life that is lived from inner peace brings calm to any stormy situation and restores balance for clear thinking.

Know yourself intimately.

Know what nurtures you, what energizes you, and what totally fills your cup to overflowing. Know too that which depletes and drains you, that which deflates you and makes you feel small. Be aware of the effect that other people have upon you. Take measures to minimize exposure to negative or abusive people and to maximize the time you spend with people who expand your world.

If you are drawn to the quiet of the mountains or the peacefulness of the woods, if you are passionate about beauty and art or health and fitness, if you continually feel a pull into certain teachings or religious practices, know that these are all ways in which your soul is making contact with you and encouraging your participation. What is natural to you will be the most nurturing.

Meditate.

I have always loved this quote from Myrtle Fillmore, the Co-Founder of the Unity Movement:

*“A little period of quiet and rest each day
is your opportunity to establish yourself at the center of your being,
the one place where the supply of life and substance is inexhaustible.”*

A daily time of quiet is not only deeply renewing, it also opens the mind to receive a higher level of clarity. Quiet sweeps away disturbing images and troubling thoughts, making room for true discernment.

To help you apply *Spiritual Discernment*, I encourage you to check out the Life Coaching options at www.RichesWithin.com.

Joyfully yours,

Louise Dunn, Professional Life Coach

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