



Mastering Your 5D Self
Tools to Create a New Reality

Maureen J. St. Germain

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Contact:

Ashley Kolesnik, Publicist
ashleyk@innertraditions.com
802.767.3174 x141

NEW BOOK ANNOUNCEMENT

New Guide Shows How to Detach from the Old Paradigms of 3D Reality and Anchor Yourself in 5D

Humanity is shifting into the fifth dimension, but this transformation from 3D to 5D will not be a linear process. Our evolution follows a sine wave, moving from ideal expressions back to old familiar ones then on to even higher ideal expressions. It is the same with the shift to 5D.

In this guide to anchoring yourself in 5D consciousness, Maureen St. Germain explores many tools and shortcuts, such as activating meditations, sound healing, and crystals, along with channeled wisdom and advanced insights from angels and other higher beings, all to help you understand and master your own circumstances. She explains how to identify the progress you have made on the path of ascension and looks at ways to detach from the old paradigms of 3D reality and anchor yourself in 5D, sharing case histories to illustrate regressive tendencies and the dimensional shifts that can free you from falling backward. She reveals how you no longer need to “heal” emotional wounds through long processes to be fifth dimensional and shares practices to transform and transmute emotions instantly so they can be released and resolved into their highest expression. Maureen also addresses concerns such as the electrification of the planet, showing how you can work around EMFs and other kinds of unseen toxicity. She shares meditations to clear out old emotional wounds, activate the pineal gland, manifest with crystals, discover your sixth sense, and open yourself to communication with higher intelligences. She also shares a revolutionary new chakra meditation based on the Divine Feminine spiral, which progresses from the Heart Chakra outward.

Showing how to operate proactively within the new 5D paradigm, this book reveals how to change your ways of thinking, doing, and vibrating to open the portals of light within yourself as well as the stargate into the fifth dimension.



Author Bio: Maureen J. St. Germain is the founder of Transformational Enterprises and Akashic Records Guides International. An internationally recognized teacher and intuitive, she is also the author, musician, and producer of more than 15 guided-meditation CDs. She is the author of 7 books, including *Waking Up in 5D*. She lives in New York City. <https://maureenstgermain.com/>