

# FREE TRUST YOUR VIBES: SECRET TOOLS FOR SIX-SENSORY LIVING PDF



Sonia Choquette | 272 pages | 15 Mar 2005 | Hay House Inc | 9781401902339 | English | Carlsbad, United States

**Trust Your Vibes: Secret Tools for Six-Sensory Living - Sonia Choquette, Ph.D. -  
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Return to Book Page. In this fascinating and informative book spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and. In this work, Sonia prese In this fascinating and informative book spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and.

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.

Get A Copy. Paperbackpages. Published March 15th by Hay House first published More Details Original Title. Other Editions Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about Trust Your Vibes please sign up. Lists with This Book. Community Reviews. Showing Average rating 3.

Rating details. More filters. Sort order. Aug 14, AnandaTashie rated it it was ok Shelves: non-fic I own a couple of this author's books that I have sincerely enjoyed. This one fell a bit flat for me though. I read the first 76 pages in entirety, then read the first page of each additional chapter and skimmed additional parts of interest.

The good: The book shares 33 tips to help live a more spiritual, intuitive, happy life. These are mostly common sense listen to your body, expect the best, etc but could be useful reminders or launching points for people.

She also shares a lot of person I own a couple of this author's books that I have sincerely enjoyed. What I'm taking away from the book: "For example: "Have you ever been on a highway when some fool enters and drives in the wrong direction, goes well below the speed limit, or changes lanes sporadically because he's afraid or doesn't know where he's going?"

It creates chaos and annoyingly throws everyone else out of sync. The same thing happens to a six-sensory person like me living in a world filled with five-sensory control freaks who are afraid to get in the flow.

It breaks my stride, bogs me down, and can be really irritating. So my roadster self is definitely invested in getting everyone up to speed so that I can travel the psychic highway without running into energy roadblocks or traffic jams. I didn't like the "us versus them" mentality of the 6th sensory vs 5th sensory commentary. I understand she wanted to explain why being sixth sensory is so fantastic, but it felt too divisive. Just didn't resonate. Trust Your Vibes: Secret Tools for Six-Sensory Living very useful for some people, but could have been a whole lot better for me.

Pretty much glad this was a library book. View 2 comments. Jul 15, Deborah Dempsey rated it really liked it. 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 One of my favorite things to ask people who ask me for advice is to check in with themselves. The intuitive part of you can and will keep you from making choices that you Trust Your Vibes: Secret Tools for Six-Sensory Living 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. View 1 comment. Apr 23, ADelicate rated it did not like it Shelves: not-recommended, spirituality-and-religionself-help.

I have a hard time trusting someone that has an ultimatum Trust Your Vibes: Secret Tools for Six-Sensory Living how I should live my life, and someone that tells me if I question then I am just having an ego-based reaction. For me its a red flag if someone believes in their ideas so much that the only option they give their audience is to "believe in me or else your ego is acting up" At the author's advice, I have trusted my vibes!

I am putting some distance between me and this book and taking a break from "spiritual" dogma for a while. Feb 26, Amy rated it it was amazing. I'm not sure what led me to this book but I read it and now I'm a believer! Sonia Choquette is a psychic but she is also a very evolved person and just give good advice. I'm going to reread Trust Your Vibes: Secret Tools for Six-Sensory Living a regular basis because it just reminds me to be a better person.

May 10, Kj rated it it was ok Shelves: nonfictionaudiobook. I would have given a 3. I can't Jun 26, Akemi G. A good introductory guide to intuition development. As I scan through other people's reviews, I basically agree with the points AnandaTashie makes. Yes, it's oversimplified such as 5 sensory person vs 6 sensory person. And yes, there is a sense of "I'm better than you," ego boost while the Trust Your Vibes: Secret Tools for Six-Sensory Living puts down the ego.

This is why I'm taking one star off. I still think it's a good introductory book. By the way, if anyone's reading this -- please DON'T do: getting a glass jar with a lid and putting a A good introductory guide to intuition development.

By the way, if anyone's reading this -- please DON'T do: getting a glass jar with a lid and putting a piece of paper in it that says, "I freeze all negativity known or unknown moving Trust Your Vibes: Secret Tools for Six-Sensory Living me as of now. This type of practice basically a spell backfires you.

And you simply don't need such trick. Just acknowledge all feelings whether you judge them to be positive Trust Your Vibes: Secret Tools for Six-

Sensory Living negative and let them pass.

That's all it takes, not a weird magic spell. Feb 09, Trust Your Vibes: Secret Tools for Six-Sensory Living rated it did not like it Shelves: intuition. Book describes really common sense things, nothing new or helpful.

It is just Trust Your Vibes: Secret Tools for Six-Sensory Living the title is, saying from the beginning to the end, trust your vibes, in other words and with various examples. Dec 09, Courtney rated it it was amazing Shelves: bodiesmental.

This was so fantastic! I feel like I've been waiting for this book for most of my life. Might have to own a copy. Jan 30, Denise rated it it was amazing.

Her voice is quite soothing too. I have been doing many of the things she suggests and Trust Your Vibes: Secret Tools for Six-Sensory Living do feel more relaxed, at ease and in peace in my everyday life. The hardest part is to wrestle your ego to the ground, awaken your Higher Self and trust your vibes and intuition. And I do trust that life and the Universe will always put me where I have to be regardless of what my mind says. However, I still have to work on trusting my vibes without hesitation or questions.

## **Trust Your Vibes: Secret Tools for Six-Sensory Living by Sonia Choquette**

Estimated delivery business days. Format Compact Disc. Condition Brand New. Description In this fascinating and informative book, spiritual teacher and psychic Sonia Choquette Trust Your Vibes: Secret Tools for Six-Sensory Living the secrets you need to awaken your intuitive voice and See what they do, how they think the choices they make, and the attitude 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 yours 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, coincidence, and courage Trust Your Vibes: Secret Tools for Six-Sensory Living deserve, learn to In this fascinating and informative book, spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and Sonia Choquette is celebrated worldwide as an author, spiritual teacher, six-sensory consultant, and transformational visionary guide.

An enchanting storyteller, Sonia is known for her delightful humor and adept skill in quickly shifting people out of psychological and spiritual difficulties, and into a healthier energy flow. Because of her unique gifts, Sonia's expertise is sought throughout the world, helping both individuals and organizations dramatically improve their experience and abilities to perform at optimal levels through their experience and abilities to perform at optimal levels through empowerment and transformation.

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According to this effusive New Age guide, vibes--intuitions, gut feelings, bodily twinges, meaningful coincidences, the sixth sense--are the key to a spiritually fulfilled life. Drawing on anecdotes Lots of lessons in this book that I'm going to implement. Really good that I will be referencing this frequently. Trust Your Vibes: Secret Tools for Six-Sensory Living Choquette, Ph. In this fascinating and informative book, spiritual teacher and psychic Sonia Choquette reveals the secrets you need to awaken your intuitive voice and.

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.

Listen to Your Body. Observe Dont Absorb. Seek Higher Vibrations. Fake It Till You Make. Go Back to School. Love the Adventure. The Sweet Sound of Success. Psychic Protection. Go with the Flow. Let Go of the Old Story. Seek the Truth. Laughing Matters. Get Instant Feedback. About Trust Your Vibes: Secret Tools for Six-Sensory Living Author. WooWoo Is Where Its. Get Grounded. Easy Does. Quiet Please. Write It Down.

