

Science of ***Manifestation 2:***

Awaken the Science of Manifestation

Science of Manifestation 2 merges neuroscience with universal wisdom to help you manifest your dreams. Discover how to rewire your mind, align with the quantum field, and transform your beliefs into actions that attract abundance.

Your journey to creating your best life starts here.

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Introduction

Have you ever felt that there are unseen forces in this world that shape and influence your life? Your thoughts, feelings, and energy within you all play a significant role in determining what happens in your daily life. And do you know that these "energies" hold the key to making your dreams a reality?

In today's fast-paced world, we often forget that we are part of nature, a nature that is brimming with "energy" that's always ready to support us—if only we know how to tune our own frequencies to align with it.

This book takes you on a journey into the science of energy, introducing processes that help you unlock your inner potential and turn your dream life into reality. Whether it's transforming your mindset, rewiring your brain, or shifting your perspective, you'll discover simple yet powerful methods to create profound changes in your life. From meditation and the law of attraction to harnessing energy from nature, this book covers it all.

Each chapter is not just a theoretical explanation but comes with actionable advice and real-life examples that have been proven to work. You'll learn how to harness your energy and belief in yourself to forge your unique path to success, regardless of your current circumstances.

This is more than just a book—it's a "tool" to help you unlock your hidden potential, paving the way to a new path filled with abundance and success you once thought was unattainable.

The life you desire is closer than you think... it all begins with the power within you.

Are you ready to embark on your journey to create the life of your dreams?

Chapter 21: The High-Energy Skill - Turning Everything You Touch into Gold

The Essential Skill to Becoming a High-Energy Individual

Creating positive energy is the core element that attracts opportunities and drives success in life. Maintaining high energy doesn't mean always looking on the bright side but instead involves embracing reality and overcoming obstacles or pain in a constructive way.

Positive Energy and Achieving Success

Manifestation, or turning dreams into reality, begins with projecting your desires outward and opening yourself to receive the good things the universe has to offer. To attract positivity, you need to align yourself with high-frequency energy such as love, joy, or serenity.

Dr. Joe Dispenza, an expert in psychology and energy, states: *“When we create positive energy through good feelings, we attract circumstances and people that resonate with the same frequency.”* Therefore, training your mind to remain calm and stable is a crucial key to achieving your goals.

To make manifestation effective, consider starting your day with clear intentions, such as writing positive affirmations or practicing morning meditation. These practices help keep your mind attuned to high-energy frequencies and ready to attract good things into your life.



"The positive energy you create can ripple outward like waves in water, starting from your own heart."

Case Study: Anna, a freelance writer, spent 10 minutes each morning meditating and writing affirmations such as, *"I have the energy to create my best work."* Within a month, she noticed new opportunities coming her way, and her creativity improved significantly.

- How would starting your day with high energy affect your daily routine?
- What strategies do you use to maintain a positive mindset throughout the day?

Developing Resilience

Resilience is the ability to recover and adapt from failures or challenging situations. It's like the difference between "glass" and "plastic." While glass shatters upon impact, plastic absorbs the shock and returns to its original form.

Dr. Martin Seligman, a pioneer of positive psychology, describes resilience as one of the most important traits for a happy and successful life. He suggests that building this skill begins with finding meaning in events, even during painful times.

Case Study: David, a businessman, faced setbacks in major projects nearly every year. However, he consistently recorded lessons from each failure and adjusted his strategies. This ability to learn and adapt ultimately led to his long-term success.

- Have you ever experienced a situation that required significant adaptation? How did you overcome it?
- If faced with failure again, how could you apply past lessons to improve yourself?

Managing Happiness and Expectations

Letting go of expectations is key to finding true happiness. When we set rigid goals for happiness or high energy, we might miss the chance to appreciate the small joys around us.

Modern philosopher Dr. Eckhart Tolle said: “*Happiness isn’t about acquisition; it’s about embracing the present moment.*” Instead of setting happiness as a goal, practice mindfulness and savor small moments, such as enjoying a cup of tea, spending time with loved ones, or relaxing peacefully.

Case Study: Sara used to have high expectations in life, but when she began practicing mindfulness meditation and focusing on appreciating her surroundings, she found herself happier—even on days when nothing went as planned.

- Have you ever experienced happiness from simply enjoying the present moment?
- What aspects of your life could you let go of to create more happiness?

The SPIR Model: A Tool for Life Balance

Creating high energy and happiness in life requires balance across various dimensions. I recommend the SPIR model, which focuses on five key areas:

1. **Spiritual** – Cultivating meaning and inspiration in life, such as meditating to increase alpha brain waves for calmness and high energy.
2. **Physical** – Maintaining physical health through exercise, adequate sleep, and proper nutrition, like eating anti-inflammatory foods such as leafy greens and fruits.
3. **Intellectual** – Seeking new knowledge and self-improvement, such as reading inspirational books or attending workshops.
4. **Relationships** – Building meaningful connections with others, such as practicing open communication and expressing gratitude.
5. **Emotional** – Managing emotions and adapting to challenges with calmness, such as journaling to reflect on feelings.

Case Study: Joey applied the SPIR model in his daily life by setting small goals in each dimension, like walking in the park to care for his body or reading an inspirational book in the evening. He noticed significant improvements in balance and happiness in his life.

- Which dimension of the SPIR model should you focus on developing first?
- How can you adapt your daily routine to align with this model?

Final Thoughts

Being a high-energy individual doesn't mean always having a positive outlook. It's about embracing reality and growing through experience. Remember, happiness lies in living in the present and creating balance across all dimensions of life.

May you discover the best version of yourself filled with joy and energy!

Chapter 22: The Energy Shortcut – Manifesting Success Like Magic

Unveiling the energy shortcut that makes success easier and faster.

Success isn't just the result of action; it also stems from the energy we emit. One of the most powerful tools to accelerate success is **visualization**—a practice used by world-renowned figures like Michael Jordan and Tiger Woods to mentally rehearse their goals before they take action.

Success Happens Twice

You may have heard the saying, "*Success happens twice.*" The first time is in your imagination, and the second is in reality. People who achieve great things often describe how they visualize their goals vividly before taking action. Michael Jordan once said, "*Every time I step onto the court, I've already seen myself winning and performing my best in my mind before the game even begins.*"

The Visualization Process:

1. **Clearly visualize your desired outcome** – such as sinking a perfect golf shot.
2. **Envision the process leading to that outcome** – like executing a flawless swing.

Case Study:

Tiger Woods, the legendary golfer, always visualized the ball landing in his desired spot before every shot. This mental rehearsal allowed him to perform with incredible precision and consistency. Visualization isn't just a mental exercise—it directly impacts the brain and body.