



Trust Your Vibes

By Sonia Choquette



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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 in to 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 innate sense of security, confidence, and courage you deserve, learn to ... "Trust Your Vibes!

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Editorial Review

From Publishers Weekly

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 from her psychic consultancy, Choquette (*Diary of a Psychic*) contends that vibes are significant indicators of both peril and profit. They can signal upcoming crises and health problems, warn of the covert malevolence of others, lead to romantic and career opportunities, open channels to guardian angels and other deities and even help pick stocks. She offers a grab-bag of New Age therapeutics to help readers tune into their vibes, including diet and exercise tips, meditation and aromatherapy techniques, little art projects to sharpen intuition and a "green fire" ceremony in which old, stale vibes are purged. Choquette's theory involves a kind of spiritual electromagnetism (readers should "raise their vibration enough to tune in to higher frequencies of energy"), but really concerns the division between "five-sensory people," who can be egomaniacal control freaks, and "six-sensory people," who "go with the flow." Instead of leading cautious, regimented and rationalistic lives, readers should be adventurous, impulsive, "light" and "fluid," secure in the belief that their vibes emanate from a beneficent Universe. Choquette skates chattily over the New Age metaphysics and proffers a stream of pleasant anecdotes about prudently heeded vibes with convenient or life-changing consequences. Like-minded readers will find her own vibe warmly reassuring. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

From [Booklist](#)

Choquette, author of *Diary of a Psychic* (2003), gives readers a practical guide to using their sixth sense. Although she recounts some amazing stories about ways her clients have used intuition to meet their goals and avoid wrong moves, there is nothing here so outlandish as to cue the *Twilight Zone* theme--that is, as long as one keeps an open mind about spirit guides and cleansing rituals. For those looking for New Age guidance, Choquette ably promotes ways to listen to one's feelings, body, and instincts for clues and cues on the way to a more harmonious and successful life. She also offers suggestions for getting rid of negative impulses and finding solutions to a variety of problems. Written in a style that is direct yet friendly and integrating common sense with mysticism, the book makes a good primer for those who sense there's more to life than meets the eye. *Ilene Cooper*
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Review

""We're all spiritual beings endowed with six, not five senses, and, even more important, we need that sixth sense, our intuition or our 'vibes, ' to fulfil our life's purpose and be peaceful and happy. Sadly, few people realize we have this important spiritual sense, let alone know how to access or listen to it. The good news is that we're all naturally designed to be 'sixth-sensory.' Without being connected to this incredible inner guidance system, we become lost and disoriented. This isn't the natural way to live, nor is it necessary to live like this."

Users Review

From reader reviews:

Lucinda Brown:

Have you spare time for just a day? What do you do when you have considerably more or little spare time?

Sure, you can choose the suitable activity intended for spend your time. Any person spent their very own spare time to take a stroll, shopping, or went to the actual Mall. How about open or read a book entitled Trust Your Vibes? Maybe it is to get best activity for you. You know beside you can spend your time with the favorite's book, you can smarter than before. Do you agree with their opinion or you have various other opinion?

Denise Wallis:

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George Hoffman:

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