

FREE WALKING HOME: A PILGRIMAGE FROM HUMBLED TO HEALED PDF



Sonia Choquette | 360 pages | 30 Sep 2014 | Hay House UK Ltd | 9781781804148 | English | London, United Kingdom

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Walking Home: A Pilgrimage from Humbled to Healed Inside. 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. 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 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 *Walking Home: A Pilgrimage from Humbled to Healed* 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. Sonia Choquette is a world-renowned author, storyteller, vibrational healer and six-sensory teacher who regularly visits the UK. Sonia was educated... More about Sonia Choquette. Join Sonia Choquette on an unforgettable exploration of the heart and soul, and experience your own profound peace and healing.

As she walks an ancient pilgrimage to work through her devastating loss, grief, and abandonment, she finds the way back to a place of genuine forgiveness and healing. As we, the reader, walk with her, we find the same for ourselves. Sonia Choquette takes us on a pilgrimage of the heart. She introduces us to places and people that offer timeless wisdom and sacred teachings for our own life journey. Join her on the trail to *Walking Home: A Pilgrimage from Humbled to Healed* authentic self.

Witness her passion and her humility. Prepare yourself to be inspired. Every footstep, every word, is a blessing. When you buy a book, we donate a book.

Sign in. Sep 29, ISBN Add to Cart. Also available from: Sep 30, ISBN Paperback —. Add to Cart Add to Cart. About *Walking Home* Life was falling apart. Also by Sonia Choquette. See all books by Sonia Choquette. About Sonia Choquette Sonia Choquette is a world-renowned author, storyteller, vibrational healer and six-sensory teacher who regularly visits the UK.

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Drinking my own café con leche this morning after finishing this last night. This is a personal story and I'm happy *Walking Home: A Pilgrimage from Humbled to Healed* the author had the courage to share it with the world. It can't be easy to Her intuition told her to walk the Camino after the sudden death of her brother and father, and the break Sonia Choquette.

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Zubiri to Pamplona. Puente la Reina to Estella. Santo Domingo to Belorado. San Juan to Burgos. Hornillos del Camino to Castrojeriz. Walking Home Sonia Choquette, Ph. Website: www. Spiraling Downward.

Walking Home: A Pilgrimage from Humbled to Healed -

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How are you? Margie A typical pilgrimage story, based on the theory that suffering leads to enlightenment Why would she walk all...more A Walking Home: A Pilgrimage from Humbled to Healed pilgrimage story, based on the theory that suffering leads to enlightenment Why would she walk all that way with excruciating pain in her feet, it reminded me of Cheryl Strayed's book I appreciate her story but I definitely won't read Walking Home: A Pilgrimage from Humbled to Healed more pilgrimage stories.

See 2 questions about Walking Home... Lists with This Book. This book is not yet featured on Listopia. Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. I cannot believe how disappointed I am by this book. I had such high hopes: an intuitive spiritual healer goes on a hike across Spain to work out her emotional baggage and come to terms with several major and majorly failing relationships in her life.

Oh man, this is my jam! I thought I was going to eat this book up. But, wow. Choquette is one of the least insightful people I have ever encountered--especially for someone who is so accomplished at and well-known for It never I cannot believe how disappointed I am by this book. It never occurred to me that Choquette and her book could be so empty, so irritating, or so lacking in honest observation and understanding. First off, I found it grating the way in which Choquette chose to talk to herself throughout her journey.

It was difficult to read after a while. Her self-talk is unforgiving, merciless, and even sometimes cruel. When she faces real problems, she minimizes them. Be a "good soldier" and ignore the fact that, you know, your toes are black and oozing blood. Better yet, think of all the "people who suffered around the world. I'm not sure what one has to do with the other, and I especially don't understand what is so wrong with showing yourself some compassion when you are suffering.

But my main problem with Choquette is her lack of insight into her own relationships--especially her relationships with her husband and with her father. My God, she trashes her husband so much in this book, it's almost embarrassing to read. Over and over again she digs into him--but not in a way that would show that she has faced her feelings head on, processed the difficult stuff, and really come to some insightful conclusions about him, herself, and their marriage.

No, she is passive aggressive and venomous, full of anger and vitriol, ready to cut him apart for what comes across as a bunch of piddly "injustices," the insufferable nothings that ALL married people inflict on each other: he rushes her, he always prepares for the worst, he criticizes her for working too much, he irritates her with his breathing.

Listen, we've all been there. I've been married 10 years and my husband can definitely get under my skin. But part of marriage is figuring out why you are really upset, learning to process your own feelings before you lash out, giving yourself permission to take a break, deciding what is worth fighting about, and, finally, showing your spouse and yourself a bit of grace.

I don't mind Choquette's emotions; but I found it so irritating that she just put all this unprocessed negativity out there. It's brutal. And the fact that she feels so justified in ripping him apart publicly baffles me. But while she's waging death-by-a-thousand-cuts on her husband, in the next breath, she's accepting and forgiving--without question--her abusive and callous father. Oh, sure, she toys with the idea that maybe her dad wasn't amazing all the time--you know, when he, like, hit her, or Walking Home: A Pilgrimage from Humbled to Healed when he told her that she wasn't allowed to talk about any of her accomplishments when she was at home so as not to "take the spotlight off of her mom," or perhaps when he told her to "shut up and disappear.

The fact that Choquette can be so angry and unforgiving with her husband and yet so completely magnanimous with her abusive dad tells me that she hasn't even begun to scratch the surface of built-up resentment. In my opinion, it sure looks like she just doesn't want to deal with the REAL pain of her childhood.

It's easier to hate her husband than to accept that the person who was supposed to love her showed her cruelty instead. Ultimately, I thought this book was just awful. I kept waiting for the turnaround, the insight, the shining moment of inspiration that would indicate to me that Choquette was capable of seeing the role she plays in perpetuating the negative patterns and harmful relationships in her life.

But it never came. Instead, in this book, *Walking Home: A Pilgrimage from Humbled to Healed* focused on giving readers a tedious play-by-play of a mostly boring hiking trip without supplying any much-needed depth or wisdom. Such a disappointment. See more of my reviews at www. View all 6 comments. This is what I loved about the book, and what some didn't, the authenticity. Some reviewers called it whining, narcissism, et al. But I found Sonia Choquette introspective and analyzing.

She's on the journey of Camino de Santiago by herself, for this reason. This is her journey and her reflection on troubled relationships including her marriage and her father. I found her relatable and brave. And most of all, encouraging. It's easy to share our good sides with others. To share our vulnerable, tr This is what I loved about the book, and what some didn't, the authenticity.

To share our vulnerable, true anxious selves? That's an authentic journey, a successful journey, a pilgrimage. Provided by publisher View 2 comments. I ate a PowerBar. I hiked. I thought some thoughts. I described some things.

I met some people.