

True Balance: A Common Sense Guide to Renewing Your Spirit, 2012, Sonia Choquette, Hay House, 2012, 9781848507982, 191 pages

In True Balance, renowned intuitive and spiritual healer Sonia Choquette presents a step-by-step workbook for finding balance within our seven essential energy centers, or chakras. Drawing upon her deep personal experience and practice, she offers a wise and down-to-earth guide to achieving harmony. With supportive questionnaires, practical advice, and many specific remedies, Choquette leads us to a balanced life filled with creativity and blessings. - -This text refers to an alternate kindle_edition edition. Read more. Discover True Balance as it's meant to be heard, narrated by Sonia Choquette. Free trial available!Â Revised and updated edition: Renowned spiritual teacher and New York Times best-selling author offers an extensive guide to connecting with your spirit guides so that you can enjoy more love, abundance, purpose, support, and joy. This newly revised edition from world-renowned teacher Sonia Choquette features brand-new stories, channeled meditations, and other tools and techniques. Feeling tingling sensations are common spiritual symptoms, which occurs as these energetic centers are opening to allow the light of the Divine to flow through. Life Quotes Love Great Quotes Quotes To Live By Wisdom Quotes Got Your Back Quotes Beautiful Life Quotes Treat Her Right Quotes Let Down Quotes Trust No One Quotes.Â 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 youâ€™re ready to step into a Divine.Â True Balance: A Commonsense Guide for Renewing Your Spirit. Sonia Choquette Power Of Meditation Marketing Goals Spiritual Teachers Do You Really Anxiety Relief Trust Yourself Helping Others Intuition.