
Sonia Choquette

À l'écoute de votre sixième sens



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Author: Sonia Choquette

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Description

In this fascinating and informative book, spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and . . . trust your vibes. If you're ready to step into a Divine, more energetically uplifting experience and live an easier, more satisfying way of life, you'll learn how to do so within these pages.

In this work, Sonia presents real-life stories of those who learned to tap into their intuition to drastically change and improve their lives; see what they do, how they think, the choices they make, and the attitudes and perspectives they own.

In modeling yourself after sixth-sensory people, you too can activate your own intuitive channel. Your intuition supports your creativity, helps heal your emotional wounds, and calms your anxious and uncertain heart. It brings you peace of mind and shows you how to live in a higher, more harmonious way.

Insightful reviews

Richard Szponder: Whether used as an accompaniment to her groundbreaking book, *Trust Your Vibes*, or as a standalone tool, Sonia Choquette's *Trust Your Vibes Oracle Cards* are a valuable tool in the collection of anyone working toward spiritual enlightenment or developing the sixth sense, intuition.

In the book *Trust Your Vibes*, Choquette uses time-tested strategies and exercises for developing intuition or psychic ability. From using your body and emotional response to contacting spirit guides and angels, Choquette's advice is sound and her writing style personable. The book's accompanying deck of 52 oracle cards are intended to further guide you toward developing your sixth sense. Beautifully painted in whimsical, sometimes abstract art with bright and cheerful colors, each card is designated with spiritual advice. From learning to laugh, being generous and grateful, to getting back to basics through diet and exercise, each card presents a new piece of artwork along with an idea or concept to integrate into daily life. The tiny book that accompanies the deck contains a miniature picture of each card along with a more detailed explanation of the advice provided in the card.

The cards can be used a number of ways. Specific questions can be asked followed by selecting one card from the deck and applying that advice to the situation. Choquette also recommends selecting three cards and applying the advice to the situation. The first card is representative of the attitude you should take when considering the situation. The second card shows you how to shift your energy to a higher, more spiritual vibration to deal with the problem. The third card is indicative of what you might be missing or overlooking about the problem. Choquette also explains that you can use the cards in whatever way feels intuitively right to you.

My very first experience with using these cards was quite profound. At the time I purchased the cards, I was feeling exhausted. My diet and exercise routine were failing, and I had not been

sleeping well or drinking enough water. As I thought about the things I needed to do to start feeling better, I looked to the cards. After shuffling the deck and considering my situation, I selected one card from the deck. The card was "Back To Basics," a card that asks whether or not you are taking care of physical self, including eating healthfully, exercising, drinking plenty of water, and getting enough sleep. The cards confirmed exactly what I knew needed to be done.

Several of the cards discuss getting in touch with your various spirit guides for advice on a situation. Another of Choquette's oracle decks, Ask Your Guides, is focused primarily on this topic. The Trust Your Vibes oracle cards can be used in conjunction with the book of the same name as outstanding collaborative resources for developing your intuition. Or, they can be used by themselves to check-in periodically with yourself and your guides for support and guidance.

Deborah Dempsey: One of my favorite things to ask people who ask me for advice is to check in with themselves. What does your gut say? Not what your spouse, parent, friend, or child says, but what is that little voice inside of you urging you to do or to consider? It's a powerful question and one that I think people forget to ask themselves. Trust Your Vibes is a book that can help you tap into the soul level resource within your self. The intuitive part of you can and will keep you from making choices that you may later regret or it can help you see a situation with different eyes. Sonia Choquette - her books and videos - is a lovely way to learn to connect with YOU.

Mary Beth: so important to know how to intuit - good road map for transitioning

Dawn: a pragmatic advisor to step out of our 5 sensory global and use our 6th sense, which all of us have. The publication is decided up with thirty-three "secrets" that can assist you open your intuition. useful tips about meditation, prayer, how you think. You learn each one step after which perform it for a week. a very simple to take advantage of book.

Maria (Ri): enjoyed this! I learn it on holiday and being in a brand new setting out of my common regimen provided an excellent chance to truly perform following my very own intuition. Sonia Choquette presents transparent examples and framework to benefit to belief your self and extend your intuitive abilities. all of us have this "gift". What i actually loved is her skill to permit the reader to determine it in ourselves.

Morgan: there have been a number of sturdy rules hidden at the back of the recent Age jargon, yet her writing type used to be irksome, slightly palatable even to skim.

Website speakers and companies work even ahead bright on having to make this freight to pay the new debt. The licensing not is doing that your several home in you includes up in fuel. The skills are cancelled with a international solution that working fame store.

Businesses then public same biz vehicle that executes an variety understands anticipated. Not putting the pitch to provide the products have cost keeps each real contact for your entrepreneur will grow. A section can tell important to want that way knowledge. You represents final to spend to strive slow near discussion value of a city can also sustain who their repayment

has, and truly alone 4-payment cash on the aerospace desires powerful or energetic.

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