

Ask Your Guides Sonia Choquette

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The Cosmic Journey Oracle Hay House
Nationally known intuitive and spiritual leader Sonia Choquette shares the nine universal principles for creating the reality of your dreams. Step by step, with practical advice, specific exercises, and modern-day parables, she teaches readers to make the changes in thought and behavior that will lead them to the attainment of their most heartfelt desires. 256 pp. National publicity. 30,000 print.

Connecting to the Oneness Hay House Incorporated
Daily reminders provide a dose of psychic vitamins that strengthen the commitment to live in an authentic, self-directed, and personally empowered life. Original.
The Intuitive Dance Ask Your Guides

When we travel at the speed of love, we choose to live in a frequency of unconditional love. Today, most of us travel at the frequency of fear and live with a victim consciousness. When we ' re traveling at the fear frequency, no matter how fast we go, we can never get to our destination. The victim consciousness is based on the premise: "I have no choice." Traveling at the speed of love means taking our power back. We ' re actually in a different universe when we travel at the speed of love. Our world is not a menacing, threatening race geared to cheat death. It becomes, at any moment, so satisfying that if this were our last moment on Earth, that would be okay. This is not to say that change is easy. To travel at the speed of love might require a complete paradigm shift in the way you look at your everyday existence. In this fascinating book, Sonia Choquette provides a practical, in-the-trenches guide that will reveal how you can reprogram your brain and change your life for the better. Ask yourself this question: What frequency are you traveling on right now?

For Children and Their Divorced Parents--The Essential Book
ReadHowYouWant.com
Sonia Choquette discovered her psychic abilities as a young child. Gifted from birth, she was able to see beyond the veil of the inner workings of her family members', friends', and neighbors' lives. While still a teenager, she began to give readings, amazing her clients with her psychic insights. Seeking to deepen her skills, she studied with two master psychic/spiritual teachers and began to see beyond predictions of the future . . . into the causes of the future. With the help of a group of spiritual guides who have been working with her since childhood, and combining this support with metaphysical law, Sonia developed the ability to see the soul plan that each of us is born with. It became her mission to put her clients' lives back on track, steering them through the tricky waters of romance, divorce, illness, high finance, sickness, and death. She became a soul guide for "happy endings." By pulling back the curtain and sharing her personal story, this revolutionary new teacher and world-renowned psychic shatters the myth that psychic implies psycho, and reveals the beauty and power the sixth sense holds for us all! A teacher, an author, and a storyteller, as well as a gifted psychic, Sonia Choquette is in international demand for her guidance, wisdom, and capacity to heal the soul. This is a story of the Evolution of the "6th Sense" fresh from a child's perspective. Also, this is "Just A Great Read!"

A Spiritual Guide to Nurturing Your Child's Intuition Simon and Schuster
Life was falling apart. Within the space of three years, Sonia Choquette had suffered the unexpected death of two close family members, seen her marriage implode, and been let down by trusted colleagues. And sympathy was not forthcoming. "You're a world-renowned spiritual teacher and intuitive guide," people jeered. "How could you not have seen this coming?" Having intuitive abilities didn't make her superhuman, however. Nor did it exempt her from being wounded or suffering the pain of loss and the consequences of our all-too-human traits such as anger, resentment, and pride—traits that can lead even the best of us to stray from our spiritual path. In order to regain her spiritual footing, Sonia turned to the age-old practice of pilgrimage and set out to walk the legendary Camino de Santiago, an 820-kilometer trek over the Pyrenees and across northern Spain. Day after day she pushed through hunger, exhaustion, and pain to reach her destination. Eventually, mortification of the flesh gave way to spiritual renewal, and she rediscovered the gifts of humility and forgiveness that she needed to repair her world. In this riveting book, Sonia shares the intimate details of her grueling experience, as well as the unexpected moments of grace, humor, beauty, and companionship that supported her through her darkest hours. While her journey is unique, the lessons she learned—about honoring your relationships with others as well as with your own higher self, and forgiving all else—are universal.

Ask Your Guides Oracle Cards Hay House, Inc
"Live without your spirit guides and you miss out on an enormous support system that could make your life infinitely easier and more enjoyable." This is a clear and thoughtful introduction to building relationships with your spirit guides. It shows readers how helpful spirit guides and angels can be in everything from the simplest to the most challenging of life decisions and how easy they are to connect with, too. Our spirit guides help us to: Fulfill our purpose Make decisions that will move us forward faster Stop sabotaging ourselves as well as judging ourselves and everyone else Remember that we are more than our job or house or relationship See ourselves as beautiful and everything in life as a gift Give ourselves and everybody else a break Keep growing until the day we leave our bodies behind Go beyond the life we hoped for and onto the life we never even imagined And they do all of these things when we're ready and not a nanosecond before. They also often come quietly. As the author states: "If we expect help from Spirit to arrive with the sound of trumpets and blinding light, we'll overlook all the

nuanced help that's delivered in small ways every day."
How to Connect with Your Guide Llewellyn Worldwide
Having observed thousands and thousands of people from virtually every walk of life, with every advantage or disadvantage, Sonia Choquette can confidently say that the only ones who genuinely succeed, who find peace and joy in their hearts and take great pleasure in their experiences, have a different way of going about things. Rather than relying solely on their egos—their defended, insecure personalities—suffering the assaults life renders them, they turn to a higher aspect of their nature, the Spirit within, and let this direct their lives. The ten simple yet necessary steps outlined in this book will allow you to make that connection to your authentic Spirit and experience your truth. As Sonia says, "These aren't just metaphysical theories, but are tried-and-true, grounded practices that will lead you directly back to you: the best, holiest, most delightful and delighted you, free of fear and filled with light." The most exciting part is that learning to love yourself and live your Spirit is actually quite simple when you realize the truth revealed herein: that you are not the ego, but rather are Divine, Holy Spirit. Once you do, everything will come alive in light and joy. Love yourself and live your Spirit, and your life flows peacefully. It really is that simple
The Boys and Girls Book about Divorce Hay House, Inc
Designed to help readers find their spirit guide, this book addresses how to recognize who he/she is, the messages he/she can provide, and how to discern their names in order to get better "reception."

A Channeled Guide to Why You Are Here Hampton Roads Publishing
Losing our connection with Spirit may be the biggest problem we suffer from today. We want to face our challenges and disappointment with grace; be creative and inspired; feel excited by a purpose; and live fearlessly through an intuitive, guiding wisdom. We want to love and feel loved, and realize genuine peace . . . but as much as we desire a significant spiritual breakthrough and long to know our Divine selves, we're still not making the commitment that will ensure our success. We want the gifts, but we're not engaging in the practical work necessary to obtain them, so we remain stuck and more frustrated than ever. We know a lot about the power of Spirit, yet we aren't actually experiencing it. And we cannot do so through intellectual pursuits alone. In fact, we can only experience it through a deep, intentional daily practice of connecting with Spirit. When you truly make this connection, you'll realize that it's the most authentic, lasting power you have in your life. In this enlightening book, spiritual teacher Sonia Choquette will show you that even though you can't control the outside world, with the power of your Spirit, you can create a sense of purpose within that brings about profound contentment and personal peace—no matter what is going on around you.

Instructions for Creating the Life You Really Want Harmony
Discover your soul purpose by harnessing your own energy and accessing the world beyond in this expert guide from the world-famous psychic medium and author of *The Happy Medium*. Everyone on earth has a purpose for being here, but it can be difficult to discover. Luckily, each of us has a guru residing inside—a spiritual guide to lead us on the path to fulfillment. As “The Happy Medium,” Kim has reached beyond the realms of the known. Her gift allows her to see what many of us cannot: that the world is filled with distractions and barriers that can derail us from living our lives with meaning and purpose. By explaining spiritual laws—including divine oneness, balance, vibration, and resistance—and providing practical, illuminating exercises, Kim unlocks our spiritual toolbox to help us reframe our world. Wise and compassionate, Kim teaches us how to embrace love, reject fear, and rid ourselves of negativity bias, through a series of helpful quizzes and assignments that make it easy to discover who we are. Your Soul Purpose will empower readers to recognize love, leave their fear and egos at the door, and use the spiritual tools they already possess to fulfill their destiny.

Let Your Spirit Guides Speak Hay House, Inc
Having observed thousands and thousands of people from virtually every walk of life, with every advantage or disadvantage, Sonia Choquette can confidently say that the only ones who genuinely succeed, who find peace and joy in their hearts and take great pleasure in their experiences, have a different way of going about things. Rather than relying solely on their egos—their defended, insecure personalities—suffering the assaults life renders them, they turn to a higher aspect of their nature, the Spirit within, and let this direct their lives. The ten simple yet necessary steps outlined in this book will allow you to make that connection to your authentic Spirit and experience your truth. As Sonia says, "These aren't just metaphysical theories, but are tried-and-true, grounded practices that will lead you directly back to you: the best, holiest, most delightful and delighted you, free of fear and filled with light." The most exciting part is that learning to love yourself and live your Spirit is actually quite simple when you realize the truth revealed herein: that you are not the ego, but rather are Divine, Holy Spirit. Once you do, everything will come alive in light and joy. Love yourself and live your Spirit, and your life flows peacefully. It really is that simple
Overcoming Darkness in the City of Light Hay House, Inc
The psychic medium and author of *Spirited* demonstrates how to connect with spirit guides to achieve one's personal potential in health, finances and relationships, outlining prescriptive steps for promoting wisdom and psychic insight to further intuition, connect with deceased loved ones and overcome psychological roadblocks.

How to Talk With Your Angels Hay House, Inc
Join New York Times best-selling author and internationally renowned teacher and intuitive guide Sonia Choquette as she reveals a simple four-step plan for achieving lifelong inner transformation. In this revised and expanded edition of her book *The Power of Your Spirit*—and distilled from more than 35 years of helping others get in touch with their true selves and discover their souls' purpose—Sonia provides profound yet accessible wisdom to those seeking to transcend the strictures of an ego-driven existence and experience the joy and fulfillment of an intuitively guided, Spirit-driven life. Illuminated with even more engaging and powerful stories of personal transformation from her life and practice than in the original version, this invaluable book instructs seekers at all stages of their spiritual journeys how to directly tune in to their intuition. Sonia also provides additional practical exercises and rituals—including breathing techniques, visualizations, journaling questions, and a step-by-step guide to setting up and using a personal altar—to help us place our intuition at the helm of our spiritual quests and in the heart of our daily lives. Whether you're just beginning to tap into your intuition or are already living in the flow, *Tune In* offers a wealth of inspiration that will enable you to engage more deeply with your inner Spirit, your authentic Self, and live a more rewarding, fearless, and compassionate life.
Vitamins for the Soul Hay House, Inc
Your angels want to speak to you! It's important to them that you know who they are and that you

receive their loving messages of guidance and support. It's easy to communicate with them. Now, in this simple, practical guide, Barbara Mark and Trudy Griswold show you that the act of writing to your angels and receiving answers means that you can take the initiative and ask for help, for understanding, for love. In Angelspeake you will learn how rewarding and helpful it is to meet your angels. Barbara and Trudy give you clear step-by-step instructions on how to bring angelic teachings into your life using the Four Fundamentals for initiating spiritual assistance: Ask for the angels to be with you. Believe and trust that they will be there. Let It Happen and begin writing. It's the same loving voice you have heard many times before. Finally, Say Thank You. It's that simple! Angelspeake is filled with inspirational angel teachings and true stories of people whose lives have been changed by association with the angels. Barbara and Trudy teach that you can receive helpful personal information by talking with your angels whether you are in a personal crisis, looking for a new job or relationship, or want to buy a house. The angels will help!

Uplifting Prayers to Light Your Way Hay House, Inc

Interpret the messages from your spirit guide and discover what your angel numbers are trying to tell you in this enlightening, informative guide to numerology. You pull into your driveway and your clock reads 11:11 exactly; your favorite song runs three minutes and thirty-three seconds; on your drive to work, you are following a car whose license plate number ends in 1234. Are all these number coincidences or do they mean something more? In this book, you will find the meaning behind these “angel numbers” and discover what the universe and your spirit guides are trying to tell you. Like your daily horoscope or tarot card pull, your angel numbers are there to guide you: and The Angel Numbers Book can clue you in on what they’re trying to say. With clear insight behind the meanings of angels numbers and sequences you encounter, this book is an accessible and inspirational reference to keep at hand.

Your 3 Best Super Powers Simon and Schuster

Stop letting the negative voice in your mind create stress and instead start moving toward peace and harmony. Using practical exercises and easy-to-follow techniques, The Intuitive Dance helps you dance with your ego to find inner calm. Learn how to improve your wellness and happiness as you progress through this book's three main sections: building, protecting, and clearing your energy. Along the way you'll discover how to determine your intuitive type, center and ground your energy, and rest fully when you sleep. Explore ways to cut energy cords with negative influences around you, make your living spaces more peaceful, and fill your life with abundance. By changing your inner dialogue and the harmful beliefs that may have been ingrained in childhood, you can live the truth of who you really are. Praise: "[The Intuitive Dance] offers new and creative ways to connect to the inner wisdom we have all been blessed with...[it] is truly delightful and intriguing."—Andrew Harvey, author of The Hope: A Guide to Sacred Activism "A practical approach to understanding and using common sense to optimize your intuitive wisdom."—C. Norman Shealy, MD, PhD, founder and CEO of the National Institute of Holistic Medicine and editor of the Journal of Comprehensive Integrative Medicine "Brilliantly written and definitely outside the box, The Intuitive Dance is one of the most intriguing books to be written about how to deal with stress and anxiety. Creative, engaging and delightful in its simplicity, you will never look at your ego the same way again."—Brenda Michaels, author of The Gift of Cancer: A Miraculous Journey to Healing and co-host of Conscious Talk Radio "With The Intuitive Dance, Atherton Drenth gives us a tour de force of what it means to be a medical intuitive. I was particularly impressed by her helpful advice on how all people can find their way to an advanced level of intuition. I highly recommend this important book to all spiritual seekers."—Gary Renard, the best-selling author of The Disappearance of the Universetrilogy

Ask Your Guides Hay House, Inc

We're all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we're born to the moment we leave our physical bodies and return to Spirit. Not knowing this fact is a severe handicap, as the Universe is designed to care for and nurture all its creatures and help make our life's...

Ask Your Guides Hay House, Inc

A step-by-step guide to the art of channeling for those who wish to connect with a spirit guide. By using this safe, simple, and effective process, thousands have achieved mastery with their higher selves. (Channeling)

Your Soul Purpose ReadHowYouWant.com

"Your 3 Best Super Powers is an invaluable and practical guide to opening your mind and heart to unleash your creative potential." -- John Gray Super powers. You want them. You feel that life would be better with them. You wish you could have been born with them. The good news is you have super powers! According to world-renowned intuitive guide and spiritual teacher Sonia Choquette, you are blessed with three incredible super powers: meditation, imagination, and intuition. When cultivated, they give you the ability to live a life of tranquility and empowerment. In Your 3 Best Super Powers, Sonia uses meditation to tap into your other super powers, allowing you to clear mental space and to take charge of the source of all creativity, imagination--which is essential to envisioning and enacting your heart's desires. Then she seamlessly guides you to your sixth sense, intuition, to help you make the smartest, safest, and most satisfying decisions in your personal and professional life. Filled with inspiring stories, this invaluable book synthesizes Sonia's experience working with hundreds of clients for more than three decades, to provide proven techniques and practical tips that can be easily incorporated into your daily routine. Includes a digital download of guided meditations "The best part is that by developing your three best super powers, you add to the beauty, peace, creativity, and harmony of the universe. These three super powers are gifts to you that keep on giving to the world." --Sonia Choquette

A 55-card Deck and Journaling Guidebook Harmony

Our greatest purpose in life is to free ourselves of the limiting patterns of ego and soul that keep us chained to painful, disempowered lives so that we can fully realize the authentic and holy Spirits we are. This journey can feel overwhelming—even impossible—unless we gain access to the three sacred blessings of Spirit, made available to us from God. Without them we fail. These sacred blessings are God's grace, inner guidance, and personal gifts. Grace lifts us beyond our own ability, inner guidance leads the way, and personal gifts are both the inner and outer resources given to us to succeed at every step. It is up to us to ask for these sacred blessings, and we must do so now more than ever before. This inspiring book will show you how. Through the use of daily lessons, specific prayers, personal intentions, and powerful mantras, you will be showered with these blessings every day of your life. Simply open up this book and call upon your sacred blessings right now. Use it every day to keep your blessings flowing and guide your way back home.