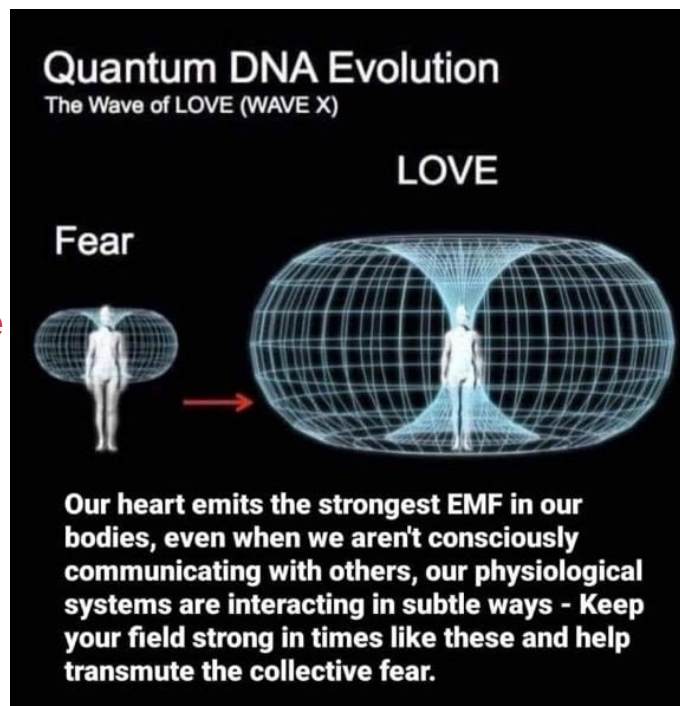


Know the Difference Between Intuition and Ego

You are a divine being, and within your divine being lives your intuition as well as your ego. You are created from the source of all life and energy, however you choose to understand it. This source is the essence of all existence, the fundamental energy that sustains everything. And what is this source? It is love. It is everything pure, expansive, and boundless. Love represents the highest vibration, the most powerful force in the universe, connecting all things in harmony and unity.

Everything in the universe is made of energy, and each form of energy vibrates at its own unique frequency. To be in alignment with the flow of life and your highest potential, it is important to raise your own vibration to a higher frequency. When you vibrate at a high frequency, you are in harmony with the universe, allowing for ease, abundance, and peace to flow into your life.

The highest frequency of all is unconditional love, which transcends fear, doubt, and negativity. Love is the purest, most expansive energy, and when you align with it, you create space for healing, growth, and deep connection with yourself and the world around you. By nurturing love within yourself, you elevate your vibration and attract the same high-frequency energy into your life.



Fear is a low vibration because it is rooted in separation, scarcity, and insecurity. It stems from a place of lack, doubt, and uncertainty, often triggering feelings of anxiety and distrust. When you operate from fear,

you disconnect from the present moment and from your inner sense of peace and wholeness. This low-frequency energy keeps you in a state of tension, resistance, and defensiveness, blocking the natural flow of love and abundance. Fear narrows your perception, limiting your ability to see possibilities and solutions, and instead magnifies problems and limitations. In contrast, love, which vibrates at the highest frequency, invites openness, trust, and flow, allowing you to embrace life with an expansive heart and a clear mind.

Intuition vs Ego

Basically, we always have two voices running in our heads. One guides you and one distracts you. I am referring to the Intuition and the Ego.... and I know how confusing it can be to distinguish between the two.

When your intuition speaks to you, it is the voice of your divine essence, the higher self that is connected to the Source, to the Creator. This aspect of your being is rooted in pure love and seeks only the highest good for you. It resonates at the highest frequency, that of unconditional love, and guides you toward your highest potential. When you follow the whispers of your intuition, you are aligning with the loving energy of the universe, which always leads you toward growth, peace, and alignment with your true purpose.

Your higher self might offer gentle, loving guidance through your intuition, such as: "Trust yourself, you are capable," "Follow your heart, it knows the way," "This path feels right, keep moving forward," "You deserve peace and happiness," "Let go of fear, embrace love," "You are exactly where you need to be," "Everything is unfolding as it should," or "Listen to the stillness, it will show you the truth." These messages come from a place of compassion, encouraging you to trust your inner wisdom, to honor your worth, and to take steps aligned with your soul's highest good.

It can be difficult to recognize the difference between your ego and your intuition because both voices are present within your mind, often speaking at the same time, and can sound quite similar. The ego is rooted in fear, judgment, and past conditioning, and tends to be loud, persistent, and focused on protection and survival. It often manifests as self-doubt, criticism, or worry about what others think. Intuition, on the other hand, is quieter, more subtle, and speaks from a place of deep inner knowing, guidance, and love. However, the ego can sometimes masquerade as intuition by disguising its fears as "practical advice" or "protective warnings." Additionally, both the ego and intuition can prompt action, but the ego typically creates resistance, anxiety, or urgency, while intuition feels calm, peaceful, and expansive. The challenge lies in quieting the mind, tuning into your inner self, and learning to discern

which voice comes from a place of love and trust, and which comes from fear and limitation.

The ego is the voice within that constantly seeks to undermine your sense of self, whispering doubts and limiting beliefs into your consciousness. It is the inner critic that tells you that you are not enough, that you can't succeed, or that you are failing in some way. Instead of nurturing and uplifting, the ego thrives on fear and judgment, directing your thoughts toward negativity and self-criticism. It distracts you from your true essence, which is rooted in love, peace, and potential. By recognizing the ego's harsh, limiting voice, you can separate from it, embracing instead the loving guidance of your higher self that affirms your worth and capabilities.

The ego might say things like, "You're not good enough," "You'll never succeed," "Why bother trying, you always fail," "You're not smart enough," "People will judge you if you fail," or "You're not deserving of happiness." It might also tell you, "Look at everyone else, they're better than you," or "You're too old, too young, too inexperienced to do that." Essentially, the ego focuses on fear, self-doubt, and separation, aiming to keep you small and stuck, rather than allowing you to step into your full potential and embrace your worth.

I want you to live your best life, one that is filled with joy, peace, and fulfillment. These statements are meant to guide you, to help you understand the power of aligning with the highest frequency—the frequency of love, trust, and abundance. As you grow in awareness, you'll learn to listen only to that which encourages you to rise, to expand, and to embrace your true potential. The voice of your highest self, your inner wisdom, always wants what is best for you, guiding you with love and clarity. By tuning in to this loving guidance and rejecting the voices of fear and limitation, you will begin to vibrate at the highest frequency, attracting all that serves your highest good and allowing you to step into the fullness of your life's purpose.



Additional Support I Can Offer:

This is my calling and how I most love to serve, and here are a few of my services. Through channeled spiritual guidance and deep ceremonial work, I aim to offer clarity and healing for both you and your animal companions. Whether you are seeking to connect with a past loved one, navigate a major life transition, or better understand the needs of your pets, I provide a compassionate space for growth and reassurance. Feel free to reach out at any time for you or a beloved animal friend.

- **Animal Communication Sessions-** These are done virtually and I just need a photo of the animal, with no one else in it, preferably where if I can see the eyes. This is an in depth session and the cost is \$90. I begin with a preliminary session to be sure that we are in alignment.
 - **Long Distance Energy Clearing/Healing-**\$60 per session or \$150 for three sessions for one animal/person. All I will need for this session is a photograph. I usually recommend that an animal communication be done first to help determine where a problem lies.
 - **Psychic /Mediumship Sessions-** In this session you are welcome to ask questions about any area of your life, including your home, career, relationships, health, and spiritual growth- to receive channeled spiritual guidance. Or you can choose to communicate with past loved ones to help you gain clarity about situations or for reassurance about something after their passing. These sessions are done via appointment on zoom for a rate of \$40 per 20 minutes.
 - **Dream Interpretation-** Since the dawn of humanity, dreams have served as a source of guidance and healing. How we interpret them can become a powerful tool for navigating life. I offer channeled guidance to help reveal the true meaning behind each dream. \$40 per 20 minute session
 - **Mayan Astrology Consultation-** The ancient wisdom of the Mayans holds deep insights into time, nature, and the human soul. Using the sacred Mayan calendar I offer intuitive, meaningful interpretations of your Nawal —your personal Mayan sign. A Mayan astrology reading can illuminate your spiritual journey with clarity, purpose, and the enduring light of Mayan wisdom. \$60 per 30 minute session
- [Click here to book a consultation](#) or email visionsandreflections@proton.me