

SONIA CHOQUETTE

*The best-selling author of *From Your Files**

An illustration of a woman's face, eyes closed, with a serene expression. She is surrounded by several small, glowing yellow stars against a dark, textured background. The overall color palette is dominated by deep purples and magentas.

# Ask Your Guides

*Connecting to Your Divine Support System*



# Ask Your Guides Connecting To Your Divine Support System

**Sonia Choquette**



## **Ask Your Guides Connecting To Your Divine Support System:**

Ask Your Guides Sonia Choquette, Ph.D.,2007-06-01 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 journey easier and more successful When we learn how to connect with our angelic guides our lives naturally fall into a pattern of ease and flow during which we grow our souls fulfill our life s purpose and make our time on Earth endlessly entertaining This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love abundance and joy you re entitled to

Ask Your Guides Sonia Choquette,2021-01-05 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 journey easier and more successful When we learn how to connect with our angelic guides our lives naturally fall into a pattern of ease and flow during which we grow our souls fulfill our life s purpose and make our time on Earth endlessly entertaining This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love abundance and joy you re entitled to

Ask Your Guides Sonia Choquette,2021-01-05 The New York Times best selling author of Soul Lessons and Soul Purpose 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 journey easier and more successful When we learn how to connect with our angelic guides our lives naturally fall into a pattern of ease and flow during which we grow our souls fulfill our life s purpose and make our time on Earth endlessly entertaining This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love abundance and joy you re entitled to

The Power of Your Spirit Sonia Choquette,2012-05-02 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 realise 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 realise 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

*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 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 *Your 3 Best Super Powers* is an invaluable and practical guide to opening your mind and heart to unleash your creative potential John Gray

*Tune In* Sonia Choquette, 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

**Grace, Guidance, and Gifts** Sonia Choquette, Ph.D., 2012-07-15 New York Times bestselling author An inspiring collection of daily lessons prayers and mantras for invoking

the three sacred blessings of Spirit 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      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      **Soul Lessons and Soul Purpose** Sonia Choquette, PhD, 2008-05-01 The New York Times best selling author of *The Answer is Simple* and *Ask Your Guides* *Soul Lessons and Soul Purpose* is a book channeled by Sonia Choquette's spirit teacher guides The Three Bishops as well as Joachim and the Emissaries of the Third Ray These highly evolved and loving guides work specifically to bring about understanding direction and support to all souls so that we may learn to become the creative masters of the life that we re intended to have on Earth The guides state that Earth is soul school and that we re here to master 22 basic soul lessons in order to fulfill our purpose Each lesson is laid out in such a way that anyone on any level will be ready to follow the instructions The guides make it very clear in this book that the timing to learn our soul lessons open our hearts and raise our vibration on the Earth plane is now Negative occurrences will worsen if our energy doesn't shift and elevate to a more loving plane We have no time to waste      **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

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