Eight Principles of Discernment

1. Discernment is primarily about the heart, the deep core of the person, one’s foundational spiritual identity—who I am. “What to do” and “how to do it” are important but secondary aspects of discernment.

2. I discover who I am most deeply in relationship to God.

3. Discovering who I am in God changes the way I see.

4. Discernment also involves action in response to what I see. It involves the effort to see and do what God is doing. “I do nothing of myself, I do only what I see God doing” (Jn 5:19).

5. Seeing and doing what God is doing requires seeing beyond what is occurring at the surface of life and being in harmony with Reality at its deepest level.

6. How do we know we are doing what God is doing? There is always mystery here, but doing what God is doing nourishes us. Not doing what God is doing debilitates us. “My food is to do the will of the One who sent me…” (Jn 4:34).

7. Those who see and do what God is doing nourish others. They are beneficial presences who help awaken, liberate and ‘feed’ others at a spiritual level.

8. We both desire and fear becoming who we really are and doing what God is doing. Discernment helps sift through our desires and fears so that we can act more freely out of our deepest desires.