

# *SCIENCE OF AWAKENING:*

*Awakening the Power Within: A Journey  
to Higher Self and Universal Energy*

*Nokyoong Chutiyaphat*

# *Science of Awakening*

Written by **Nokyoong Chutiyaphat**

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# Preface: The Awakening That Transforms Your Life

Have you ever felt like something unseen is guiding you? Or wondered why some people seem to effortlessly attract opportunities and success, while others struggle relentlessly but never seem to reach their goals?

What if I told you that **your thoughts, emotions, and energy are constantly shaping your reality—whether you realize it or not?**

The secrets of the universe are not coincidences—everything that happens is deeply connected to **energy, consciousness, and the frequencies we emit**. This book will unveil these truths, combining perspectives from science and spirituality. But more importantly, **it will give you the exact tools to transform your life—starting now.**

This is not just another book on the Law of Attraction. It's about **harnessing the untapped power of your brain, subconscious mind, and energy field** to create the reality you truly desire.

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## Who Is This Book For?

If you are someone who...

- ✓ Wants to understand **the power of your consciousness and subconscious mind** to create a better life.
- ✓ Is curious about how **your brain and energy frequency influence reality**.
- ✓ Seeks to develop **inner abilities**, such as activating the **Third Eye**, connecting with the **Superconscious Mind**, and using your subconscious to attract **aligned opportunities**.

- ✓ Is facing **challenges in life** and wants to turn obstacles into wisdom.
- ✓ Is interested in **the science of reality creation, vibrational frequencies, and how to align your energy to manifest faster.**

**If your answer is YES, then this book is your guide to unlocking the hidden power within you!**

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## **What Will You Learn from This Book?**

- ❖ **The Science of Awakening** – How your brain and subconscious mind **determine your destiny.**
- ❖ **The Third Eye & Superconscious Power** – How to activate your inner energy centers to access **intuition and attract aligned opportunities.**
- ❖ **How the Law of Attraction Really Works** – Is it just a psychological concept, or does it have a foundation in **quantum physics?**
- ❖ **Mindset Shifts That Transform Your Life** – Learn how to **surrender, shift desire into trust, and harness the power of gratitude** to accelerate manifestation.
- ❖ **Proven Techniques to Master Your Energy** – Insights from world-renowned experts such as **Dr. Joe Dispenza, Eckhart Tolle, and Dr. Bruce Lipton.**

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## **The Power Is Already Within You—Unlock It Now!**

Everything you desire is already waiting for you in the energy field around you. **The key is to align your vibration with it.**

This is where your transformation begins. **But knowledge alone won't change your life—action will.**

**Here's your first challenge:**

- 1. Choose ONE technique from this book and commit to applying it for the next 7 days.**
- 2. Observe the shifts in your energy and how reality responds to you.**
- 3. Keep an open mind, trust the process, and let the magic unfold.**

Are you ready to unlock your highest potential? If so, **turn the page and begin your awakening now!** 

# Chapter 1: What is Your Higher Self?

## Connecting with Your Inner Self and Universal Energy

Many people have heard of the term **Higher Self**—the elevated, spiritual aspect of our consciousness. Some may associate it with **God, the Universe, or an intuitive force beyond human comprehension.** Across different spiritual traditions, this concept takes various forms, but the fundamental question remains:

**How do we connect with our Higher Self?**  
And how does it relate to **Universal Energy?**

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### Understanding Universal Energy & How It Influences You

From a broader perspective, **Universal Energy** is the fundamental force that governs all existence. It is the invisible fabric that connects everything in the Universe, including our thoughts, emotions, and consciousness.

Think of it as the **Wi-Fi of the Universe**—it's always there, broadcasting signals. Your Higher Self is the **receiver** that taps into this energy. The quality of the connection depends on **your vibrational frequency.**

- ✓ **If your energy aligns with love, gratitude, and trust, your Higher Self receives clear signals from the Universe.**
- ✗ **If your energy is clouded with fear, doubt, and negativity, the connection weakens.**

## Real-Life Examples: Individuals Who Tapped Into Their Higher Self

These are not just theories—many of the world's most successful and enlightened people have experienced profound connections with their Higher Self.

- ✓ **Nikola Tesla** – The brilliant inventor who claimed that his revolutionary ideas did not come from logical reasoning but rather from **cosmic intuition guiding him**.
  - ✓ **Mahatma Gandhi** – Relied on his inner calling to lead a peaceful revolution, even in the face of overwhelming adversity.
  - ✓ **Bill Gates** – Dropped out of Harvard because he had an **unshakable belief in his vision**, which ultimately led to the creation of Microsoft.
  - ✓ **Jim Carrey** – Used the power of his Higher Self and **visualization techniques** to manifest the career and life he dreamed of.
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## How to Recognize Messages from Your Higher Self?

**The Universe doesn't speak through words—it speaks through ENERGY.**

Your Higher Self communicates with you in subtle ways, often through:

- ✓ **Emotional Guidance** – Your emotions act as a compass. If something feels exciting and uplifting, your Higher Self is guiding you toward it.
- ✓ **Synchronicities & "Coincidences"** – Have you ever repeatedly seen the same number sequence (like 11:11) or heard the same message from different sources? That's your Higher Self catching your attention.

✓ **Gut Feelings & Intuition** – That instant “knowing” you get about something without logical reasoning is your Higher Self speaking.

✓ **Dreams & Sudden Insights** – Many messages come through dreams or spontaneous “Aha!” moments.

## Wisdom from Experts

📌 **Dr. Joe Dispenza** – A neuroscientist and expert in human potential states:

*“When you shift your energy to match the frequency of love and wholeness, the Universe responds by mirroring back who you are.”*

📌 **Eckhart Tolle** – Author of *The Power of Now*, emphasizes: *“Your true voice is not found in the chaos of your thoughts, but in the silence of the present moment. When you learn to listen, you will always find the answers you seek.”*

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## Practical Exercise: A 5-Minute Higher Self Connection Routine

If you want to experience the power of your Higher Self, try this simple yet effective method:

1. **Find a quiet space.** Sit comfortably and take a few deep breaths.
2. **Close your eyes and focus on your heart.** Imagine a warm light expanding in your chest.
3. **Ask your Higher Self a question.** (e.g., “What do I need to focus on today?”)
4. **Pay attention to your first feeling or thought.** Don’t overanalyze—just observe.