

LET YOUR INTUITION GUIDE YOU TO Fulfillment and Flow

New York Time best-selling author of The Answer Is Simple . . .

Sonia Choquette

Tune In Let Your Intuition Guide You To Fulfillment And Flow

Sonia Choquette, Ph.D.

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Tune In Sonia Choquette, Ph.D., 2013-09-09 Connect with your Spirit with practical daily routines that will unleash your true spiritual self 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 *Your 3 Best Super Powers* Sonia Choquette, PhD,2016-10-11 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 tranguility 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 Your 3 Best Super Powers is an invaluable and practical guide to opening your mind and heart to unleash your creative potential John Gray Waking Up in Paris Sonia Choquette, 2019-04-02 Devastated by the unexpected end of her decades long marriage renowned spiritual teacher and intuitive guide Sonia Choquette undertook an equally unexpected move and relocated to Paris the scene of many happy memories from her life as a student and young mother Arriving in the aftermath of the Charlie Hebdo massacre she found a Paris as traumatized by this

unforeseen event as she had been by her divorce Together over the following years she and the city she loves began a journey of healing that involved deep soul searching and acceptance of a new sometimes uncomfortable reality In this follow up to Walking Home Sonia shares her intimate thoughts and fears as well as the unique challenges of setting up a new life in a foreign land From moving into a freezing malodorous apartment to a more pleasant yet haunted flat across the Seine to her current light filled home Sonia shares how these changes parallel her inner transformation Along the way Sonia regales readers with vivid stories of her unfortunate encounters with French hairdressers and beauticians her adventures in French fashion and her search for the perfect neighborhood caf Her companion throughout is the city of Paris a character unto itself which never ceases to fill her with wonder surprise and delight and provides her with the spiritual strength to succeed in establishing her new life Walking Home Sonia Choquette, 2022-06-21 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 Guide to Psychic Power Rosemary Ellen Uplifting Prayers to Light Your Way Sonia Choquette, 2017-09-05 I cannot imagine my life without Guiley, 1950-07-10 prayer It would be like trying to survive without oxygen Prayer sustains my soul and comforts my anxious mind And like oxygen I can t live without it Sonia In the course of our lives there are occasions when we re all asked to grow on a soul level These transitions can be very challenging even frightening We might encounter sudden and unexpected changes or life may feel overwhelming and unsatisfying in a way we can no longer ignore During these times we can use all the divine assistance possible to illuminate our next steps In this book New York Times best selling author and spiritual teacher Sonia Choquette shares uplifting prayers especially designed to be used during these periods of soul growth and challenge These heartfelt invocations will help you stay connected to your intuitive spirit so that you may receive support from your ever present loving Divine Creator and all your unseen spiritual helpers who are here to guide you through difficult times Each beautiful and

intimate prayer will give you the strength and good humor to keep flowing with life even when it flows in turbulent and confusing ways and enable you to face whatever the universe may put in your path with renewed courage and confidence and a deep sense of peace and optimism Wisdom from Your Spirit Guides James Van Praagh, 2017-10-24 Every soul experiencing a physical incarnation is in constant although subconscious contact with their spirit guides spiritual teachers offering guidance knowledge and wisdom In this book world renowned spiritual medium James Van Praagh teaches readers the benefits and rewards of having a conscious relationship with their guides The work includes exercises and meditations along with a description of the various guides who help us on this earthly adventure to enrich and assist readers during their physical journey The Magic Path of Intuition Florence Scovel Shinn, 2013-12-02 Florence Scovel Shinn was a gifted teacher who shaped the fields of spiritual growth and New Thought Her practical straightforward style empowered countless people to trust their inner knowing and overcome their challenges With an Introduction by self help luminary Louise Hay who credits Florence as one of her early inspirations this simple yet poignant book which contains original previously unpublished text can help you positively transform your life Powerful affirmations will show you how to cultivate your intuition and release any resistance fear and doubt Florence said You must live fully in the now to make your dreams come true Are you ready to follow your own magic path your Divine wisdom and realize your dreams Goals or wishes that seem far off or unattainable are just waiting for you to believe in your potential and innate ability to manifest your desires **Searching** ... Donna Linn, Suzan J. Wells, 2018-09-27 Perhaps the way you have been living is no longer working for you or maybe you feel there must be more to life Do you feel you would like to try a different path Are you looking for something new You already have the answers to your questions you just need to reach out and take them Discover how to access them through the world of energy and healing You can create positive lasting change and experience new possibilities insight and understanding Searching A Peek into the Invisible World of Energy and Healing explores the many options for healing available Healing yourself receiving healing and learning to give to others Twenty first century healing modalities Innovative modalities Established healing modalities Healing with the body Kick starting your healing In this simple and accessible guide coauthors Donna Linn and Suzan J Wells share their wisdom describe the things they wish they had known earlier and provide resources for further exploration You can change your energy and change your world Stop Drifting, Start Rowing Roz Savage, 2013-10-15 In 2007 Roz Savage set out to row 8 000 miles across the Pacific Ocean alone Despite having successfully rowed across the Atlantic the previous year the Pacific presented the former office worker with unprecedented challenges and overpowering currents both in the ocean water and within herself Crossing Earth's largest ocean alone might seem a long way removed from everyday life yet the lessons Roz learned about the inner journey the ocean and the world are relevant to all of us She shares tales of the ups and downs of her voyage across the waves while offering insights on how to find happiness through a meaningful and rewarding life

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