

Sonia Choquette - Your Six Sensory Life

What You'll Discover in These 7 Modules

In this 7-part transformational intensive, Sonia will guide you through simple, grounded steps for accessing your natural psychic abilities and putting them to work for you.

This course will feature teachings, training sessions, and experiential practices with Sonia. Each session will build harmoniously upon the previous ones, so you'll develop solid, reliable, skills in using your intuition as your most valuable resource in your life today.

Please note: Sonia presents her teachings within the framework of the modules below, while also allowing her intuition and her readings of the group field to lead her in an organic unfolding of what to share in the moment. The result is a spontaneous curriculum guided by Sonia's own masterful intuitive ability, her soul wisdom, and experience as a teacher for over 40 years.

Module 1: Clearing the Past & Entering a Six Sensory Life



Let the joyful journey to awakening your intuition begin! Being Six Sensory means using **all** of your God-given senses to guide your life, including the **energetic** inner sense of your Spirit, speaking directly from the heart and soul of you, and allowing its inner guidance to take the lead.

Just as birds have radar, and whales have sonar to guide their way, humans also have an innate sixth sense to guide their lives as well. This makes us more than five-sensory beings, as we've been taught. In fact, we are Six Sensory creatures.

Shifting into a Six Sensory way of life basically means learning to follow your Spirit over your ego and its fears, or the outside world. This starts with an uncompromisingly honest look at the truth of your life, both on a physical and emotional level, and remove what is in the way.

You must begin by clearing the obstacles — physical, emotional, mental, past and present — that prevent you from listening to your inner wisdom. This takes effort, yet it's definitely worth it, because once you do this, your life begins to immediately transform in incredible ways.

In this module, you'll:

- Be shown the difference between five-sensory living and Six Sensory living
- Recognize the limitations of ego versus authentic Spirit
- Uncover your own limiting beliefs, unconscious patterns, and other blind spots that cause you to ignore or tune out your natural psychic signals
- Remove what's blocking you from accessing your intuition
- Stop behaviors and clear any perceptions that interfere or tune out your inner voice so you can tune in
- Learn simple, yet powerful tools for immediately jumpstarting your intuition

Module 2: Meeting Your Spirit & Seeing Yourself Through Intuitive Eyes



When you over-identify with and “become” your history, stories, or circumstances, your life becomes very limited, and stuck. Creative choice and positive flow stop. If you follow your ego over your Spirit or Higher Self, you lose your way and become afraid, reactionary, and powerless.

When you identify as Spirit, you shift out of your ego and instantly connect with your intuitive sixth sense. This subtle but significant change of channel opens the door to your intuition and unlimited inner guidance. Because your sixth sense is natural and no longer denied, you feel relieved, calmer, more open, and available to the support, guidance, and direction of the Universe. This is the natural plan and the first step into a brand-new, more authentic, more joyful way of life.

In this module, you'll:

- Learn surprisingly fun, simple, but effective tools for releasing attachment to your ego identity and personality

- Discover how to “train” your ego and create the perfect conditions for meeting your Spirit
- Remember what your Spirit loves and let it lead you directly there
- Discover the 5 expressions of Spirit — Earth Spirit, Fire Spirit, Water Spirit, Air Spirit, and Etheric Spirit — and how these all play out in you and others
- Learn a guided practice to allow your Spirit to take the lead in your life

Module 3: Learning the Language of Intuition & Trusting Your Vibes



Intuition is direct energetic knowing that you experience in your body, not your head — yet you must learn to interpret this knowing through your other senses. Learning how your Spirit communicates is like learning a new language. It’s important to accurately receive and interpret psychic vibrations as they come to you so they can help you. Once you do, the fun begins!

In this module, you’ll learn to distinguish between true intuition and wishful, fearful, and willful thinking. You’ll also learn to distinguish the specific ways in which your personal intuitive channels speak to you, and how to follow your vibes rather than fighting, questioning, or ignoring them, thus missing the benefits.

In this module, you’ll:

- Learn how your sixth sense is your own personal form of common sense
- Explore the differences between thoughts, emotions, projections, and true intuition
- Discover the various ways in which intuition comes through — and recognize and follow intuition in a timely manner so you don’t become an unwilling member of the “woulda, shoulda, coulda” club of missed opportunity
- Discover how clairvoyance really works
- Learn simple, experiential techniques for refining your ability to accurately tune in to your intuition

Module 4: Meeting Your Guides & Opening to the Multidimensions of the Spirit World



Once you awaken your Spirit and tune in to your inner voice, you immediately open up the ability to connect with your many spirit guides and helpers in the subtle realms of the Universe. You'll soon discover that there's an entire support system of personal divine helpers just waiting to guide you in how to create a beautiful life. Among these spirit guides are Earth Spirits, joy guides, ancestors, master teachers, healers, angels, light beings, and more.

As Sonia explains, we have up to 33 spirit guides available to us at all times — and she'll show you how to quickly summon their support in everyday matters. We are never alone, and as we grow, our spirit guides change and grow as well. It's wonderful to discover just how much support and psychic guidance we have available to us once we open this door to our Higher Self.

In this module, you'll:

- Discover the extensive world of divine support available to you
- Learn that your guides have names and how they can help
- Discover how to connect with the different guides who are available to you during particular stages of your spiritual growth
- Learn simple practices for invoking the help of a guide at any moment
- Find out which guide to call in for what

Module 5: Using Your Intuition (Your Highest Frequency) to Manifest Your Dreams



When you learn to trust your vibes and follow what you intuitively feel, instead of fighting it, you begin living at a much higher frequency — one free of fear or control. You start consciously collaborating and creating with the Universe and manifesting with ease. This is the natural plan.

In this module, you'll learn how to use your intuition to stay on track when manifesting your goals. You'll learn how to stay connected to your intuition while staying out of your head. You'll also learn how to send out strong psychic signals that attract the exact support you need, both on this plane and in the spirit realm every step of the way as you create your dreams and goals. You'll understand how to stay connected to what you really want and how to avoid distractions and diversions that could set you back.

In this module, you'll:

- Discover how “trusting your vibes” is the key to manifesting the life you want
- Discover how to raise your vibration and manifest more easily
- Learn how to make better decisions by using your intuition
- Discover how to make timely and necessary adjustments as you move toward your goals
- Experience a guided practice for distinguishing between a “wish” derived from an old story, and a true and authentic desire originating from your soul

Module 6: Living the Authentic & Fulfilling Life of a Six Sensory Being

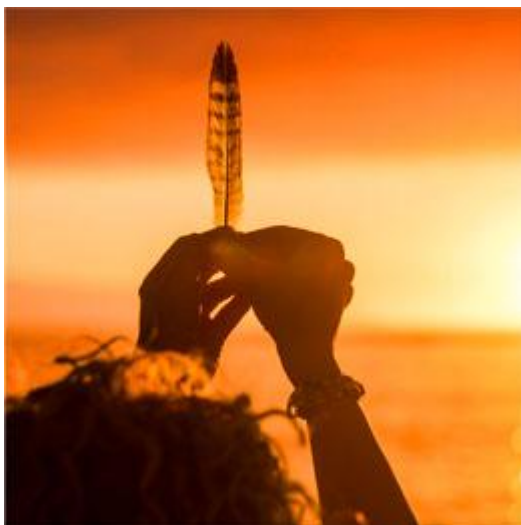


Listening to your sixth sense shifts *everything*, bringing about an immediate and substantial improvement over a five-sensory life. You become free from fear. You gain more energy. Your humor and sense of vitality come alive, You make “right place, right time” choices that bring about surprisingly great results. You start living with a sense of peace, integrity, and wholeness. Your life becomes confidently spontaneous... and WAY more fun. It can feel a little riskier at times, but you’ll also feel more alive, present, creative, and deeply satisfied.

In this module, you’ll:

- Jump into the flow and joy of intuitive living
- Learn how to become aware of others’ energies and how to keep clear of bad vibes
- Learn to see and sense beyond the surface of life so you can get to the truth of things (which is necessary for you to be safe and empowered)
- Discover how to surf *with* energy in life, instead of letting it push you around
- Directly receive all the love, support, and guidance available to you from your Spirit or Higher Self

Module 7: Establishing a Graceful, Intuitive, Drama-Free Life



The tools you learn in this course offer ways in which to fully “meet” and respond to everything you face in life in the highest most clear, intuitive, loving, conscious, and creative way. They were designed to help you access your strength, inner resources, and confidence so you’re able to gain freedom from your limitations, overcome your fears, and live a courageous and authentic joyful life.

As you become a more grounded Six Sensory being living in a five-sensory world, you automatically start having more understanding and compassion for yourself and others. You respond instead of react. You choose your way instead of having others control you. You trust your Spirit, bring out the best in others, and form a deep and reliable partnership with the Universe. You easily attract and create what you want, and leave drama and frustration behind.

As you integrate all you have learned, you’ll also look at the importance of being nonjudgemental, accepting that walking the psychic pathway changes you, but not necessarily those around you.

In this module, you’ll discover:

- How to be a Six Sensory being in a five-sensory world and still have a good time
- Ways to enhance your newfound psychic abilities and your ability to create more and more positive outcomes
- How to follow intuitive signals, let go of the outworn, and walk away from situations that no longer serve you, trusting that you’ll always be guided to the path and people that are best for you
- How to spread love and good vibes to those around you
- How true power comes from awakening your spirit and trusting your vibes

Your Six Sensory Life Bonus Collection

In addition to Sonia’s transformative 7-part virtual course, you’ll receive these powerful bonus offerings. These bonuses complement the course and promise to take your understanding and practice to an even deeper level.

Two Original Songs

Audio Recordings From Sonia Choquette



Drifting Among Clouds is an original meditation song created exclusively for Sonia's students. It entrains the heart into a state of deep meditation and relaxation.

Inner Voice is a beautiful song which speaks to all the wounded aspects of the soul bringing about deep healing and comfort. It enters the subconscious mind where it affirms your natural intuitive gifts so you trust them completely.

Vibrational Music

4-Song Audio Package From Sonia Choquette



When we travel at the speed of love, we choose to live in a frequency of unconditional love. Today, many of us travel at the frequency of fear and live with a victim consciousness. In these four masterfully produced songs by Sonia Choquette, she provides a musical experience to help you reprogram your brain and change your life for the better. Ask yourself this question: What frequency are you traveling on right now? Turn up the volume and increase your frequency with these four songs!

You'll receive:

- Love Your Life
- Ancient Traveler
- Adventure
- Motion

Pathway to Joy

Ebook by Sonia Choquette



This ebook from Sonia is a simple, yet empowering book of affirmations, tools, and tips for activating your inner joy, building confidence, and tapping into your intuition.