



nicky

Discernment

I never quite know what to make of the word discernment. I took the dictionary out to let the word make more sense. It seems, it's all about being able to perceive and recognise, all about demonstrating good judgement. Whereas every time someone uses it, it's supposed to imply I should let go off all judgements, to not judge at all.

How can I not judge? I was raised in a world of duality. Good versus bad, black versus white, day and night, love and fear. Everything I saw was to be placed somewhere on the line between two extremes. That's what I was taught, that's what I have done. And now I have to stop judging?

Practising discernment, I read without prejudice. I do not condemn the writer for his or her opinion or less fortunately chosen words. I take on whatever I appreciate and while practising this skill over time I find that discernment is needed over and over again. For over time my own thoughts on matters shift. What appealed to me then, seems irrelevant now and I can be totally hooked on something I hated before.

I can see it in my cravings for food, the books I like to read and the cloths I like to wear. Well actually, it's more what I read in books that is shifting. I used to hate reading books twice, but these days I find that some books seem to tell a whole different story reading them again.

Guess over time I am ready to perceive and recognise aspects of life I wasn't ready for before. Guess I was pre-occupied, short sighted and stubborn before. But then again I should look at myself with discernment too. I am used to judging everything and particularly myself. Guess I haven't mastered discernment in every aspect of my life yet. Don't judge me, I am only human.