



# Uplifting Prayers to Light Your Way: 200 Invocations for Challenging Times

By Sonia Choquette

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## Uplifting Prayers to Light Your Way: 200 Invocations for Challenging Times By Sonia Choquette

*I cannot imagine my life without prayer. It would be like trying to survive without oxygen. Prayer sustains my soul and comforts my anxious mind. And like oxygen, I can't live without it.*

– Sonia

In the course of our lives, there are occasions when we're all asked to grow on a soul level. These transitions can be very challenging, even frightening. We might encounter sudden and unexpected changes, or life may feel overwhelming and unsatisfying in a way we can no longer ignore.

During these times, we can use all the divine assistance possible to illuminate our next steps. In this book, *New York Times* best-selling author and spiritual teacher **Sonia Choquette** shares uplifting prayers especially designed to be used during these periods of soul growth and challenge. These heartfelt invocations will help you stay connected to your intuitive spirit so that you may receive support from your ever-present, loving Divine Creator and all your unseen spiritual helpers who are here to guide you through difficult times.

Each beautiful and intimate prayer will give you the strength and good humor to keep flowing with life – even when it flows in turbulent and confusing ways – and enable you to face whatever the universe may put in your path with renewed courage and confidence, and a deep sense of peace and optimism.

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#### **About the Author**

SONIA CHOQUETTE, a world-renowned intuitive guide and spiritual teacher, is the New York Times best-selling author of 19 books, including the international bestseller Walking Home; as well as numerous audio programs and card decks. Sonia was educated at the University of Denver and the Sorbonne in Paris, and holds a Ph.D. in metaphysics from the American Institute of Holistic Theology. Her work has been published in more than 40 countries and translated into 37 languages. A member of the Transformational Leadership Council, she is also the host of her own weekly radio show, Six Sensory Living. To learn more about Sonia, please visit [www.soniachoquette.com](http://www.soniachoquette.com).

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