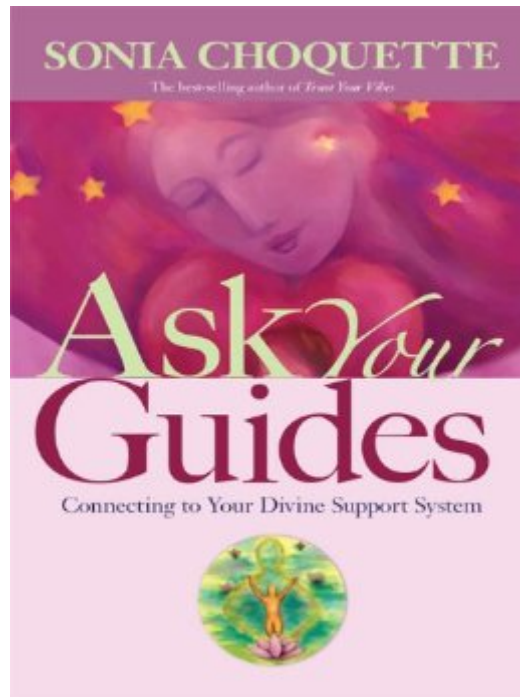


The book was found

# Ask Your Guides



## Synopsis

Weâ™re all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment weâ™re born to the moment we leave our physical bodies and return to Spirit. Not knowing this fact is a severe handicap, as the Universe is designed to care for and nurture all its creatures and help make our lifeâ™s journey easier and more successful. When we learn how to connect with our angelic guides, our lives naturally fall into a pattern of ease and flow during which we grow our souls, fulfill our lifeâ™s purpose, and make our time on Earth endlessly entertaining. This fascinating and inspirational book by Sonia Choquette provides all the information you need to help you connect with your spirit guides so that you can enjoy all the love, abundance, and joy youâ™re entitled to.

## Book Information

File Size: 411 KB

Print Length: 290 pages

Page Numbers Source ISBN: 1401907873

Publisher: Hay House; 1 edition (June 1, 2007)

Publication Date: June 1, 2007

Sold by:Â Digital Services LLC

Language: English

ASIN: B003H7EVLC

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #41,480 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Angels #54 inÂ Books > Religion & Spirituality > New Age & Spirituality > Angels & Spirit Guides #129 inÂ Books > Religion & Spirituality > New Age & Spirituality > Divination

## Customer Reviews

Sonia Choquette: Ask Your GuidesIn this book, Sonia not only discusses the various angelic influences on our lives, but also goes into detail regarding the different roles that spirit guides can play in our lives, from "runners" who help us with practical details (yes, like finding a parking space!)

to those who help us in a teaching capacity to transcend our egos and become more consciously aware. I bought Sonia's book about a year ago after a psychic reading in which I was introduced briefly to one of my guides, and it was extremely useful in helping me meet and interact with the various spirits who form my guide team. I would certainly recommend it as an excellent overview of this subject. However, I'd also recommend that you read a variety of sources in this regard. This is mainly because interacting with spirit guides can be like interacting with people on the physical plane - we all have different ways of communicating with others, and what works for one person may not work for another. I certainly found it helpful to read about the different approaches that others have used, and to integrate these into a system that works for me. Ultimately, what matters is developing a strong and clear connection with your guides, and this can be achieved in multiple ways. Apart from Sonia's work in this regard, I've also benefited from the wisdom of Andrea Hess, Slade Roberson and Erin Pavlina. Currently, only Andrea has a book available, but I would encourage you to also visit her blog, as well as those of Slade and Erin. When it comes to making the decision to buy a book like Sonia's and invest the time and effort into making a connection with your guides, possibly the most important questions needing answering are: Does it "work"? And is it worth it?

"When you decide to work with spirit guides, you change the rules that govern your life and allow it to become easier. Through these suggested practices, you'll begin to feel the support that the Universe intends for you." - From the book

Author and psychic Sonia Choquette has worked with spirit guides for decades, believing that they are available to all. However, while everyone has the \*potential\* to be guided, these beings must be invited in order for their help to be activated in our lives. In her book *Ask Your Guides: Connecting to Your Divine Support System*, Choquette serves as a cosmic tour guide, preparing readers to navigate the wide world of spirit, including angels and your Higher Self. She explains the difference between Guardian Angels, Archangels, and the Ministry of Angels while describing what it is like to live with angelic influences. In addition to angels and your Higher Self, the author introduces eight different types of spirit guides:

- \* Spirit Guides of the Nature Kingdom - Also known as elementals, these guides are spirits of earth, water, fire, and air. They are often known as gnomes, sprites, sylphs, devas, and salamanders and each provide a particular energy depending on the element they're associated with. For example, Choquette says that fire elementals-also known as salamanders (which are not the same as the reptile)-love being watched. In fact, if you ignore them by walking away from a fire, they could burn the place down!\*
- Runners - These handy guides help you find misplaced or lost items and connect you with things

you seek. According to the author, Runners are indigenous souls who once inhabited the area where you reside.

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