DISCERNMENT QUESTIONS TO ASK

For Dealing with Emotions or When You are in a Funk

1. Use keying or intuition and ask – is this mine?
2. If yes, use intuition or meditative state to help you determine the source. Release the emotions if you can. If you are having a hard time with doing that, please seek help from a professional.
3. If no, give the emotion or funk a color and visualize it coalescing on the outside of your energy field. Visualize the color either draining down into the Earth, evaporating by itself or being dissolved by beautiful golden Divine Light. You can also work with your guides to determine a cause. There’s lots of funky energies going around these days.
4. Next question – Am I taking care of myself?
	1. Eating well (no junk, no sugar, lots of veggies)
	2. Drinking enough water?
	3. Getting exercise?
	4. Going outside?
5. Remember:
	1. Spiritual bathing practices
	2. Energetic grounding and protection
	3. Plant or Egg Limpias
	4. Walking in Nature

My flow for this stuff is as follows

Feeling funky -> Ground and center -> Check in with guides -> Act what I’ve intuited or been told (cleansing methods, eating better, drinking more water, exercising, just sitting outside on my deck more, etc.). Some days I wake up and I really just need a shower from the junk I’ve worked on during the night.

For Dealing with Spirits

1. Who is talking to you?
	1. Try to discern human or not, male or female, etc. Don’t use leading questions i.e. “You’re Aunt Mary, aren’t you?”
	2. You can straight-up ask “Who are you and what do you want or need?”
2. What do you need?
	1. If the answer to question 1b above is “nothing”, then it may be a spirit guide or it may be some being who’s poking around, curious, watching humans, etc. Or it can be a mischievous critter of some sort. Ask to see their true form. If they can’t show it to you in some manner = not a guide or a being who’s here to help you (or even humanity in general).
	2. Food, drink, drugs, mundane things = probably a ghost.
3. Can I help you?
	1. Yes or I don’t know = ask angels to come in and/or bring down Divine Light to surround the person/spirit.
4. Do you realize you are dead?
	1. No = you’ll have to explain. Call in angels, or your psychpomp guide if you have one, to help, bring down Divine Light to surround the person/spirit and ask the angels to open a portal to the Otherworld/Heaven/Soul World.
	2. Yes = the same. At the same time, ask the angels to open a portal to the Otherworld/Heaven/Soul World.
	3. Ask: “Would you like to move on to Heaven?” Answer = yes, ask the angels to take the person. Answer = no, then more talking, more Divine Light. They may need to sit with the Divine Light for quite a while. Most human spirits will move on after a period of time or can be moved to an interim healing realm. You can ask the angels/your guide to do that as well.