



# Ask Your Guides

*Sonia Choquette*

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## **Ask Your Guides** Sonia Choquette

We're all spiritual beings with a spiritual support system on the Other Side that oversees and helps guide our lives from the moment we'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 life'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 life'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 you're entitled to.

## **Ask Your Guides Details**

Date : Published June 1st 2007 by Hay House (first published March 1st 2005)

ISBN :

Author : Sonia Choquette

Format : Kindle Edition 290 pages

Genre : Spirituality, Nonfiction, New Age, Self Help, Philosophy, Metaphysics

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## **From Reader Review Ask Your Guides for online ebook**

### **Emma says**

I am only a little way in to this book, but I'm liking it. It is not for the woo-woo averse, as it does talk about angels, etc.

What I'm liking about it is that she starts out by saying that to get in touch with the spirit world, you have to first get in touch with your own spirit - by doing the things your spirit loves, the things that make you feel happy and playful and light and good. (Because that lighter/higher vibration gets you on a closer plane to spirit entities.) Just reading this I felt affirmed in a couple of things that I enjoy but don't let myself do because it seems 'silly' or are 'pointless'. Or I do them but I don't let myself enjoy them. Somehow saying 'this is what my spirit likes to do' makes it a little less personal too. As in: heck, it's silly, but you know those spirits...who knows why they like things? It lets me get out of judgment. I'm really used to judging myself, but I wouldn't want to judge my \*spirit\*. It's just a mental trick but it helped free up some lightness inside me.

Update: I didn't really finish the book...I got stuck on the chapter that said that she asked her angels to help her and they fixed her car. I couldn't get past the physicality of that. Hmmm. An angel with a wrench?

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### **Robert Pikula says**

I so enjoyed this book. Its time for people to start believing in more than the physical world.

I personally know a lot of people all over the world that read Sonia's books and many like hers. She has a unique and sweet way she presents herself to others. She is genuine and knows who she is. When we learn who our guides are we learn how strong of beings we really are and that we are always protected and guided. We can be guided by our soul and our guides if we just allow it.

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### **Babs says**

One of my new favorite books. Choquette is down-to-earth and matter-of-fact and encouraging.

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### **Tami says**

How many times have you had that little nagging feeling about something and ignored it only to regret it later? Too many times to count? Me too...

I'm not sure why we tend to ignore our intuition. We know that each time we do, we're going to end up unhappy. I guess following our intuition seems like such a big leap of faith, especially when the actions seem to push us towards being honestly ourselves and following our bliss. The thought of being completely happy, the ability to trust our inner guidance, and the understanding that intuition is actually a form of divine

guidance may be difficult to fully accept.

Ask Your Guides helps makes the transition a lot easier. From a very young age, the author learned to nurture her intuition and welcome divine guidance in all its forms. Not only has she learned to listen to that little voice but she has become proactive in seeking out appropriate resources that guide and help smooth the bumps of daily life. Ask Your Guides shows the reader how they too can learn these skills.

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### **Stacey Latkowski says**

One of the 'perfect' books to read that you may appreciate the simplicity of connecting with your Guides and Archangels. Enjoy the read, you'll love it. Guaranteed ♥

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### **Iona Stewart says**

This is the first book I've read by Sonia Choquette, and it will hopefully not be the last.

It is written simply and clearly and is easy-to-read. Sonia tells us of her own guides and experiences with them and those of her clients.

Sonia was lucky to be born to a mother who talked to her guides constantly and informed her of the many guides who were assigned to watch over, help, protect, and teach her throughout her lifetime.

The first important thing to do is leave a free period of perhaps 20 minutes open every week, and perhaps later every day, where you answer to no-one but yourself. During this time you should allow yourself to pursue a beloved interest such as playing the piano, spending time in the garden, or simply daydreaming. When you do this, your spirit will guide you to more and more of what nurtures and feeds you.

There's a chapter about guardian angels – our personal bodyguards, and how we should talk out loud to them when we can and ask them to do various things for us.

We're told how to invoke the Archangels by chanting their names in a songlike manner. Sonia tells us about the seven Archangels – Michael, Gabriel, Raphael, Uriel, Raguel, Sariel, and Remiel (though actually I have heard elsewhere that there are more).

Michael, archangel number one, is the patron of protection and love. Gabriel, No. 2, calms your doubts and boosts your confidence, Raphael is in charge of healing and also inspires your creativity. Uriel has a grounded vibration, is the messenger that brings warnings, and is the patron of music. Raguel is a sort of police officer, and can help you to get your children to behave! Sariel keeps things in order, and Remiel is the angel of hope, and also greets us at death's door and escorts us to heaven. When he shows up, "the vibrations of fear, stress and drams that come with facing death give way to absolute peace and calm".

We may call for help on the Ministry of Angels, which has infinite departments, such as parking, computers, shopping, healing and so forth. We can put them on whatever assignment we undertake. Just believe and call for help.

We can call on our spirit guides when we need them. They can't serve us without our permission. Most have lived at least one life on Earth; Sonia tells us that people generally have access to up to 33 guides at any given time!

A good way of connecting to our guides is writing to them at a specific quiet time of your day. State your problem and ask for guidance.

This book contains many exciting chapters. A "negative" feature of it for me was the apparently infinite numbers of guides and angels of various sorts available, so I have difficulty in distinguishing between them.

We are introduced to the various types of nature spirits and a group of spirit guides known as "runners". I'd never heard of the latter before, but they are "handy guides for all situations", and the first ones you may want to invoke for help.

Sonia recounts various stories of how she and others are helped in miraculous ways by these runners. They find lost things, save seats in planes, and turn up parking spaces, etc. It's important to thank your runners.

There are helpers, healer guides, teacher guides, animal guides, joy guides and light beings.

We also learn about contacting our guides through oracles, such as tarot cards. We must not repeat a question just because we didn't like the first answer. If we're spiritually immature and don't take the answers we get seriously, the cards will be "possessed by low-level energies that mock you".

Different oracles tend to attract different types of guides.

There is an important chapter about negative entities. You may pick these up in a public place, or if you have a weak aura owing to addiction of any sort. High-vibration guides are calm and loving and don't tell you what to do. Low-vibration guides are pushy, bossy and negative and harass you into doing what they want. Really, they have no power, and can be easily dismissed by firmly asking them to leave and sending them into the light.

I have been trying to connect with my guides for years with no success, but after reading this delightful book, I feel much more confident about linking to my guides and angels. Now I've met with a hermit-like guide who wears a hood and says his name is "Eremit" (a Danish word for "hermit") – I'm a bit of a hermit, myself. Also, when giving a Reiki healing, I contacted a healing guide called Michael, who advised me to flow water through the four bodies (physical, emotional, mental and spiritual) of the person I was healing. I had never ever done this before, and would never have thought of it, so I know I must have had contact with a guide.

Even before I had read this book, I had often had help from angels on journeys, for instance, when I'd asked them to accompany me on these. Also, I'm frequently assisted by my "household deva" It has helped me with opening difficult tins and packages, coconuts, etc; sometimes I have struggled for an hour or so, before asking for help, whereupon the matter is solved instantly.

Also, I am assisted by a computer deva or devas, sometimes with miraculous results. Once I worked for hours to change the picture on my computer screen, following various sets of complicated instructions which never worked, until exasperation set in, and I shouted for help. Then I suddenly saw a link that said "change computer screen", or the like, and pressed it, whereupon my screen changed to the desired picture, which I still have.

But, as regards this book, it is easy-to read, inspiring, and will help you, above all, trust and know that you have not only access to the angels, but all these various helping guides. I now KNOW that I have guides and can always get help.

I absolutely recommend that you purchase this book, You will not regret it. I will now be ordering other books by this inspiring author.

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### **Andrea says**

I really like her everyday spirituality teachings and her "it's really just that easy" approach to connecting with your own intuition as well as spirit guides and angels, but... from now on, I will stick to reading her work, not listening to it. The audiobook sounds like it was pieced together from live lectures and off-the-cuff ramblings and anecdotes, which makes me wonder if it was even the same material as the hard copy book. And as a personal gripe, her cutesy doll-girl voice and the incessant New Age theme music drove me a little batty. Overall, good material but I'd rather have read it, not listened.

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### **Deb says**

This book was so meaningful to me. I read this at a time when I was lost and really needed something in my life to help me feel that there was something more out there. The style of writing really spoke to me and it drew me in so readily and I was drawn to the very real world way in which Sonia spoke. The message wasn't overly "Religious" yet spoke to the very spiritual nature in me which was crying out to be massaged with a little love and reminder that it was all going to be okay.

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### **Santina says**

I really like the idea of this book, but I found it too much about her personal experiences and after a while I started to think this is just crazy. I mean fairies, water fairies, air fairies, the fairies that find your missing keys; It just became silly after a while. It was not a book I can credit for adding anything to my spirituality, it was interesting, but not life changing.

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### **Mandy says**

This is the first book on the subject of spirit guides that I have ever read. I was surprised at the detail. I didn't expect there to be so many different levels and types of guides, and as a socially introverted person it kind of overwhelmed me. That's too many guides! I can't have that many at once! One spirit guide is good for me—3, tops. I can't handle spirit crowds. Interesting book, though. Lots to think about and try.

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## **Iliyas Coleman says**

### **Good book**

Pretty dope. I've had this book for a year at least and while I've been skeptical I finally finished today , after stopping and starting again. Detailed and helped me out for a bit, the second half was what really helped me especially when talking about higher self and the ego mind.

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## **Andrea says**

This book is amazing, I am going to be buying it as soon as I can!  
"Move away from fear as your root energy and embrace love in it's place." (p.174).

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## **Tara says**

Most people "suffer from mental constipation and Psychic anorexia: Feeding the mind way too much information and not feeding your spirit enough"

What feeds your soul? Activity to do for 3 mins every day for 30 days. These are the things that come up that will feed your spirit. Ask yourself, and say, OUTLOUD, "If I weren't afraid...." For 30 days do one of the things that comes out of your mouth. Even if it's to consider the idea without freaking out or shutting down. The spirit world will always give you the way for every bit of guidance that it offers.

"You'll be surprised at the simplicity of what comes out. Your spirit is not complicated, it doesn't need much. But it does need what it needs."

Spirit guides are those spirits that have had earthly experiences. Angels have never had an earthly experience. You must ask for spirit guide or angel help. Some angels can help without you asking because God sends them.

Connect with your guides by writing or by just asking them out loud, let them speak through you

Request only the highest guidance from light and love (set up boundaries)

Good guidance is consistent and doesn't flatter or make you feel special

Archangel Michael: Protection, love

Archangel Gabriel: Emotions, essence of water, calms doubts, boosts confidence

Archangel Raphael: Healing (mind, body, spirit), essence of air, boosts creativity

Archangel Uriel: Essence of earth, multitasker, brings warnings, patron of music

Archangel Raguel: Police officer of the archangels, ensures that others behave (helps with relationship discord), drama to subside

Archangel Sariel: Keeps things in order, calm things down, organization

Archangel Ramiel: Hope, life and death issues, endings (circumstances, relationships, etc)

When someone offers you something say, "Yes, I'd be so grateful" as a way to practice being grateful. Guides like it when we are grateful.

Guides will always give you guidance that you can accomplish. But it may be outside your comfort zone.

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### **Devika Koppikar says**

An enlightening book that reminds you that you are not alone in this world, or beyond. There are spiritual guides to help you. Having grown up as a Hindu, the spiritual guides reminded me of Hindu gods and goddesses. This is a philosophy that is rarely talked about in the west....so I applaud Choquette for writing about this.

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### **Mary Jo says**

Listened to the audio version every a.m. on my way to work and it truly centered and calmed me, helped me to think differently about guides and even notice little "signs." Like anything, it takes practice to find and connect with your guides and I've been working on my creative green guide, Meadow. She comforts and inspires me like a walk in nature. Sonia's stories sometimes seem a bit far-fetched, but maybe that's my 5th sensory mind talking!

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