



the power of discernment

LEARNING TO TRUST.

by Alison Canavan

Discernment is a skill that we often overlook in our fast-paced, information-heavy world. It requires a shift in state, slowing down and turning our attention inwards. We are constantly bombarded with messages about what we should do, who we should be, and how we should live. But what if the most powerful guidance isn't external at all? What if, instead, the most important wisdom comes from within?

Discernment is the ability to distinguish what aligns with our truth from what does not. It's the deep knowing that allows us to make decisions rooted in integrity, clarity, and inner peace. It is not judgment—it does not come from fear or separation. Rather, discernment is an act of self-honouring, an invitation to move through life with awareness and conscious choice.

How many times have you been in a situation, relationship, or business deal you knew was either not for you or well past its sell-by date? Listening to those inner impulses—the feelings of anxiety, the somatic wincing of pain—and understanding that they are merely messages helping to guide you on your path.

Tuning into Your Inner Compass

So many of us have been conditioned to outsource our power, seeking answers outside of ourselves. But true discernment asks us to pause, to listen, and to feel into what resonates on a soul level. It is not about overthinking or forcing an answer. Instead, it is about cultivating a relationship with your intuition—the quiet yet powerful voice within that always knows the way.

One of the greatest tools for discernment is stillness. In a world that glorifies speed and productivity, making space for silence is revolutionary. Whether through meditation, journaling, or simply stepping outside and connecting with nature, stillness allows us to return to ourselves. It is in these moments that we can hear the whispers of our soul, guiding us towards what is truly meant for us.

Discernment in Relationships and Energy

Discernment is especially important in the relationships we nurture and the energy we allow into our lives. Not everyone is meant to walk the journey with us forever, and that's okay. Some people come into our lives as lessons, others as blessings, and sometimes they are both. The key is learning to recognise when something or someone no longer aligns with our highest

good.

One of the most powerful questions you can ask yourself is: "Does this expand me or contract me?" Your body, your emotions, and your energy field are always speaking to you. When something is in alignment, you will feel a sense of expansion, lightness, or ease. When something is not right, you will feel resistance, heaviness, or tension. Trust those feelings—they are your inner wisdom speaking.

The Courage to Choose Wisely

Discernment also requires courage. It means being willing to say no, even when it's uncomfortable. It means honouring your truth, even when it goes against the expectations of others. It means understanding that not every opportunity, relationship, or path is meant for you—and that is a beautiful thing.

When you cultivate discernment, you step into a life of greater authenticity and alignment. You no longer waste energy on what drains you and instead channel it into what nourishes you. You begin to trust yourself deeply, knowing that the choices you make are rooted in wisdom rather than fear.

So today, I invite you to slow down, to listen, and to trust. Your inner compass is always guiding you—if only you allow yourself the space to hear it.

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