

## Episode 105: Is It INTUITION Warning You? Or Is It Just Fear?

Hello Gorgeous Souls!

Welcome back to the Manifestation Babe Podcast!

I am so grateful and so excited that you chose to read today's podcast episode. I promise you, this is going to be a really good one. One that is filled with so much emotion; joy, laughter, embarrassment, and fear. So the lesson of today's podcast is knowing the difference between intuition and fear. I will also be talking about the difference between your higher self and your ego. I have done my best teaching my *Rich Babe Academy* and my *Manifestation Babe Academy* students the difference between the two voices. However, I have not yet been able to solidify how to figure out what fear is trying to tell us. For example, many people ask me, "is a fear that I am feeling trying to tell me that something is just not in my future or is it my ego giving me unnecessary resistance because I am outside of my comfort zone. I have yet to master telling the difference between the two. On the other hand, I have learned over the last couple of years that the voice of the ego is one of fear. So any type of fear and anxious based thoughts are coming from the ego. This is also true for thoughts that tell you you are not good enough or that you are not ready, that maybe you should wait or that it is not the right time for your dream. Thoughts that come from a lack mentality, scarcity, and fear are the voice of the ego. Contrastingly, the voice of your intuition or your higher self, the one connected to source is always one of love. So the voice of love is always telling you, "Hey, it's all good. Stay on this path. You are loved, you are worthy, you are a source for the entire Universe expressing itself in human form. You can manifest whatever you want". Obviously, the voice or intuition feels better than that of ego. That is because your higher self is always going to tell you the truth whereas your ego is always going to tell you a lie.

I think that we have bullshit meters inside of us. That is our higher selves can tell or at least we can tell if something is a lie or if something is true based on how we feel about it. So if it makes us feel bad, which typically things that the Ego tells us, then it is a lie. Conversely, things that feel good to us typically reflect the truth. However, for the longest time, I couldn't really figure out how to explain this to people. How do you know if it's your intuition telling you that this might be a potentially dangerous situation? Or this might be a situation that is not right for you or not meant for you?

So I want to tell you guys a story of my experience with learning the difference between ego just trying to play tricks on you and your intuition warning you. I experienced this first hand on a flight coming from Austin, Texas back to Los Angeles. This is called my *Flight Without Flight* story. This story starts off with me saying goodbye to my two friends at the Delta lounge. We were all flying Delta first class, and Laren and Jen had a flight at 5:30 pm and I had one at 3:30 pm. Some of you guys may not know this but I use to have a debilitating fear of flying. It was to the point where I could not even go up to the person who scans the boarding tickets without popping a Xanax pill. I was introduced to Xanax when I was sixteen years old. I was flying for

the first time to France with my stepdad. Before my flight, I visited my doctor and explained how I was going insane thinking about this flight. I asked him if there was anything he could prescribe me because I cannot fly without literally almost having a heart attack. I remember not being able to walk into the airport or walk up to the jetway without being under the influence of Xanax. Now there is no right or wrong here. I do not use Xanax for flying anymore because I have gotten over my fear. However, if you still do this, there are no judgments.

So back to the story. I am walking up to scan my boarding pass, and an old fear starts coming in. All of a sudden I get nervous and my heart starts racing. I was very confused as to why I was feeling this way and I thought to myself, "This is very, very strange. I don't know why I'm feeling like this." I have not felt like this in year. I was thinking, "Oh my God, something is wrong. Is this a warning? Is this my intuition warning me". As I walked down the jetway, all of a sudden, my old ritualistic tendencies kicked in. I had to touch the airplane's door, and look at the cockpit. They were OCD like behaviors I used to do before going to my seat on the airplane. I remember saying, "Hi" to the flight attendant because I had this belief that if I was nice to the flight crew they would save me in case something bad happened on the flight. I found myself repeating all these behaviors I did when I had a fear of flying. I then went to my seat and started to take out all of my stuff like I usually do. I put away my duffel bag, then took out my laptop and put it into the pocket of the seat in front of me, and then took out my headphones. As I got settled, all of a sudden, my palms started to sweat, and my heart started racing. There was nothing abnormal happening to warrant these reactions. I had no idea what the eff was going on. There was absolutely no indication that anything was wrong. As people are still making their way onto the plane, I started doing Reiki on the plane. I usually always put a protective bubble around the plane, a rainbow bubble just to give it an extra boost of good energy.

So let us backtrack a little bit. Last year when I was flying back from France to Los Angeles, I was recording a story on my phone. I noticed there was a shadow of my airplane and the shadow had a rainbow bubble around it. That is when I knew that my Reiki was actually working and it was not just a ritual I do to make me feel better.

Anyway, back to the story. As I was doing my Reiki, my heart just keeps on racing faster. I slowly start going into a panic attack. This was shocking to me, because I had not had a panic attack on an airplane since I was 18-19 years old, and I am now almost 27 years old. I had done so much inner work, letting go of control, so much surrendering that by this point, I think I can handle a plane. At this point, I am acting like my 14-16 year old self, back when I needed Xanax.

I start texting Brennan, "Can you send extra good vibes to my airplane right now?"

Brennan then replied, "What? Of course"

Then I sent, "But can you like pray that I am going to make it to LA?"

Brennan then got worried and texted, "What is going on?"

As I am sending and receiving these messages, I am thinking to myself, "Who am I right now? What is going on, what the f is happening?" I started feeding into this fear, even more, and its energy got stronger and stronger. I could hear what I thought was my intuition saying, "Get off this plane right now". I have never done this before, but I was not thinking I just blacked out. I packed all my stuff and texted Brennan, "I'm getting off". I literally got up and saw a sea of people trying to get on the plane. I was thinking how am I going to go past the people blocking the airplane door, and then it hit me, what am I going to tell the flying team. How am I going to tell them that nothing is wrong, but my intuition is telling me to get off this plane? I needed to come up with a coherent reason. So I start thinking, okay, I'll tell them I forgot something. If they do not believe me, I will tell them that my friends are still here and I want to hang out with them, which was true. My friends were still in the lounge, and I did want to still hang out with them. At the same time, I'm thinking, oh my God, Brennan is going to kill me. We planned that as soon as I got home we would go to our favorite spot and get dinner. We would catch up, I would tell him all about my week. I was going through all of these thoughts.

Then I suddenly got up with all of my stuff and I looked at the flight attendant, and said, "I need to get off."

The flight attendant then said, "You need to get off?", and I nodded yes. She then said, "Okay, Is something wrong? What happened?"

"I forgot something", I answered.

She then asked me, "Is your bag on the plane?"

I replied, "Yeah". Then I thought, "F\*ck, yes, it's on the plane." Then I told the flight attendant, "But don't worry. It's all good. I'll get on the next flight and I'll grab my bag when it lands".

"Ma'am, you do realize that this really concerns us", she exclaimed.

Now I know how this looked, but I just needed to get off this f\*ucking flight. "Yes, yes, I just forgot something. It's okay. I'm going to catch the next plane."

Then immediately when I got off the plane, I felt a sense of relief. I kept thinking, "Why is this happening? I have no idea why this is happening". I then remembered that the flight attendant was like, "Ma'am, you need to go see the gate agent. You need to go talk to them otherwise we are going to worry". She also said, "They are going to be the ones to determine if your bag is still going to fly to LA without you".

I understood what the flight agent was saying, they did not know why I got off the plane. I also understood that them flying my luggage to LA without me would be a little odd, when I voluntarily got off the plane. I thought it was best to go and explain everything to the flight agent.

I approach the flight agent and say, "Hey, I'm so sorry. I need to get the next flight. Something came up. Can you book me the next flight to LAX?"

Of course, there are no other flights until the next day at 7:00 am. Thankfully, she let my bag slide. I thought I would have Brennan go to LAX and pick up my bag. At the same time, I am thinking, "What the eff am I doing?". I have never done this before, who am I right now?

As I am contemplating what have I done, I tell the agent, "Okay, can you give me a moment to marinate? 7:00 am is too late. I need to get back to LA right now. I realized I just missed my flight. But I'll figure it out. Give me a sec."

I immediately started looking online for flights with different airlines going to LA. I found a flight from United. Then I realized, I was flying Delta. So Delta can rebook my flight for free, but now if I fly with a different airline, I have to pay for an extra plane ticket. I was thinking, "Oh, my God, why did I do this?" Now I have to spend \$500 to book a one-way flight because it is also last minute. My sense was that my intuition was getting me off this plane because for some reason I did not feel like me being on the plane was a good match. It made no sense to me because for some reason when I get off the plane, I wasn't worried about anyone on the plane. I could feel that everyone was safe. It felt like me plus the passengers and that plane was not safe, and I did not have an explanation for that. However, for some reason, that was what I was feeling.

I went down to the other side of the airport and booked a flight to United. I was too embarrassed to tell my friends what happened, so I did not even bother to go back to Lauren and Jen who are still at the Delta lounge. I had also forgotten my delta ticket on the plane in the seat in front of me. I remember going across to the United counter to see if it was cheaper to buy from them or if I needed to go out of the airport and check myself. I had a million questions because I have never done this before. After having a conversation with them, I ended up booking my ticket. and I called Brennan. He was beyond confused.

All he said was, "Kathrin, I don't understand you, but I trust you, I trust that you know what you're doing. I don't always understand your intuitive thought processes."

He was correct in the sense that sometimes I go down the rabbit hole. Brennan is usually the one peeking into the rabbit hole, and he is saying "I don't know where you are Kathrin, but it looks like you are having a great time. So I am just going to leave you in there".

I was trying to explain to him how embarrassed I was at the moment. He was confused as to why I was embarrassed. It had been 20 minutes since I got off the plane. I was tracking the Delta flight just to make sure everyone gets home safely because that was just my biggest

concern. For some reason, the plane felt unsafe. So I was tracking it to see that they are still in the air. Then I thought, what if this was my ego and immediately felt so embarrassed and disappointed in myself. After I spoke to Brennan and he suggested I journal and that I will figure it out. I made my way to the United lounge. Since I was not on taking an international flight, I could not simply go into the lounge using my first-class ticket. I needed to have a special credit card in combination with the ticket. As a result, I had to buy the lounge pass. I thought to myself, "Oh my god, Brendan is gonna kill me. Like I'm spending, an extra \$600 that does not need to be spent. I'm coming home five hours later than I need to". All of this, for what? I needed an explanation. It felt so embarrassed and weird about it. I had five hours to kill so I made my way over to the lounge. I had coaching homework and some writing stuff I needed to finish. However, I was in a bad mood so I did not feel like working. Even though I had a plethora of work to do, I was not in the mood for any of it. So I whipped out my journal, and I started writing everything that happened down. I wrote about how I felt, and how is this serving me. This is something I always do when is not going my way or whenever something is not making sense. I will always journal about it. After describing what happened and allowing myself to release everything, I will always ask the question, how is this happening for me? How is this serving me?

After journaling for half an hour, it immediately dawned on me that this was my ego all along. Three hours after the got off of my Delta flight, the plane actually landed in LA safely. I was tracking the flight the entire time and knew my bag had arrived at LAX. At that moment I really wished I was on the flight. How I recognized that this was my ego, was that I had immediate flashbacks to what I have told my students before. Where your ego is the voice of fear, and your higher self is the voice of love. Even if your ego senses that you are in danger it acts aggressively. To our ego danger is any danger to your physical self, your growth or to your comfort zone. Your higher self will also get you out of dangerous situations, but it is going to do it coming from a much more gentler place. It is going to come from a place of love.

In the beginning, when all of this was happening, I set the intention to figure out the answer to this question so that I can teach it to my students. I wrote down in my journal that this was my ego. This was fear from ego. The all of a sudden palms sweating, becoming frantically anxious, trying to get out of there ASAP. The very last minute decision to drop out something that is usually ego.

So how can you recognize if that feeling of fear is due to your ego and not your intuition. Fear due to intuition will occur as your last Hail Mary to stop doing something. When you are about to go on a live stream, and someone knocks at your door, or you get a phone call, or you get an important text message. Something distracts you from doing what you really need to be doing as a last minute Hail Mary, that is typically your ego. When you're about to go on stage and suddenly all of these crazy thoughts enter your brain. Your palms start sweating, you become anxious and nervous. Then you try to get off the stage because you are doing something that is totally unlike you and totally out of your comfort zone. This happened to me before I go on a podcast or before I am doing something that will take me to the next level.

Even though I have always known this, I had to experience it on such a ridiculous level to finally understand the differences between my fear being communicated to me by my higher self or ego. I did this by writing down in my journal. When your higher self actually warns you about something, it gives you a detour without you even recognizing that it is a detour. An example would be when plans randomly fall through and it is not self-sabotage. You were on your way somewhere and there was unnecessary traffic. Then you realize that the unnecessary traffic happened because it was preventing you from meeting this person, or going on a specific road for a reason. It is always some sort of detour, without even realizing it is a detour. A detour that is making something happen for you, preventing you from getting into an unintended situation or it will commonly inspire you to take action to avoid a potentially dangerous situation. It is a calm inspiration. It does not feel like, "Oh, my God there is danger. I have to do something now". It is more like when you miss a flight, if your higher self was actually preventing you from being in a certain situation because it's not for your highest good, it would happen in that manner. Not just you going into a full blown panic attack mode. Random acts due to anxiousness. frantic sickness, panic attacks come from fear and that is the voice of your ego. However, if you feel calm inspiration that something is off then its due to your higher self. For instance, with the example of my flight. What I would have done instead was felt like a later flight tomorrow would be better, or I should change my flight, or something will inspire me to get home to LA in a different way. That would be my higher self, because that is the voice of love. It's the voice of guidance, rather than freaking you the f\*ck out to where you embarrassingly get off a flight for no reason.

When this happened, I was confused at first. I then realized that you guys would appreciate this lesson. Now I am so grateful that there was a lesson behind it. There is always a lesson behind every situation. With anything that happens in your life, no matter how embarrassing, stupid, crazy, or confusing, it is still happening for a reason. In a weird inception, my higher self planted me in this position to listen to my ego so that I can learn this lesson and then be able to share it with you. I think this is so freaking brilliant and funny.

So I hope now you can recognize that every time you have ever had a panic attack over something, it really was your ego. Maybe you have now also recognized that there are moments in your life where there was some sort of detour or a change of plans, but it always led you to come into a much better place. There is always a bigger plan that is so much bigger and better than your plans. It was all divinely guided to happen for your highest good. An ego that is out of control is the biggest thing that prevents people from achieving their dreams or going after what they really want. Another thing would be not having awareness of the duality of the ego and the higher self. Just to let you know, both your higher self and your ego are in your body. You can experience the ego and the higher self at the same time because they are both serving you. The ego is helping you survive the physical 3D world, and the higher self is your guide. You need both in order to be a human being. You have to survive, you have to live. Your ego is the one who is who's telling you to look both ways before you cross the street. The ego is the one that wants you to survive in your physical body. Your higher self wants you to achieve your highest potential, all of your dreams, goals and so they both serving you.

However, what I see happen all the time is when people think that it is actually the same voice. Or that their ego is just them like those thoughts are actually theirs. They are using their ego to direct them towards making decisions. They think these decisions getting them closer to their dreams, but in reality they are taking them further apart from their goals and dreams. This is because the ego is never going to lead you to your goals and dreams. It's on your higher self.

Thank you so much for reading this episode. Thank you for sharing. Thank you for tagging me on Instagram. Thank you for leaving a review on iTunes and I hope you are enjoying the free manifestation hypnosis that you get when you leave a review. Just screenshot it and email it to my team at [hello@manifestationbabe.com](mailto:hello@manifestationbabe.com) and I will see you in the next episode.

I love and adore you so much and can't wait to connect with you in the next episode. In the meantime, go out there and manifest the magic.