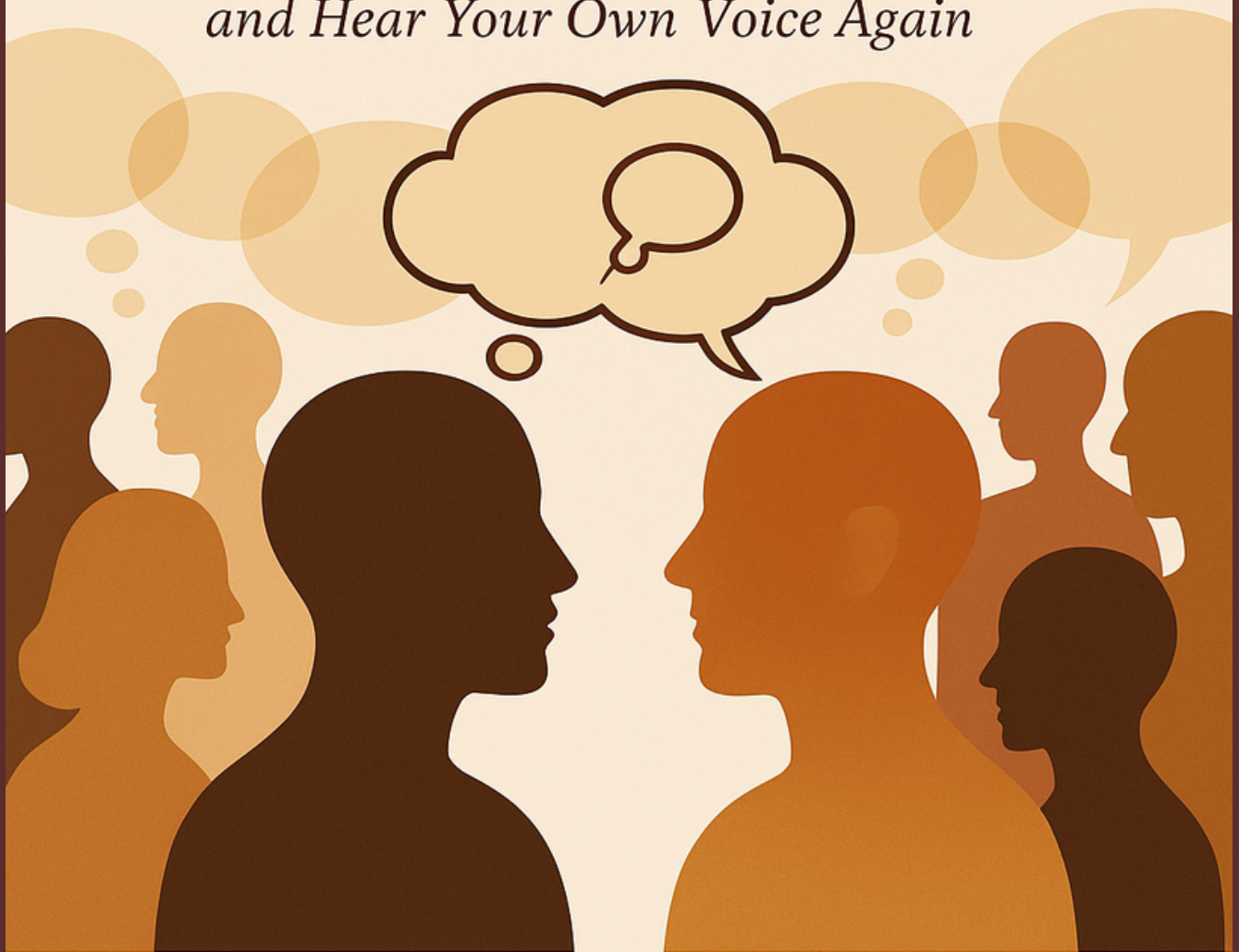


YOU THINK WHAT I TELL YOU TO

*How to Stop Living a Prescribed Life
and Hear Your Own Voice Again*



Dr. LORETTA TOLLIVER

QUANTUM PATHWAYS TO AWARENESS



Hello there!

There's always someone with the scoop. You pick it up and run with it. It becomes part of you. Other times, you're listening to a podcast and that one sentence stops you. It brings the aha moment that seems to rearrange everything. These voices bring great information, and sometimes they change how you think. In a way, they tell you how to think.

That's the forever gift. Oh, but only if you could give it back.

This guide is about recognizing that the information you pick up outside of consciousness can serve you if it harmonizes with your design. Otherwise, your energy can become diluted by the noise of others. Here, you'll explore ways to sense when an idea is a genuine gift and something that expands your awareness. Or if it's simply another thought passing through your field.

Loretta

Quantum Pathways to Awareness

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Introduction— The Quiet One Waiting



If the title made you flinch a little, that's a good sign. It means you recognize the truth hiding inside it. Nobody wants to believe they are told how to think. Stay with me.

Most of what we call thinking is remembering what we were told. From the beginning, we've absorbed words, tones, and beliefs that shaped our sense of reality. Parents, teachers, leaders, and culture have handed us mental blueprints for how to see the world and what to value in it. We followed because belonging felt like love and love felt like safety.

Somewhere along the way, the inner voice that knows faded into the background. You can feel its absence when you've done everything "right" yet still sense something missing, an almost physical vibration of restlessness and noise beneath your success.

This guide isn't about rejecting on what you've been taught. It's about remembering what you didn't know you forgot. There is a quiet consciousness beneath all that instruction that is untouched by trends or teachings. When you reconnect with that awareness, your energy reorganizes. You stop chasing outcomes and start receiving. You stop living a prescribed life and begin to live one that actually feels like yours.



Close your eyes for a moment and listen for the space under your thoughts. It may not speak in words. It may feel like calm, a light pulse, or a gentle knowing. That is the voice that knows.

Part One – Gifted Thought



Every belief you carry was once a vibration in the air. Someone spoke it, you received it, and your body responded. With repetition, that sound became truth. Those received messages or gifted thoughts over time began to form a pattern that is louder than your own frequency.

We see influence as something loud like commands, advertising, and authority, but most of it comes from the quiet voices we never question. They are woven into how we speak, what we admire, and what we fear. The quiet voices come from both people and patterns.

They sound like a parent's sigh of disappointment you still hear before making a choice, a teacher's tone that equated worth with performance, a mentor's confidence that replaced your own doubt, a social feed that decides what matters before you even ask, and the collective sound of a community whispering what "makes sense."

They rarely shout, yet they sculpt the mind. They move through conversation, tone, and expectation where frequencies settle beneath awareness. Over time they create an inner narrator that sounds like you but isn't. Think about it, when you are about to choose what to wear, what voices do you hear? Only your own or do you play a few others? Or, you are considering leaving your job. There are a few more voices playing now, both consciously and subconsciously. And some of the voices may belong to people no longer in the physical.

Part One – Gifted Thought Continued



Recognizing these quiet voices is reclaiming ownership of your vibration. Once you hear them clearly, you begin to separate guidance from programming and connection from conformity. That is the beginning of restarting your flow.

The energy of gifted thought can be heavy. Sometimes it fits for a while, blending into your current flow. You align with it because, at that stage of awareness, it matches your vibration. But as consciousness expands, what once felt clear can begin to feel dense. That density is a signal. Your inner guidance is showing you that there's something beyond this thought, a higher resonance waiting to be felt. The moment you notice that nudge, energy begins to move again.

The moment you notice a belief as gifted or borrowed, it starts to loosen its hold. The vibration becomes less dense. Awareness itself is the solvent. You don't need to fight the thought because acknowledging that it's not yours restores coherence. When you speak words that genuinely rise from your own understanding, the energy feels clean, like air after rain. Words are both communication vibration shaping matter. Your speech is your tuning fork. Each sentence either contracts your field or allows it to expand.



When you repeat something you've heard a hundred times, pause. Ask, "Do I feel lighter or smaller when I say this?" The answer is your body remembering truth.

Part Two — The Pull of the Tribe



When the word tribe is used here, it is synonymous with many words, like family, company, race, **my** friends, and any selective close-knit group. If we are the average of the five or so people we are with most often, then together we must be that much better...or not. Humans are built for connection. The heart synchronizes with others around it. When we enter a group, our bodies unconsciously adjust to its collective rhythm. Tone, vocabulary, and even breathing patterns may begin to match.

This is comforting until it isn't. The warmth of belonging can become the weight of conformity. When we match the tone of the people around us, our nervous system relaxes. It feels easier to agree than to risk standing out. Each time we say what others expect instead of what we know, **our vibration drops**. The body gets tight, the mind dulls, and something small inside says, "This isn't me." Your energy knows the difference. Careful what you say, you are listening.

Every tribe has a frequency field. When it's grounded in authenticity, it lifts everyone. When it's grounded in fear or hierarchy, it drains. You can sense the difference when you leave a gathering either inspired and light or exhausted and unclear. That feeling is your vibration recalibrating from borrowed energy back to your own. Belonging without losing yourself means learning to stay in coherence even when the field around you doesn't. You become a stable tone inside the noise, no longer an echo of all the added thoughts.



After a conversation or meeting, notice your body. Are your shoulders relaxed or curling forward? Your posture tells you whether you expanded in truth or contracted in compliance.

Part Three — The Trap



It's natural to seek guidance. Teachers, mentors, and leaders have always existed to pass light along the path. But if their words replace your own seeing, you stop evolving. The mind begins to orbit their authority instead of its own knowing. This is the subtle trap of the tribe. The comfort of following that masquerades as growth.

Energy follows attention. When your attention clings to another's certainty, your frequency bends toward theirs. You stop generating light and start reflecting it. The longer you stay in reflection, the dimmer your inner voice becomes. Eventually you're no longer listening for truth, you're listening for approval. You begin to respond from a misaligned desire, one where you want to please, to belong, and to be validated. In that space, guidance comes from everywhere but the one place it matters most, from within.

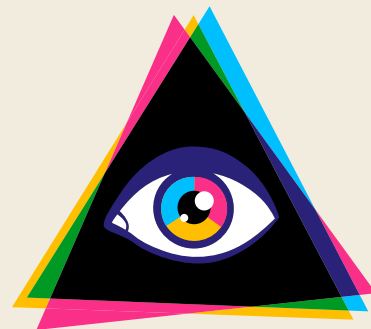
When you seek guidance, check in with your inner knowing. When you inquire, "Does this resonate in me?" your energy re-centers. Awareness only needs honesty. When we begin to trust that space, life starts to unfold naturally.

What once required searching starts arriving naturally. The quiet voice that had been waiting steps forward, steady and calm. And you know it's yours.



Is there a reason I feel safest following rather than questioning?
How can I challenge my own desire to follow? Each honest answer
restores part of your light.

Part Four — The Quiet Watcher



Behind every thought and reaction there is a witness, a still point untouched by noise. This is consciousness itself. It has no opinion and no agenda. It simply observes, and through that observation, everything changes.

When you rest attention on stillness, your language slows. You begin to feel energy instead of judging it. The need to push outcomes goes away because you recognize that awareness itself organizes experience. This is the quantum field demonstrating how observation shapes possibility.

Outcomes born from control carry strain and outcomes born from coherence carry grace. You stop chasing what's next and begin to receive what's here right now. In that receiving, your field expands naturally. Life meets you with what matches your vibration, and not your effort.



Find a few moments each day to pause before responding. Feel the silence behind the urge to act. Notice how the stillness already knows what to do without words.

Part Five — The Inner Tribe



The time will come when you realize you no longer need to borrow light. Once you reconnect with your own awareness, belonging takes on a new meaning. You don't look for it from others to feel safe. You begin see that you generate it. The energy that once was scattered toward every voice now gathers within you.

You are light. The approval that once felt needed and steadied you begins to feel unnecessary. This is what it means to be your own tribe. You hold space for yourself the way you once looked for others to do. You listen, guide, and trust your own wisdom without needing validation. In that frequency, you naturally attract people whose energy matches your truth, not your fear. Your words regain power because they rise from alignment, not holding to a performance.

Language becomes internal truth. Each word carries a tone that either raises or lowers the collective field. When you speak with authenticity, your voice calls others toward coherence. That is leadership without dominance and is the energy of presence itself.

To live as your own tribe is holding steady inside your own vibration regardless if others waver. It becomes an energetic superpower. You can stand among many and still belong to yourself. Your inner voice may not be the loudest, but it will always be the truest.



What kind of tribe would honor my inner voice, not replace it? If I am the tribe I seek, how do I accept and honor that?

Part Six — Only With Permission



Even after you've learned to recognize your own voice or while you are still learning, the world doesn't stop talking. It keeps offering opinions, teachings, and insights. While they may mean well, you continue to receive information that shapes how you think. The difference now is that you know to listen consciously.

Most people share from the lens of their own experience. What they offer is filtered through the way they see the world. Every conversation carries someone's vibration, and if you're not paying attention, that energy can quietly blend into your field. You'll hear new ideas that sound brilliant, inspiring, even life-changing. Before you adopt them, ask yourself, "Did I just accept someone else's way of thinking?" Do you like this because it feels true, or because it feels new? New information can spark curiosity, but inner truth feels grounded, calm, and steady. It's not a rush. It is the merging of energy with your source.

Be conscious of what you let into your mind. Challenge what you connect to. Feel the vibration behind your attraction to their words. Is it resonance or novelty? If it's resonance, go deeper. If it's just stimulation, let it pass. Or do some research. If it's that exciting, check it out in other ways. This way, you engage, but not absorb unconsciously. You allow your source to be the guide.

That's why the title of this guide is blunt and real. Be vastly aware and **no one can tell you what to think, without your permission.**

When you hear something new that excites you, pause before sharing or adopting it. Ask: What part of me is responding right now? Is it the one that's hungry for something new or the one that recognizes truth? Not sure? Is this something I need to challenge?



Part Seven — Returning to Self



Most of us live a prescribed life that we didn't prescribe for ourselves. We follow patterns handed down by well-meaning generations and wonder why fulfillment slips away. Breaking free is restoration. It is being.

Consciousness gives us that choice. It lets us see the gap between who we've been told to be and who we actually are. When we live from that awareness, our energy becomes coherent and we no longer reach outside ourselves for meaning. We stop striving to be better and start being real. Being real is the greatest contribution to 'better' we can make. And we receive it through presence.

Growth, then, is no longer about collecting information or finding the next teacher. It's about learning to hear the voice that has been guiding you all along. Relationships become easier, creativity begins to flow, and opportunities appear without chasing them. The outer world begins to rearrange around your clarity. You move from pursuit to presence, from effort to true authenticity.



When confusion rises, pause. Ask, “What feels true in this moment?” or “What feels accessible, not like pressure?” Follow the sensation that gives you expansion and not the idea that pleases.

“

*“There is a voice
that doesn't use
words. Listen.”*

~Rumi



What's Next?



That depends on you. What do you want to discover? What questions keep surfacing that you have no answer to? If you are happy right where you are, what's next is easy. Now, if your happiness seems to lack something and you want to explore what life has to offer, let's go.

"Not every voice deserves a seat in your mind. Choose the ones that you don't have to ask to leave." — Dr. Loretta Tolliver

Visit lorettatolliver.com to find materials that will guide you to a more conscious mind. One less cluttered with the world's ideas and filled with your own direction. You will find eBooks, guides, workbooks, and challenges that open your mind to possibilities.

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