

# **sonia choquette trust your vibes**

Sonia Choquette Trust Your Vibes: Unlocking Intuition for a More Authentic Life

**sonia choquette trust your vibes** is more than just a catchy phrase; it's a transformative approach to living in tune with your inner guidance. Sonia Choquette, a renowned spiritual teacher and author, has inspired countless individuals to embrace their intuitive abilities and navigate life with clarity and confidence. By trusting your vibes, you open the door to deeper self-awareness, authentic decision-making, and a more fulfilling existence.

In this article, we'll explore the essence of Sonia Choquette's teachings on intuition, how to develop your own psychic senses, and practical ways to incorporate "trusting your vibes" into daily life. Whether you're new to spirituality or looking to deepen your connection with your inner wisdom, this guide will provide insights and tools to help you tune in and trust yourself more fully.

## **Who Is Sonia Choquette and Why Trusting Your Vibes Matters**

Sonia Choquette is an internationally acclaimed spiritual guide, known for her warm, accessible style and profound wisdom on intuition and energy awareness. Her work centers on helping people reconnect with their natural psychic abilities—those subtle messages and feelings we often dismiss as mere "gut feelings" or coincidences.

## **The Power of Intuition in Everyday Life**

Intuition is often described as an inner knowing that transcends logic or reason. It's that quiet voice or feeling that nudges you toward—or away from—something without a clear explanation. Sonia Choquette emphasizes that everyone has this innate ability, but many have lost touch with it due to societal conditioning or fear.

By learning to trust your vibes, you empower yourself to make decisions that align with your true self. Whether it's choosing a career path, navigating relationships, or simply deciding how to spend your day, intuition acts as a compass guiding you toward authentic choices.

## Sonia's Approach to Spiritual Guidance

Unlike teachings that can feel esoteric or inaccessible, Sonia Choquette presents spirituality in a down-to-earth and practical manner. She encourages people to cultivate a relationship with their intuition through simple, everyday practices. Her approach is grounded in love, kindness, and self-acceptance, making it easier for anyone to begin trusting their inner voice.

## How to Cultivate Your Intuition the Sonia Choquette Way

One of the hallmarks of Sonia Choquette's work is her emphasis on practical exercises and real-world application. Trusting your vibes isn't about waiting for mystical experiences; it's about noticing the subtle signs and feelings that arise within you and honoring them.

## Recognize the Different Forms of Intuitive Messages

Intuition can communicate in many ways:

- **Feelings:** A sense of warmth, excitement, or unease in your body.
- **Images:** Mental pictures or flashes that seem to appear out of nowhere.
- **Thoughts:** Sudden ideas or solutions that feel inspired.
- **Physical Sensations:** Tingling, chills, or a gut sensation signaling something important.

By becoming aware of these subtle cues, you begin to differentiate intuitive messages from habitual thoughts or fears.

## Daily Practices to Enhance Your Psychic Senses

Sonia Choquette offers several techniques to strengthen intuition and build trust in your vibes:

1. **Mindful Meditation:** Spend a few minutes each day in quiet reflection, focusing on your breath and tuning into your body's sensations.

2. **Journaling:** Write down your intuitive impressions, dreams, and feelings. Over time, patterns emerge that validate your inner guidance.
3. **Energy Clearing:** Practices like smudging with sage or using crystals can help clear negative energy, making it easier to hear your intuitive voice.
4. **Ask for Guidance:** Before making decisions, ask your intuition yes/no questions and notice the immediate feelings or thoughts that arise.
5. **Practice Gratitude:** Gratitude shifts your vibration and opens you to receive clearer messages from your higher self.

## Applying “Trust Your Vibes” in Real Life Situations

Understanding intuition intellectually is just the first step. The real magic happens when you begin to trust and act on your vibes in everyday scenarios.

### Making Confident Decisions

Many people struggle with decision-making because they rely solely on logic or external opinions. Sonia Choquette teaches that integrating your intuitive feelings with rational thought leads to wiser choices. For example, when faced with a job offer, beyond salary and benefits, tune into how the opportunity makes you feel. If excitement and peace arise, that’s a positive vibe worth considering.

### Enhancing Relationships Through Intuitive Awareness

Trusting your vibes also helps you read the energy of others and set healthy boundaries. If someone’s energy feels draining or disingenuous, your intuition is likely alerting you to protect yourself. Conversely, positive vibes can guide you toward nurturing connections that support your growth.

### Recognizing Synchronicities and Signs

Sonia Choquette highlights the importance of synchronicities—meaningful coincidences that often confirm you’re on the right path. By paying attention to repeating numbers, symbols, or unexpected encounters, you can receive confirmation from the universe that aligns with your intuitive nudges.

# **Overcoming Doubts and Fears Around Trusting Your Vibes**

Skepticism and fear often block our ability to fully trust intuition. It's common to second-guess feelings or dismiss vibes as wishful thinking.

## **Dealing with Inner Criticism**

Sonia Choquette encourages kindness toward yourself when doubts arise. The inner critic can be loud, but it doesn't define your truth. Practicing self-compassion and affirmations like "I trust my inner guidance" can weaken the grip of fear.

## **Testing Your Intuition**

If you're unsure whether a vibe is trustworthy, experiment with small decisions and observe the outcomes. This builds confidence over time. For instance, you might follow an intuitive suggestion to try a new route home or strike up a conversation with a stranger, then notice how these choices feel afterward.

## **Balancing Intuition with Logic**

It's important to remember that intuition complements, rather than replaces, rational thinking. Sonia Choquette advises integrating both aspects—listen to your vibes, then assess practical details. This balanced approach helps prevent impulsive decisions based solely on emotion.

## **The Broader Impact of Trusting Your Vibes**

Embracing Sonia Choquette's philosophy of trusting your vibes can lead to profound shifts beyond personal growth. When more people tune into their intuition, it fosters greater empathy, creativity, and a collective sense of harmony.

## **Spiritual Awakening and Personal Empowerment**

Developing intuitive awareness often sparks a spiritual awakening, where you feel connected to something greater than yourself. This connection brings empowerment, peace, and a clearer sense of purpose.

## **Living Authentically and Joyfully**

When you trust your vibes, you naturally align with your true passions and values. This authenticity radiates joy, attracts positive experiences, and improves overall well-being.

## **Inspiring Others Through Your Example**

By openly trusting your intuition, you inspire others to explore their own inner wisdom. Sonia Choquette's message encourages a ripple effect of self-trust and spiritual openness across communities.

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Sonia Choquette trust your vibes is an invitation to rediscover the intuitive compass that resides within all of us. Through her teachings, you can learn to listen deeply, discern clearly, and navigate life with a sense of magic and certainty. As you practice tuning into your vibes, you'll find that life becomes not only more manageable but also richly rewarding and meaningful.

## **Frequently Asked Questions**

### **Who is Sonia Choquette and what is her book 'Trust Your Vibes' about?**

Sonia Choquette is a renowned spiritual teacher and intuitive guide. Her book 'Trust Your Vibes' focuses on developing and trusting your intuition to make better life decisions and enhance personal growth.

### **What are the main themes explored in 'Trust Your Vibes' by Sonia Choquette?**

'Trust Your Vibes' explores themes such as intuition development, spiritual awareness, self-trust, emotional clarity, and how to listen to and interpret the subtle messages from your inner self.

### **How does Sonia Choquette suggest we can improve our intuition in 'Trust Your Vibes'?**

Sonia Choquette recommends practices like meditation, mindful listening, paying attention to physical sensations, journaling intuitive impressions, and trusting initial gut feelings to strengthen and improve intuition.

## **What role do 'vibes' or energy play according to Sonia Choquette's 'Trust Your Vibes'?**

In 'Trust Your Vibes,' Sonia explains that vibes or energy are subtle signals from our intuition and the universe that guide us. Learning to recognize and trust these vibes helps align with our higher self and make authentic choices.

## **Can 'Trust Your Vibes' help with decision-making? If so, how?**

Yes, 'Trust Your Vibes' provides tools and insights to tune into your intuition, helping you discern which choices resonate with your true self, ultimately leading to more confident and aligned decision-making.

## **Are there any exercises recommended in 'Trust Your Vibes' to connect with intuition?**

Yes, the book includes exercises such as energy scans, intuitive journaling, meditation practices, and daily intuitive check-ins designed to help readers become more aware of and trust their inner guidance.

## **How does Sonia Choquette define intuition in 'Trust Your Vibes'?**

Sonia Choquette defines intuition as an inner knowing or subtle guidance that comes from the soul or higher self, which can be accessed by quieting the mind and tuning into one's inner sensations and feelings.

## **What are some common blocks to trusting your vibes according to Sonia Choquette?**

Common blocks include fear, doubt, overthinking, ignoring inner signals, relying too heavily on logic, and being disconnected from one's emotional and spiritual self.

## **Is 'Trust Your Vibes' suitable for beginners in spirituality and intuition?**

Yes, 'Trust Your Vibes' is written in an accessible way with practical advice, making it suitable for beginners who want to explore and develop their intuitive abilities and spiritual awareness.

## **How has 'Trust Your Vibes' impacted readers**

## according to reviews and testimonials?

Many readers report feeling more confident, empowered, and spiritually connected after reading 'Trust Your Vibes.' They appreciate the practical tools and find that trusting their intuition has improved their personal and professional lives.

## Additional Resources

**\*\*Unlocking Intuition: An In-Depth Look at Sonia Choquette's Trust Your Vibes\*\***

**sonia choquette trust your vibes** has become a significant phrase within the realm of spiritual self-help and intuitive development. As a bestselling author, spiritual teacher, and intuitive guide, Sonia Choquette has carved a niche for herself by encouraging individuals to embrace and trust their inner guidance. Her book, *\*Trust Your Vibes: Secret Tools for Six-Sensory Living\**, offers readers a roadmap to enhance their intuitive abilities and live more authentically by tuning into their natural energetic cues.

This article explores the core concepts behind Sonia Choquette's teachings, the practical applications of trusting one's vibes, and how her approach compares to other similar frameworks in the field of intuition and spiritual development.

## Understanding the Philosophy Behind Trusting Your Vibes

Sonia Choquette's approach to intuition is grounded in the belief that every person possesses a "sixth sense" that, when properly nurtured, can be a powerful tool in navigating life's challenges. Unlike traditional sensory experiences, this sixth sense is an energetic awareness—often referred to as "vibes"—that provides subtle signals about people, situations, and decisions.

Choquette's philosophy centers on the idea that the modern world has largely conditioned people to ignore these internal cues in favor of logic and external validation. Her work aims to reverse this trend by teaching readers how to reconnect with their intuitive self, harmonizing rational thought with energetic insight.

## The Six Sensory Living Concept

One of the signature features of *\*Trust Your Vibes\** is the concept of "six-sensory living." This framework expands the traditional five senses by incorporating intuition as an equally valid form of perception. Choquette

encourages readers to cultivate this sixth sense to enhance clarity and decision-making.

The six sensory approach encourages mindfulness and active listening to the body's energetic signals, such as gut feelings, subtle emotional shifts, and physical sensations tied to psychic impressions. This holistic sensory awareness is presented as essential for personal growth and spiritual alignment.

## **Key Takeaways from Sonia Choquette's Trust Your Vibes**

At its core, *\*Trust Your Vibes\** serves as a practical guide to help readers identify, interpret, and act upon their intuitive signals. Several key themes run throughout the book and Choquette's teachings:

### **1. Intuition as a Daily Tool**

Choquette demystifies intuition by framing it as a skill accessible to everyone, not just mystics or gifted psychics. She provides exercises and meditative practices designed to strengthen intuitive awareness, making it a practical tool for everyday decisions—from career choices to relationship dynamics.

### **2. Overcoming Fear and Doubt**

A significant barrier to trusting one's vibes is fear—fear of making mistakes, fear of the unknown, or skepticism of unseen forces. Choquette's writing addresses these emotional blocks head-on, offering reassurance and strategies to build confidence in one's inner guidance.

### **3. Energetic Hygiene and Boundaries**

Another important aspect of Choquette's framework is the emphasis on energetic hygiene—protecting oneself from negative or overwhelming energies that can distort intuitive signals. She advocates for clear energetic boundaries, grounding techniques, and cleansing rituals to maintain clarity.

## **Comparative Insights: How Trust Your Vibes**

# Stands Out

In a market saturated with books on intuition and spiritual growth, Sonia Choquette's *\*Trust Your Vibes\** distinguishes itself through its blend of accessibility, practicality, and depth. Unlike many spiritual texts that can feel esoteric or abstract, Choquette's work is grounded in exercises that readers can implement immediately.

When compared to other popular intuition guides, such as *\*The Gift of Fear\** by Gavin de Becker or *\*Blink\** by Malcolm Gladwell, Choquette's book leans more into the metaphysical and energetic aspects rather than purely psychological or behavioral intuition. This makes it particularly appealing to readers interested in combining spirituality with personal empowerment.

## Pros and Cons of Trust Your Vibes Approach

- **Pros:** Accessible language, practical exercises, holistic approach combining emotional, physical, and spiritual awareness, emphasis on personal empowerment.
- **Cons:** Some readers seeking purely scientific validation may find the metaphysical elements less convincing; requires openness to spiritual concepts to fully benefit.

## Practical Applications of Sonia Choquette's Teachings

The real-world impact of trusting your vibes extends beyond individual intuition development. Choquette's methods have been applied in various contexts, including:

### Personal Relationships

Many readers report improved communication and deeper connection by tuning into their intuitive feelings about others. Recognizing subtle energetic cues can help identify authenticity, compatibility, and even potential red flags early on.

## Career and Decision-Making

In professional settings, intuition can complement analytical thinking. Choquette's exercises encourage decision-makers to listen to their gut instincts alongside data, fostering more balanced judgment and innovation.

## Emotional and Energetic Well-being

Practicing energetic hygiene and boundary-setting techniques recommended in *\*Trust Your Vibes\** helps individuals manage stress and emotional overwhelm, promoting overall resilience.

## Integrating Sonia Choquette's Trust Your Vibes Into Daily Life

For those seeking to incorporate Choquette's teachings into their routine, a few key strategies emerge:

1. **Daily Intuitive Exercises:** Simple journaling prompts, meditation, or body scans to notice and record intuitive impressions.
2. **Mindful Awareness:** Cultivating non-judgmental observation of thoughts and feelings to discern true vibes from fear or wishful thinking.
3. **Energetic Practices:** Regular cleansing rituals, such as smudging or visualization, to maintain clear and balanced energy.
4. **Community and Support:** Engaging with like-minded groups or mentors to share experiences and deepen understanding.

These practical steps align with Choquette's overall message that trusting your vibes is a learned skill requiring patience, practice, and openness.

Sonia Choquette's *\*Trust Your Vibes\** has resonated with a broad audience seeking a deeper connection to their inner guidance. By blending spiritual wisdom with actionable tools, Choquette invites readers to reclaim an intrinsic part of themselves often overlooked in modern life. Whether approached as a spiritual journey or a psychological practice, trusting one's vibes remains a compelling pathway to greater clarity, confidence, and fulfillment.

## **Sonia Choquette Trust Your Vibes**

**sonia choquette trust your vibes: Trust Your Vibes** Sonia Choquette, 2010-09 In this fascinating book, spiritual teacher 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 life, you'll learn how to do so within these pages...

**sonia choquette trust your vibes: Summary of Sonia Choquette's Trust Your Vibes (Revised Edition)** Everest Media, 2022-07-24T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 You are ready to become a six-sensory being and start trusting your vibes. You'll learn how to navigate life with grace and ease, and soar above problems rather than struggle through them.

**sonia choquette trust your vibes: Trust Your Vibes (Revised Edition)** Sonia Choquette, 2022-06-21 Awaken your intuition, trust your vibes, and create your best life with this revised and updated edition of the self-help classic by spiritual teacher Sonia Choquette. If you want an easier, more energetically uplifting, and satisfying way of life-it all comes down to trusting your vibes. Originally published in 2004, best-selling author, speaker, and spiritual teacher Sonia Choquette has updated the book to share new stories and tools used by those who learned to tap in to their intuition and positively change their lives. 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. To fully enjoy your life and to access the innate sense of security, confidence, and courage you deserve, trust your vibes. Trust your vibes and read this book! The straightforward, practical advice will show you how to use your most valuable asset-your sixth sense. - Cheryl Richardson, the New York Times best-selling author of The Art of Extreme Self-Care

**sonia choquette trust your vibes: Trust Your Vibes At Work, And Let Them Work For You!** Sonia Choquette, 2006-11-01 The New York Times best-selling author of Soul Lessons and Soul Purpose As a professional, six-sensory, intuitive consultant and teacher, Sonia Choquette has worked with thousands of people from all over the world who seek advice and direction, especially regarding their jobs. For many of her clients and students, work woes have become all-consuming, and in these uncertain economic times, such concerns seem to have completely taken over their lives, filling them with anxiety, stress, and dissatisfaction.

**sonia choquette trust your vibes: Trust Your Vibes (Revised Edition)** Sonia Choquette, 2022-06-21 Awaken your intuition, trust your vibes, and create your best life with this revised and updated edition of the self-help classic by spiritual teacher Sonia Choquette. If you want an easier, more energetically uplifting, and satisfying way of life-it all comes down to trusting your vibes. Originally published in 2004, best-selling author, speaker, and spiritual teacher Sonia Choquette has updated the book to share new stories and tools used by those who learned to tap in to their intuition and positively change their lives. 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. To fully enjoy your life and to access the innate sense of security, confidence, and courage you deserve, trust your vibes. Trust your vibes and read this book! The straightforward, practical advice will show you how to use your most valuable asset-your sixth sense. - Cheryl Richardson, the New York Times best-selling author of The Art of Extreme Self-Care

**sonia choquette trust your vibes: Trust Your Vibes Guided Journal** Sonia Choquette, 2023-10-10 If you want to experience a more meaningful, successful, productive, body- and soul-satisfying life, it all comes down to trusting your innate sixth sense-your vibes, short for vibrations. This is what intuition is- a natural intelligence we all possess that tunes in to energy in motion and uses this information to successfully navigate toward the best outcomes in all areas of

life. The truth is we are always sensing our intuition. The problem arises when we ignore it, challenge it, dismiss it, or altogether tune out this incredible natural super-awareness. Just as ignoring any one of our other functioning senses would compromise our life, tuning out your intuitive guidance leads to equally, if not even more, potentially disastrous results. In all her years of teaching people, Sonia Choquette found the most empowering tool for activating intuitive intelligence comes from regularly writing down intuitive impulses. Once you do in a very short period, you will have undeniable evidence, written in your own hand, that your intuitive intelligence, the voice of your divine spirit, is exceptionally capable of guiding you to living the most extraordinary, beautiful life possible. The good news is you don't have to put a lot of time into writing your intuitive impulses. In fact, the less time you think about it, the better. Writing quickly by hand a few minutes a day is all you need to activate this extraordinary superpower. That is the purpose of this journal. In it, you will find simple prompts that will help you turn inward to recognize and acknowledge the subtle guidance coming from your spirit. Spending just five minutes a day answering the prompts and questions in this journal will activate and strengthen your intuition and empower you with the most life-changing and extraordinary awareness you could ever imagine.

**sonia choquette trust your vibes: Through My Eyes** Gordon Smith, 2007-03-22 An incredibly moving book detailing the life of a medium and giving insight into life after death. Gordon Smith, the UK's most highly respected medium, is well known for giving powerful messages from loved ones on the other side to bring healing to people who are devastated and immobilized by grief. In this powerful and inspirational book, Gordon opens a window into his life to describe how the world looks through his eyes. He walks the reader through his spirit-filled world and answers questions about death that haunt the bereaved. Many of the people that Gordon has brought healing and comfort to are happy for him to tell their story in this book in the hope that it will help others who are experiencing intense grief. Gordon hopes that this intimate and candid book will offer great wisdom, comfort and practical advice to his thousands of readers.

**sonia choquette trust your vibes:** Jeffrey L. Cslc Scholl, 2010-01-01

**sonia choquette trust your vibes: Love For No Reason** Marci Shimoff, Carol Kline, 2012-01-10 Transformational leader and author Marci Shimoff outlines seven steps aimed at helping readers develop and maintain unconditional love which she believes will allow them to have lasting joy and fulfillment in life.

**sonia choquette trust your vibes: Illuminating the Afterlife** Cyndi Dale, 2008-11 We all want to know what happens when we die. According to Cyndi Dale, we don't have to wait to find out. With *Illuminating the Afterlife*, this internationally renowned author presents a compelling investigation of the soul's journey - an evolutionary cycle of birth, death, and rebirth that we travel as we ascend through the spiritual Planes of Light.

**sonia choquette trust your vibes: The Only Lesson** Bill McKenna, 2011-08-01 In this true story and journey of discovery, Bill McKenna shares a life of intense experiences. He earned his black belt, learned to fly planes and helicopters, ran marathons, 50 and 100-mile endurance races, survived a several hundred foot free-fall in a skydiving mishap, and saw his life's dream shipwrecked by an unseen island. The journey brought financial success and catastrophe, a constant struggle with crash-and-burn relationships and a battle with depression. Nothing in his life would compare to the intensity of what he was about to experience, all of it quite by accident, and as his sister said, to the unlikeliest of people.

**sonia choquette trust your vibes: The Lost Parents** N. Bridges, 2012-12-26 *The Lost Parents* is a collection of real-life stories describing what it means to experience the loss of a close bond within a parent-child relationship. These interviews are about ordinary people revealing how an absent parent has shaped their personal journey and how these changes affected their lives as adults. The circumstances recorded explain relationships, divorce, prison, long-term illness, bereavement, and abuse. The men and women featured come from a variety of culturally different backgrounds. The most important aspect of these retold accounts is that there is no formula or rule to follow. The purpose they serve is to share these everyday tales, which so often hold people in a

state of disappointment and unhappiness. The messages these stories have in common is that each one tells of how these individuals have found courage to move their lives forward from a place of abandonment and loss.

**sonia choquette trust your vibes: Illuminating The Afterlife (Volume 2 of 2) (EasyRead Super Large 24pt Edition)** Cyndi Dale, 2008

**sonia choquette trust your vibes: Illuminating The Afterlife (EasyRead Super Large 18pt Edition)** ,

**sonia choquette trust your vibes: Power of the Soul** John Holland, 2010-05 This fascinating book provides some of the tools to help you to tap in to one of the most powerful forces in the Universe - your soul! Step by step, it will guide you to follow your true soul's path and help you reconnect with your natural spiritual abilities. You'll develop a conscious awareness of the spiritual laws that help mold your life, and the individual soul force that's in each and every one of you. Power of the Soul will help dismantle some of the barriers created by your outer-self, to unveil your true inner-self and enable you to break free from some of the psychological restrictions that have prevented you from identifying and realizing your full potential. The material within these pages will help you overcome those feelings of being trapped, constrained, or unfulfilled and show you how to lead a soul-enriched and authentic life that aligns with your aspirations. Throughout the book, psychic medium John Holland leads you through a number of practical techniques and goal-setting exercises that he's taught in his signature workshops, which will empower you to awaken the power of your spirit and your soul . . . and lead a life of unlimited potential. Within these pages, you'll learn how to:; Discover and access your spiritual faculties; Open yourself to a guiding higher-consciousness; Remove psychological and spiritual blocks; Find your true self, as you understand the purpose, nature and function of the soul; Create and control your own path; Use spiritual energy to heal yourself and others; Enhance your body, mind, and soul to live a life of harmony This transformational book is more than just a guide . . . it's a way back to living from the inside out. It will help you (no matter what your walk of life) follow your own spiritual journey. John says, "Once your spiritual gifts are recognized, opened, and used, you'll see yourself and the world in a way you never thought possible!"

**sonia choquette trust your vibes: The Gift of Betrayal** Eve A. Wood M. D., 2009-11 Canada's journey to Confederation kicked off with a bang - or rather, a circus, a Civil War (American), a small fortune's worth of champagne, and a lot of making love in the old-fashioned sense (courting, that is). Miss Confederation is a rare opportunity to look back through a woman's eyes at the men and events at the centre of this pivotal time in Canada's history. Mercy Coles, the daughter of PEI delegate George Coles, kept a diary of the social happenings and political manoeuvrings as they affected her and her desires. A unique historical document, her diary is now being published for the first time, offering a window into the events that led to Canada's creation, from a point of view that has long been neglected.--

**sonia choquette trust your vibes: Being the Real Me** Brigitte Bertrand, 2013-05-02 Have you ever felt overwhelmed, sad, or simply frustrated with life in general? Well, I have. This was not a pleasant time for me, and it took a long time to recover. I felt compelled to write about my journey with depression. My goal is to share with you how I survived, how I got through it. I felt very alone in this journey, and now I realize that I did not need to be. You are not alone, and being depressed should not be seen as a taboo. It is an illness like any other, and there is hope. In this book, I share with you my life story, from my childhood to the present day. I hope it will give you a glimpse of what depression looks like. You might be surprised by what you find!

**sonia choquette trust your vibes: Rise Sister Rise** Rebecca Campbell, 2016-10-07 Rise Sister Rise is a call to arms for our sacred feminine to rise up, tell the truth, and lead. From Rebecca Campbell, a writer, mystic, devotional creative, and visionary who supports hundreds of thousands of people to connect with their soul and weave the sacred back into their everyday life. It is for those who agreed at soul level to be here at this stage in history to lead this global shift that the mystics of all of the ages have predicted: the return of the mother and the rise of the feminine. Rebecca says:

Rise for you, rise for me, when you rise first you rise for She. Many of us have spent much of our working lives “making it” in a man’s world, leaning on patriarchal methods of survival in order to succeed, dulling down our intuition, and ignoring the fierce power of the feminine. We have ignored the cycles of the feminine in order to survive in a patriarchal linear system—but now the world has changed. Here Are Some of the Chapters in Rise, Sister Rise: Part I – Rebecca’s Story · The Unbinding · The Wise Women · Work Baby · Shakti Rising · Returning to Avalon · Tools for Your Rising Part II – Birthing A New Age · We Were Made for These Times · Shakti Always Rises · The Holy Grail is Within You Part III – Remembering Our Cyclic Nature · You Are Spirit Earthed · You'll Find Your True Nature in Nature · When Whispers Turn into Shouts Part IV – Unbinding the Wise, Wild Woman · The Suppression of the Female Voice · The Mystic Always Rises · Finding Mary · The Return of the Magdalenes Part V – Redefining Sisterhood · The Reunion · The Ones Who Came Before Us · When Women Circle · Your Constellation of Sisters · Calling in Your Sisters Part VI – Doing the Work · What Is Rising in You? · Rising Feminine Archetypes · New World Rising Birthed by You · Let the Universe Use You · Be a Clear Channel · A Prayer for Times of Remembering · It's Not Your Job to Save the World · Keep on Rising “I’m a super-fan of Rebecca Campbell . . . Rebecca guides her reader to step into their authentic power so that they can live and lead at their highest potential.” —Gabrielle Bernstein, New York Times bestselling author of *Miracles Now* Rise Sister Rise is a transmission that calls the innate divine feminine wisdom to rise. It is about healing the insecurities, the fears, and the inherited patterns that stop people from trusting the Shakti (power) and wisdom (intuition) that effortlessly flows through them. It's about recognizing all of the ways we have been keeping ourselves contained and restrained in effort to dim to fit into a certain archetype. It’s about co-creating a whole new archetype—someone who does not keep themselves small in order to make others feel more comfortable. Full of activations, spiritual tools, calls to action, contemplative questions, rituals, and confrontational exercises, this inspirational book teaches that it is safe to let Shakti rise, safe to trust your intuition, and safe to take leaps of faith—because in healing ourselves we are healing the world. “You have an ancient wisdom within you that is waiting for you to remember, hear, and heed it. These Rise Sister Rise calls to action have been carefully designed to assist you in reclaiming your voice, unbinding your power, unlocking your wisdom, unleashing your true nature, and aligning yourselves with the sacred flow of all of Life.” Rise Sister Rise. Love, Rebecca x

**sonia choquette trust your vibes:** *The Answer Is Simple* Sonia Choquette, 2009-09-01 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

**sonia choquette trust your vibes:** *Soul Path Trilogy* Ruth Lera, 2023-11-29 Soul Path Trilogy is a collection of three books in one volume that deal with the importance of the soul’s path during its human experience. This collection delves into the knowledge that in every moment of our life we are forging soul patterns into our energy. By being intentional with our awareness we can use loving-kindness to create the soul path energy we truly want to have in our life. By focusing on meditation, mindfulness, energy awareness, and self-healing, we can direct our path toward peace and fulfillment. Ruth Lera, professional Energy Healer, uses her experience to share practical

exercises and powerful examples to help readers open themselves to the concept that they themselves hold the power to heal their soul existence. Readers will learn how to use energetic self-healing to clear old pain and trauma, increase their sense of unconditional self-love, and develop inner confidence and strength. Written in an inviting and conversational voice, the Soul Path Trilogy will serve as a valuable resource for both experienced energy healing practitioners and newcomers to the understanding of the soul path. With a strong balance between the practical and theoretical, Soul Path Trilogy will guide readers on their most exciting journey yet.

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