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## Living/FYI XML

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### BOOKS

# Trust your gut and follow your heart, author says

By LISA GUTIERREZ  
The Kansas City Star

Forget the "I see dead people" movie tagline.

That's not the "sixth sense" Sonia Choquette travels the country talking about.

"We are socially indoctrinated to ignore it," said the author of eight books, including *Trust Your Vibes* and *The Diary of a Psychic*.

"The sixth sense is sort of the pariah sense, and it's crazy because every scientist you interview will attribute their success to the sixth sense. So my job is to actually integrate the sixth sense as a part of our normal apparatus.

"Your sixth sense works beautifully with your other senses. Like your other senses, it should not necessarily be isolated or amputated."

Hundreds of people cram into Choquette's seminars and seek her online counsel on everything from marital distress to dealing with the loss of a baby. She brings her wake-up call to Kansas City on May 2 when she will speak at the Central Exchange's fourth annual Women's Lyceum.

She's not bringing a canned speech.

"I respond and speak from a very intuitive place. I never speak with any sort of preparation," she said by phone from her home in Chicago. "I actually find in my case that anytime I have notes, or come in with an agenda, I just don't connect at all.

"I do come with the intention to help my audience understand that the sixth sense is a viable and valuable resource for their decision-making.

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“From my observations, what most people do, unfortunately, when it comes to making decisions, because we’ve been indoctrinated to seek approval, they tend to abandon the self and make decisions based on what they basically gauge will please the most amount of people around them.

“The way to heal, the way to restore yourself to sanity and balance and to restore yourself to personal integrity is to activate this sense, because this keeps you most faithful to you.”

So just what is the sixth sense according to Choquette?

It’s a heart-based awareness or consciousness, a response to an energetic vibration — a vibe — that isn’t always near but can be far away, or even in the future.

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It’s that “I feel it in my gut” moment. Another word for it: intuition.

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“It’s not one size fits all,” she said. “Intuition is based in the heart, but it has to be channeled to your other senses. Your body is like a big channel receiver. You may experience the sixth sense as an inner voice. You might get gut feelings. You might get goose bumps. You might feel a tug or pull in your heart.

“It’s a matter of learning to pay attention to your own biology and learning to pay attention to those subtle signals and give them importance rather than what we generally do, which is to ignore them.

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“What I say is that we all start out very sixth sensory, highly receptive and attuned to the world very energetically. Children, babies will start crying before the mother leaves because they know the mother’s intention is to go. Because they’re hampered by lack of language, babies learn to interpret their world. They’re very in tune with their bodies.”

Choquette was first aware as a grade-schooler of her own sixth sense, nurtured by her mother, a World War II prisoner of war in Germany who “was very sixth-sensory, very intuitive,” she said.

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“It was part of our dialogue and part of our vernacular. It was part of our conversation, part of our priorities, fundamental to our decision-making. So I just grew up in a world where I learned to react to the world first and foremost based on our vibes. That’s not to say we weren’t encouraged to be informed.

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“People think it’s an either/or, but it’s not. That’s a misconception. The sixth sense is based very soundly on being well-informed. The truth is that most people are not using many of their senses very well. They don’t listen, they don’t pay attention, they’re semi-conscious. But if truly, truly a person listens closely and observes well and takes accurate notes about what’s going on in the real world, that sixth sense is an extrapolation of this guided world.”

Practicing in the small, daily choices people make can help them amplify that sense, she said.

Try this the next time you have to make a decision.

My head says ... \_\_\_\_\_.

My heart says ... \_\_\_\_\_.

"You will immediately tune into your intuition," Choquette said.

More powerful is this.

If I weren't afraid, I would ... \_\_\_\_\_.

"The intuitive heart will speak," she said. "It's just not asked very often to do that."

A few years back Choquette and her husband, newly married, found a dream home in Chicago, just what they were looking for.

They bought it.

But four weeks away from closing the deal she "had a vibe that we should not buy that home, and it was an overwhelming feeling that I took to my husband that I couldn't justify. It felt like dread. It felt like, 'If we buy that home we will be making a dreadful mistake.' I had a choice. I could go the easy way and live with my dread, or I could live with the upset and be true to myself."

She followed her instinct.

"My husband was frustrated and stressed out, and he said, 'You're going to have to get us out of this, then.' Ultimately what did get us out of it was I told them, 'I have bad vibes.' They thought I was crazy, and we got out of it."

Over the next two months Chicago had unprecedented rains. That house flooded.

### **Fire up your sixth sense**

Here's how Sonia Choquette says we can build up our underused sense of intuition:

- **Rest up.** Sleep more. Slow down. Give yourself more quiet time alone. Overstimulation drowns out your subtle inner voice.
- **Wonder, don't worry.** "Wonder is the front door to intuition," she says. Attack problems this way: I wonder how to solve this problem versus I'll never solve this problem.
- **Set goals.** Intuition works best when it knows what it is serving. The clearer you are about your goals, "the more your intuition can serve to support them."

### **Women's Lyceum**

**What:** An all-day leadership conference with four workshops, ending with a wine and cheese networking reception.

**When:** Tuesday, May 2.

**Where:** Overland Park Convention Center, 6000 College Blvd.

**Cost:** \$145 to \$499.

**Info:** (816) 471-7560 or [www.centralexchange.org](http://www.centralexchange.org).

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