



Waking Up in 5D

A Practical Guide to Multidimensional Transformation

Maureen J. St. Germain

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Tools to Guide you in the Transition from the Polarized Mindset of the 3rd Dimension to the Joy and Love of 5th Dimensional Vibrations

The game has changed! The new normal is unlike anything you have known from the past.

We are all transitioning from the narrowly-focused and polarized awareness of the Third Dimension and waking up to the higher vibrations and abilities of the Fifth Dimension. Better yet, each of us has already experienced 5D: Think about your most memorable and uplifting experiences of the recent past—where everything went well, interactions were harmonious and loving, and all felt blissful and happy—that's 5D. In this ascension manual, spiritual teacher Maureen J. St. Germain explains how to shift your energetic patterns and choose to permanently anchor yourself in the joy, love, and kindness of 5D.

Waking up in 5D will guide you through the rapidly changing environment of your ascension; the ascension of humanity and the planet that will awaken you to the phenomenal opportunities the Fifth Dimensional energies have to offer. Maureen shows how 5D relates to 3D as well as to 4D, the transitional dimension between the two, and explains how to read the energy patterns that distinguish one dimension from the next as well as how to experience multiple dimensions simultaneously. She explores how to identify the differences between polarized 3D linear thinking and dynamic 5D multidimensional thinking and how to turn 3D viewpoints around to expand your perception of what is possible.

Offering eye-opening stories of 5D experiences from students and inspiring information from her spirit guides, Maureen also details exercises to protect your energies, especially while sleeping, and provides Sacred Geometry meditations to activate your 8th chakra and open yourself to higher frequencies. Join Maureen J. St. Germain on this extraordinary journey. Reclaim your birthright, and discover the opportunities and experiences that await you in 5D, your new normal.



Maureen J. St. Germain is the founder of Transformational Enterprises and has led trainings in personal development and spiritual awakening in more than 24 countries. The founder of Akashic Records Guides International, she is also the author, musician, and producer of more than 15 guided-meditation CDs. An internationally recognized teacher and intuitive, she is the author of 3 books and lives in San Diego and New York. <http://www.maureenstgermain.com/>