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SPEEDS OF THE MIND

guidebook

MINDSET RESET

QUANTUM PATHWAYS TO AWARENESS

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Introduction

Speeds of the Mind

The mind never stops moving. It carries us through conversations, inner stories, plans for the future, and memories of the past. Some of this movement is steady and intended, while other parts race ahead so quickly it feels like we can barely keep up.

Most of what we think today is a repeat of yesterday including the familiar loops of worry, planning, judgment, and the thoughts of encouragement. Some thoughts guide us well, while others hold us back.

And in between the noise, there are moments of quiet where the mind rests and the inner being has a chance to come forward.

This guide will help you notice the different speeds of the mind and explore how they shape your experience. You'll reflect on your thought patterns, discover which ones repeat most often, and learn practices that allow you to pause, shift, and invite stillness.

As you work through these pages, remember: You are not your thoughts. You are the awareness that notices them.

Part 1 - Understanding Mental Speeds



Speaking - 150 wpm

Humans can speak at about **150 words per minute (wpm)**.

That's the mechanical rate of producing articulated speech.



Hearing - 250–300 wpm
comprehension

Humans can hear and process speech at about **300 words per minute**, about double the speaking speed.

This creates a gap where the brain has “extra bandwidth” to wander while listening.



Thoughts - Equal to
about 2,000+ wpm

Inner speech (when we “talk to ourselves” in words) runs at roughly the same pace as speech, maybe 200–300 wpm because it piggybacks on the same neural systems.

Nonverbal or fleeting thoughts (associations, images, sensory recalls, anticipations) don't fully fit into a words-per-minute metric. They can arrive in bursts or clusters that would, if translated into language, **far exceed 1000–2000 words per minute**.

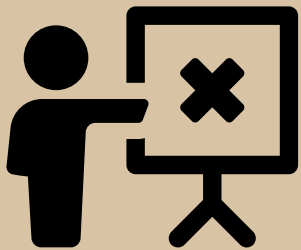
This is why people often say the mind races: it's not that we're silently speaking that fast, but the content appears much faster than we can narrate or comprehend it. Our attention to it makes our energy flow in that direction, flooding us.

Humans operate on different channels of “mental speed.”

Part 2 – The Repetition Trap

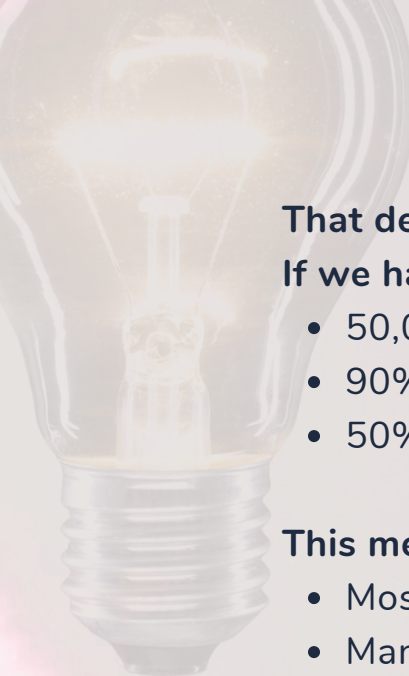


There is research from cognitive neuroscience that says we think in the range of 50,000–70,000 thoughts per day, and as much as **90% of those thoughts are the same as yesterday's**. In other words, the mind's “high speed” isn't necessarily high value, it's often just replaying loops.



Even more striking, studies in cognitive psychology suggest that about **half of these repeated thoughts are not accurate**. They may be distortions, half-truths, or outright falsehoods that the mind continues to recycle. This means much of our daily mental activity is fast, repetitive, and likely unreliable. This is not fresh insight.

Think of the a time when you and a friend or sibling recalled something from the past and you had two different stories. This is not uncommon. Every time you recall a memory, you "download" it, may change it slightly based on your current mood, and "save" it again. Over time, the "file" can become corrupted. Rather than remembering the event, you are remembering the last time you remembered it. This is a reason the past can be beautiful and troublesome. The present moment holds real truth and the present moment was both then...and now.



That deserves repeating. Think about it.

If we have

- 50,000–70,000 thoughts per day, of which
- 90% are the same thoughts as yesterday's, and
- 50% of memory (including recycled thoughts) is inaccurate...

This means:

- Most thoughts are recycled over and over.
- Many aren't true, but still shape our emotions and decisions.
- Without awareness, we get caught in loops.
- This awareness is a great beginning.

Part 3 – Visual Snapshot

Center: Awareness / Inner Being

- The still point. Timeless, steady, the place where soul rests.
- Pure presence that does not move at the speed of thought.

Inner Ring: Speaking

- Slow, deliberate, grounded in the physical.
- Carries a denser vibration based on words, shaped by breath and voice.

Middle Ring: Listening

- Quicker, receptive, more spacious than speaking.
- Holds a lighter vibration, tuned to absorb and make meaning.

Outer Ring: Fleeting Thoughts

- Rapid, layered, cascading impressions.
- Vibrations are varying and can be chaotic, often repetitive and unreliable.

So, are you living with a "corrupted file" or the "present truth"?

Determine where the data is coming from

The "Timestamp" Technique

Whenever you feel a strong emotion such as stress, regret, or even a sudden burst of nostalgia, stop and assign a "timestamp" to the thought you are currently having.

1. Is it a "File"? (Past): If you are thinking "I'm always bad at this," you are looking at a corrupted file from the past.
2. Is it a "Simulation"? (Future): If you are thinking "What if they don't like my work?", you are running a high-speed prediction of a future that hasn't happened.
3. Is it "Live Stream"? (Present): If you are thinking "My feet are on the floor, the air is cool, and I am breathing," you are in the only moment where the data is 100% accurate.

The "5-5-5" Pattern Interrupt

This is one of the fastest ways to force the brain out of the Default Mode Network (the loop) and into the Task-Positive Network (the present). It will "ground" the nonverbal bursts by forcing them into specific sensory observations.

- Acknowledge 5 things you see (like the texture of the desk, the light through the window, the color of your pen)
- Acknowledge 5 things you hear (consider the sound of air conditioning, distant traffic, your own breath)
- Acknowledge 5 things you feel (like the weight of your clothes, the chair against your back, the temperature of your hands)

Why this works neurologically

When you do this, you are literally "re-routing" electrical activity. You are taking the energy away from the Prefrontal Cortex's rumination loops and sending it to the Somatosensory Cortex where the body processes physical sensations.

The Change: You stop being the narrator of a corrupted story and start being the witness of a real event.

Breaking the Loop with "Present Truth"

This "corruption" can allow us to heal. We can re-contextualize painful memories over time, softening the edges. We call this nostalgia, which often polishes the past into something more glowy than it actually was. This same mechanism can trap us in "False Truths." If we keep saving a memory with a filter of "I failed," we build an identity based on a distorted file.

By focusing on the Now, you stop the "Save As" cycle. You aren't re-processing a corrupted past or pre-processing an imaginary future. You are experiencing the only data stream that hasn't been edited yet. Awareness is the realization that you are the observer watching the files run, not the files themselves.

A Final Thought on "The Truth"

Scientifically, the present moment is the only time your brain isn't "guessing." It's the only time the "words-per-minute" of your thoughts matches the "beats-per-minute" of your heart.

Part 4 – Mindset Reset...

How do you interact with how you think and the thoughts you receive?

1. What kinds of thoughts do you notice repeat most often in your daily life?

- | | |
|--|---|
| ☐ Worries or anxieties | ☐ Memories of the past |
| ☐ Planning / To-do lists | ☐ Regrets |
| ☐ Self-criticism / judgment | ☐ Imagined scenarios / “what ifs” |
| ☐ Positive or uplifting thoughts (gratitude, joy, inspiration) | ☐ Other: |

2. How often do you notice thoughts that later prove inaccurate?

- | | |
|----------------------------------|---|
| ☐ Frequently | ☐ Rarely |
| ☐ Sometimes | ☐ Never considered it |

3. When you notice repeating thoughts, how often are they helpful?

- ☐ Often helpful (reminders, encouragement, solutions, joy)
- ☐ Sometimes helpful, sometimes not
- ☐ Rarely helpful — mostly worry, doubt, or rumination

4. What happens in your day when a thought repeats often?

- | | |
|--|---|
| ☐ It shapes my mood | ☐ It influences my choices or actions |
| ☐ It affects my energy level | |
| ☐ It is difficult to let it go | ☐ Other: |

5. When a thought seems to pull me out of the present moment, it is usually about:

- | | |
|--|--|
| ☐ Worries about the future | ☐ Stories about myself |
| ☐ Regrets about the past | ☐ Stories about others |

6. When I catch myself in a repeating thought, what do I usually do?

- | | |
|---|--|
| ☐ Believe it and follow it | ☐ Question or challenge it |
| ☐ Distract myself with something else | ☐ Pause and notice it without judgment |

7. What kinds of thoughts open me up to possibility, creativity, or peace?

- | | |
|---|---|
| ☐ Gratitude or appreciation | ☐ Loving / compassionate thoughts |
| ☐ Curiosity ("what if...") | ☐ Insights that arrive in stillness |

Look at your responses and compare them across the questions. You may be aligning life choices with thoughts that are not valid. To reset the mind, begin the process of noticing these thoughts and giving them permission to move on without activation. Connect to what is helpful. Release all other.

Part 5 - Practices to Shift the Loops

When you witness repetitive thoughts, observe them. No judgment. Where your attention goes, your energy follows. Take these steps to introduce new thought processes to your mind that redirect your energy.

Awareness Pause

Stop. Take three slow breaths

Say inwardly: **“That’s a thought, not truth.”**

Labeling the Mind

When a thought arises,

label it: “Planning”,

“Judging”, “Remembering”.

Notice how the thought loses its grip when seen clearly.



Replace with Presence

Give your attention to your body (breath, feet on the floor, heart beating). Use your senses to ground.

This anchors awareness in now, not in the recycled loop.

Not all repetition is harmful. **Some thoughts uplift, inspire, or remind you of gratitude.** These are worth reinforcing.

Strengthening Positive Loops

When you notice a positive or encouraging thought, pause and linger with it for a few breaths.

Let it expand in your body, as if installing the thought into your nervous system.

Ask: “How can I amplify this energy in my day?”

The Gift of No Thought

Moments of inner quiet are not empty, they are pauses where the soul can rest and the inner being can speak. **Time to listen.**

After releasing a thought, don’t pick up another one. Instead, rest for a moment in the silence that follows.

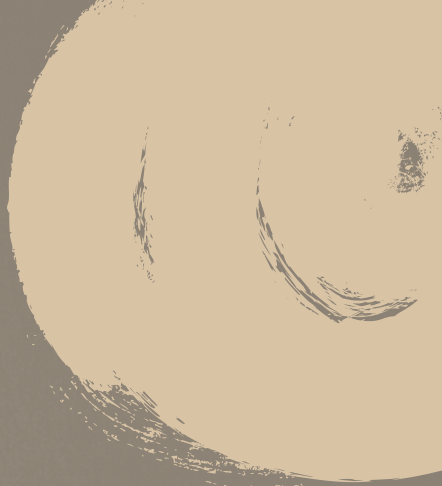
Notice the spaciousness. It feels like total calm. Thoughts don’t interfere. Sounds become faint. This is where clarity, intuition, and deep peace arise. Trust that in these moments, the most important insights can surface without effort.

Part 6 - Wave Questions

Wave questions allow you to challenge your thoughts as the witness to uncover possibilities. This allows you to make choices with greater insight. Try these questions that allow you to step out of the loop:

1. What else might be possible if this thought wasn't true?
2. What am I not noticing because this thought is so loud?
3. How might my body guide me differently than this story?
4. If I wasn't holding onto this thought, what new energy could flow in?
5. What would this moment feel like if I approached it with curiosity instead of certainty?
6. How does this thought change when I breathe into my heart or my belly instead of my head?
7. What happens if I soften my body and let the thought pass like a cloud?
8. What possibility might appear if I paused here instead of following the thought?
9. What truth might my deeper self know that this thought is covering up?
10. If this thought had a vibration, what would lifting it feel like?
11. How would I move, stand, or speak if I were free of this thought?

Don't stop here. Write your own wave questions.



Every moment is an
opportunity to change
your life, forever.



With conscious awareness, simply noticing what is present in the moment gives you the opportunity to choose your next steps. Choosing not to allow repetitive and often inaccurate patterns to make your decisions, and choosing to step into your possibilities through your consciousness.

Trust yourself.

You are not your thoughts

You are the witness to your thoughts. As you move closer to a conscious awareness, you will begin to appreciate the gift of knowing. Knowing you are enough, that you can achieve anything, that everything is always working out for you. You accept that you are the one true life you came to live.



Thank-you!

If you have ever felt like there is something more, that's because there is.

Join me in the **30-day Roadmap for Consciousness Seekers**. We will walk slowly into understanding how science, energy, spirit, and consciousness meet and thrive together. This is life changing!

~ Dr. Loretta Tolliver



Let's journey together

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