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TRUST YOUR VIBES

REVISED EDITION



Live an Extraordinary Life by Using
Your Intuitive Intelligence

Trust Your Vibes

**Geraldine Amaral, Nancy Brady
Cunningham**



Trust Your Vibes:

Trust Your Vibes Sonia Choquette, Ph.D.,2005-03-01 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 To fully enjoy your life and to access the innatesense of security confidence and courage you deserve learn to 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*

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

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

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 **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 **Guidebook for the Trust Your Vibes Oracle Cards** Sonia Choquette,2004 *You Are Amazing* Sonia Choquette-Tully,Sabrina Choquette-Tully,2017-05-30 Grounded Spirituality for the Real World Sonia and Sabrina are sisters and best friends Trained by their mom a world renowned spiritual teacher and visionary guide they know how to move through life with trust and confidence using their intuition and their intellect They also have super regular problems like What the heck is bad vibing me right now or Where does my soul want to lead me next They love chic restaurants and Beyonc They talk astrology and psychology They listen to what their Spirits love and they build their lives around what they love instead of trying to shove their Spirits into their lives In this book they share with you their successes and failures They teach you how to become your own best friend trust your vibes and your heart quiet that jerk who lives in your head and move through life with confidence trust and creativity even if you're not totally sure where you're going Deep and real yet silly and fun Sonia and Sabrina invite you to become part of their tribe so you can create the life you want , **Vitamins for the Soul** Sonia Choquette,2005 Just as taking vitamins strengthens and empowers your body the daily reminders in this title serve as psychic vitamins to support your ability to trust your own vibes **Traveling at the Speed of Love** Sonia Choquette,2011-03-01 New York Times bestselling author A paradigm shifting guide to moving through fear and embracing what matters most in life love 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 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

Tarot Celebrations Geraldine Amaral,Nancy Brady Cunningham,1997-01-01 **The Answer is Simple... (EasyRead Super Large 18pt Edition) , Trust: Selected Quotes And Words Of Wisdom** Everbooks Editorial,2020-11-16 TRUST SELECTED QUOTES AND WORDS OF WISDOM GOLDEN QUOTES bring you a compilation of the very best quotes from the worlds most iconic humans takes on TRUST including Lao TzuMaxime Lagac Robin SharmaWilliam ShakespeareSeth GodinRalph Waldo EmersonOshoFrank CraneWalt DisneyAlan W WattsAnd Many More GOLDEN QUOTES is a collective of passionate individuals that love to appreciate timeless wisdom compiled and compressed into insightful quotes Our main goal is to infect you with motivation and inspiration to live life and engage with it at its fullest SOME EXAMPLES He who does not trust enough will not be trusted Lao Tzu The river is wild You cant control it Embrace the chaos Maxime Lagac Trust yourself you will start to trust others Santosh Kalwar Speak your truth even if your voice shakes Robin Sharma Love all trust a few do wrong to none William Shakespeare **The Answer Is Simple Oracle Cards** Sonia Choquette,2009-01-15 These oracle cards provide immediate access to your Divine Spirit where you receive specific guidance and direction for any and all

challenges facing you in life Each card not only offers direction for specific problems it also reinforces the path to your Higher Self freeing you from the turbulence and fear of the ego plane You can use this deck and the accompanying guidebook for specific direction meditation life and purpose readings and to offer guidance to others as well as to connect to your Divine Self where drama and stress give way to joy and inner peace *The Answer is Simple... (EasyRead Super Large 20pt Edition)* ,

The Answer is Simple... (EasyRead Super Large 24pt Edition) , **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

Sacred Relationship Anni Daulter,Tim Daulter,2017-09-26 Sacred Relationship is a practical and spiritual guide and journal for couples to rekindle the love spark that started their fires and to maintain a steady heat for years to come Following the format of Anni Daulter s popular Sacred Series books it is beautifully designed and illustrated with chapters focusing on thirty two weeks each with meditations and exercises on topics that couples are likely to encounter on their journey together Husband and wife team Anni and Tim Daulter offer both useful tips and creative ideas for enriching life together and the weekly encounters provide couples with helpful information and thoughtful prompts for journaling that invite both members of the couple to take an intentional look at the relationship and adopt a practice of personal reflection and soul nourishment As anyone in a long term relationship knows the intense high that accompanies the beginning of love can fade over time unless the relationship receives proper care and attention Sacred Relationship shows how intentional love brings more happiness deeper joy and greater fulfillment than the initial love spell and can steer each member of the couple into more profound personal growth The book serves as a toolkit with answers to a wide variety of relationship questions and as a handbook for crafting daily practices that will raise the vibration of the relationship Parents will find solace in topics that shed light on maintaining loving relationships sex and passion once children join the family Busy couples who want to discover more about themselves and each other find soulful solutions to everyday issues and nourish a healthy and happy relationship year after year will find an invaluable resource in this book

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