

CHARACTERISTICS OF HIGHER AND LOWER SELF

We all have those little voices in our heads that speak to us when we're seeking guidance. However, those voices come from two very diverse sources: our higher self and our lower self. Here are some guidelines to help determine which voice you're listening to:

HIGHER SELF	LOWER SELF
<i>Loving</i>	<i>Jealous</i>
<i>Confident</i>	<i>Insecure</i>
<i>Fulfilled</i>	<i>Believes it is lacking</i>
<i>Urges you to fulfill your Divine Purpose</i>	<i>Wants you to delay life purpose</i>
<i>Interested in win-win</i>	<i>Believes in win-lose/Competitive</i>
<i>Secure in relationships</i>	<i>Fears abandonment</i>
<i>Has a clear conscience</i>	<i>Feels guilty</i>
<i>Is guided in its actions by love</i>	<i>Schemes and manipulates</i>
<i>Focused on the present moment</i>	<i>Focused on the future</i>
<i>Consistent</i>	<i>Impulsive and inconsistent</i>
<i>Makes you feel warm and protected</i>	<i>Makes you feel cold and prickly</i>
<i>Has a positive voice, even when it is warning you of danger</i>	<i>Has an abusive and demanding voice</i>
<i>Generous</i>	<i>Greedy</i>
<i>Surefooted</i>	<i>Clumsy</i>