

INTUITION vs EGO/MONKEY MIND/FEAR

INTUITION

Feels calm and self-assured
Feels open
Feels expansive
Wise and all-knowing
Shows itself as factual statements
Doesn't need to repeat itself, and comes as a single thought phrase

EGO / MONKEY MIND

Feels emotional and often agitated
Feels tense
Feels tight
Fear-based
Shows itself as convincing statements
Comes with second-guessing and inner chatter

