

A DISCERNMENT TOOL

condensed from

SOUL QUEST by Paul Hawker

Paul feels thoughts are from God if they are:

- peaceful
- loving
- uplifting
- comforting
- kind
- seldom needing to be responded to in a hurry.
- consistent
- patient
- instructive
- clear
- welcoming of scrutiny

Paul feels thoughts are from the self if they are:

- a logical processed outcome of things learned or deduced
- appealing to the ego
- changeable depending on the information received
- those that make you look good in front of others

Paul feels thoughts are from spiritual realms but not heavenly ones if they:

- are an accusation
- promote fear and panic
- produce guilt
- are pushy, urgent, wanting to be done in a hurry – a driving compulsion to “do it now,”
- are confusing
- reject scrutiny
- create anxiety



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