

# Sonia Choquette

## Quotes

*Heart, Self, Spirit, Want, Use, Way, Energy, World, Inspirational, Intuition, Ego,  
Drama, Needs, Meditation, Giving, Breathe, Today, Journey, Worry, Soul*

Give yourself permission to immediately walk away from anything that gives you bad vibes. there is no need to explain or make sense of it. just trust what you feel.

~Sonia Choquette

Your words are the greatest power you have. The words you choose and their use establish the life you experience.

~Sonia Choquette

Tenacity is when you follow your heart - when the whole world is screaming to get back into your head

~Sonia Choquette

We are all unconsciously in search of love. Whenever we feel its presence in our environment, we can't help but be drawn to it. There is no more compelling energy in the world.

~Sonia Choquette

Your own words are the bricks and mortar of the dreams you want to realize. Behind every word flows energy.

~Sonia Choquette

The open heart sees, feels and absorbs the beauty of the world.

~Sonia Choquette

Your sixth sense should be your first sense.

~Sonia Choquette

Everyday, say a hundred things you love about yourself.

~Sonia Choquette

There are three things you need to live abundantly: awareness, imagination and gratitude.

~Sonia Choquette

If you want to reach out for something new, you must first let go of what's in your hand.

~Sonia Choquette

Life is always full of drama and challenges, but you don't have to overreact to any of it if you choose not to.

~Sonia Choquette

Genuine relationships depend first on a healthy relationship with ourselves.

~Sonia Choquette

Not trusting your sixth sense, will always -and I mean always- come back to haunt you. Have the courage to stand alone and trust your vibes.

~Sonia Choquette

To live in alignment with your Spirit is to live your truth and build your life upon it.

~Sonia Choquette

We're not here to get over our humanness, but rather to accept and make peace with it... and to remember our Divine nature.

~Sonia Choquette

To genuinely discover your Spirit, stop talking, stop reading, and start listening to your heart.

~Sonia Choquette

Today, take a break from your ego and don't take yourself too seriously. Enjoy your Spirit and laugh!

~Sonia Choquette

You cannot breathe deeply and worry at the same time. Breathe. Let

the worry go. Breathe. Allow the love and intuition in.

~Sonia Choquette

When the heart is open and balanced, we enter into a state of attraction to what we need, because the power of love is magnetic and harmonious.

~Sonia Choquette

Love your life and live your spirit!

~Sonia Choquette

Intuition doesn't tell you what you want to hear; it tells you what you need to hear.

~Sonia Choquette

The Universe has a pulse and rhythm of its own, and it wants to carry you with it-so if you dance with Spirit, just remember to let it lead.

~Sonia Choquette

A connection to Spirit restores your confidence, relieves your anxiety, and frees you from the desire to control everything in your life.

~Sonia Choquette

Once we tune in to what we feel in our heart and Spirit, our intuition kicks into gear and starts to communicate with us in so many delightful ways.

~Sonia Choquette

I am deeply reminded that our life's journey is a gift, not a given, and that we can never truly know how long the journey will last. All we can do is decide how it unfolds.

~Sonia Choquette

As with everything in nature, if your life isn't supported by a grounded

source of energy, it will wither and lose its vitality.

~Sonia Choquette

Intention is power. Intention is ownership. Intention is commitment.  
Intention is magic.

~Sonia Choquette

The power of the word is real whether or not you are conscious of it.

~Sonia Choquette

The universe will fill your cup... if you carry a big cup, a little cup, or a thimble!

~Sonia Choquette

Divine Consciousness is constantly seeking ways to express itself through us.

~Sonia Choquette

Use #â€Ž meditation as a tool to get quiet.

~Sonia Choquette

Your heart pilots you to a far better life than you could have ever dreamed of. That's how the heart works.

~Sonia Choquette

Denying our weaknesses is neither power, nor protection. We cannot overcome those disabling parts of our own nature which in fact steal our power away, if we do not acknowledge they exist.

~Sonia Choquette

Our minds are confused, but not our souls.

~Sonia Choquette

The more you choose to do things that uplift yourself and others the

more your Spirit can shine, can heal you, can lead your life. What can you do today to uplift yourself? To uplift others?

~Sonia Choquette

Clear focus is the mind's magic wand. It points your creativity in a particular direction and channels your experience behind it. Wherever you clearly focus, you create.

~Sonia Choquette

Prayer is asking for guidance. Meditation is listening to it.

~Sonia Choquette

I pray that my heart can continue to open and expand so I can fully receive love and not waste a drop of it!

~Sonia Choquette

In fully accepting your creative power, you honor and respect your soul and remind others to do the same.

~Sonia Choquette

None of us are too sensitive to live our purpose.

~Sonia Choquette

Life can dictate that we suffer physical restrictions and limitations, but no one has the ability to restrict or in any way demean our spirit unless we agree to it.

~Sonia Choquette

Small steps workâ€™”grandiose goals don't.

~Sonia Choquette

We have bodies. We have personalities. We have histories, stories and experiences. But we are not those things - we are Spirit.

~Sonia Choquette

When you breathe into fear it becomes adventure

~Sonia Choquette

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