

AT
THE SPEED OF
BELIEFS

LIMITING BELIEFS AND HOW TO SHIFT THEM

Lori L Mitchell

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Gold Coast, Australia

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At the Speed of Beliefs: Limiting Beliefs and How to Shift Them

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Dedication

This book is dedicated to my grandfather, “Boppa” Wayne W. Baird and his legacy. He spent his lifetime being curious, learning new things and being open to new possibilities. One of the many gifts he taught was to wake up with the question “I wonder what ‘s going to happen today?”

Acknowledgements

At the Speed of BELIEFS was a 3 year journey as I explored why the world was getting worse, when we have become so educated and well-connected. Knowing the problems is not enough to change people. The research was devastating at times because I had such an idealistic view of the world. But this book would not be possible without my sources, the pioneers who are willing to continually shout like Chicken Little: “The sky is falling!” while everyone else catches up to the evidence. I know these people only from their work. Whether or not their information will be proven as 100% accurate, I am thankful to them: Graham Hancock, Nassim Haramein(Resonance Project), David Icke, Ron Paul, Bill Still(Money Masters), Peter Joseph(Zeitgeist), Dr Stephen Greer (Sirius Disclosure), Kimberly & Foster Gamble(Thrive), David Wilcock(Divine Cosmos) and Benjamin Fulford. Because of these and many other people, I feel like I am able to give you shortcuts and provide answers to get you out of the maze quickly.

The SpeedShifting™ technique was made possible because of my courageous coaching clients who helped me discover how to best release triggers and unhook beliefs. I will keep your names private but I personally thank each of you for your contributions. You inspire me.

I also want to thank each of the editors who gave something different and made this a much better book. I often write like I speak, so they offered useful suggestions to make the ideas more readable. Thank you to my mother, Kathleen Baird for the first read 2 years ago. Thanks to Trilby Johnson, Brian Sorensen and Jacki Janetzki for each of your hugely helpful changes and suggestions.

I especially want to thank my husband Gary for his loyalty and support as I went a little mad, ranting about the world and my discoveries, before I found SpeedShifting™ and became calm, focused and centred again. I love you, mate.

While working through my own belief changes, I choose daily happiness. That choice requires a special way to release cynicism of the world and live in full knowledge of our individual power to create new futures. That knowledge has been a gift, and I thank God / the Universe / Source Energy for providing me with such an amazing life of contribution and adventure.

Introduction: Expanding What's Possible

"There is no manual for our times. We are now in uncharted territory and our future depends on being comfortable in insecurity, being willing to live in new possibilities and being clear on what's important to us as individual Human Beings. We are thinking independently, yet we are connected to each other."

Lori Mitchell

It was at a pajama party when I witnessed my first real magic. Seven of us gathered around our young friend. It was supposed to be a party trick. Someone had heard of it and we thought it would be fun. She lay on the dining room table and as instructed, we each positioned ourselves at opposite points near her head, shoulders, hips and legs. We extended our fingers under her and began to chant together “Light as a feather, stiff as a board.” We continued to chant together for a few minutes. Before I explain what happened next, I want to tell you about all the shifting beliefs in my life at that time.

Just before then, when I was 12 years old, my family moved east; it was only a four hour drive from Detroit to Toronto, Canada. So much in my world changed as I crossed an *invisible line* called an ‘international border.’ I felt like I was on another planet. The fear, hopelessness, racial segregation and distrust of the 1970’s in Detroit was replaced with the optimism of immigrants in a fast growing city and the warm, friendly attitudes of Canadians. I was only a short drive away, but this new place was clean and multicultural, and suddenly it was safe and acceptable when strangers said hello to me. My beliefs began to open up to new circumstances.

It was shortly after moving to Canada that I went to the pajama party. As I said, we were chanting over and over “Light as a feather, stiff as a board.” A few minutes went by, but it seemed like forever. We were almost getting bored with it all. Then finally, my other friend indicated it was time. We continued to chant as we began to try to lift our friend up using only our fingers. She began to move under our hands. The only thing was - she was nearly weightless, levitating into the air with the slightest help from our hands; light as

a feather, *and* stiff as a board. Suddenly my beliefs about what was possible were blown wide open.

Magic is an experience of new possibilities, **beyond your beliefs**. This book is about new possibilities for you, for your relationships and for the world.

When I wrote my first book, *SPEED Manifesting™* it was based on the research surrounding my experience of how I had changed my life so quickly. I was finally living in paradise, doing what I loved and life was sweet. So, at that point I had no need to deeply explore or challenge my limiting beliefs because I had discovered a wonderful method for creating greater possibilities in my life.

But when we stumble in life, it has to do with our recurring thoughts (**beliefs**) impeding our progress. Without the restriction of limiting beliefs, we would quickly decide what we want and move ourselves out of our circumstances and toward our dreams.

Yet even while living my dreams in paradise, I stumbled: I stumbled on my money beliefs, I stumbled on my relationship beliefs, and I fell flat on my face with my self-identity beliefs. I needed to question everything about my circumstances, recurring or persistent.

When I again used the Speed Manifesting™ Method to move forward and asked the first and most powerful question “What do I want?” I realized that I had conflicting beliefs about what was *possible* for me, because of the current beliefs I held. Then I began a journey to understand how to quickly resolve the self-made mental obstacles called “Beliefs.”

Our beliefs can stop us from venturing out into unknown territories, and sometimes for good reason. All beliefs are limiting. They are the internal rules that keep us safe. But there comes a time when enough is enough, and you have to choose to let go and explore beyond your current beliefs, so that you can either accept your life's circumstances and truly be happy with them, or decide on a new path.

At the Speed of BELIEFS is the follow up to *Speed Manifesting™* and addresses the question “What stops us from receiving our manifestations and creations?” It's a reference book to delve deeper into our beliefs and provides the practical solution to getting over them, or even riding on them to our next destination.

Throughout this book I will be showing you how your programmed beliefs are stopping you from expanding your life. The evidence will be presented in some harrowing worldviews that are fabricated, and some collective behaviors that make current circumstances appear as unchangeable truth.

My purpose for this book is to give you more freedom in your thinking. Once you recognize your obstacles and limits, by choosing to release beliefs and open up to new possibilities you will *change your results.*

At the Speed of BELIEFS will help you understand the structure of your beliefs so that you can consciously and subconsciously let go of recreating them if you choose. The information and the processes are provided to help you learn to question your life more, to wonder more, and to be in awe of what is possible for you, even before it shows up.

This is not an inspirational book, *at first*. It is shocking to face the current reality of how collective beliefs create so much suffering. But if you are willing to be shown the human belief structures that have become mysterious, unknown obstacles, then you will have the opportunity to live with a freer mind.

With this mental freedom you will find yourself out in an open space, full of calmness and optimism. You will have the ability to create new and wonderful possibilities for yourself. When enough of us do this, the world changes instantly, and it starts very personally, with you and your life.

Magical Beliefs

“We need to see beyond what we already know, because our beliefs are limited from where we stand. Magic is the key that allows us to play.”

Trilby Johnson, Connective Embodiment

Even though I wasn't given a strong religious indoctrination by my family, I wasn't an atheist. I still believed in God, but I didn't want to bother God with 'insignificant requests.' I figured that I should make my own way, and if I couldn't figure it out, praying was the last resort, in despair.

My transformation came as I realized that doing it all myself was doing life the hard way; to ask for and receive unseen help is *doing life the easy way*.

If you have a similar kind of strong independent identity, it may serve your spirit more to receive life's magic. Opening up to magic allows you to create more, and create with speed. When you become willing to *recognize* that there is magic happening in life, you get unseen help.

Let's redefine magic: from my old perspective I believed independent problem-solving was the only way. But what I lacked was allowing synchronicities in life; the things that could happen if you just let go of control. ***Independence and over-planning keep you from receiving magic.***

For *magic* to show up you have to be willing to believe in the *possibility of magic*. When you redefine random coincidences as "magic" you open up to new possibilities. You break through old beliefs, like I did at that pajama party in Canada. Magic comes out of nowhere. Abracadabra!

From now on, *define coincidence as "magic"* so that you don't miss it when it shows up. Don't write it off as 'just luck.' Don't minimize it with a diminishing conversation like "The odds are, it would have happened anyway." Appreciating a little magic gets more

magic happening, and life seems easier when you're not trying to do it all yourself with only actions and logic alone.

On the other hand, it is only using half your power when you passively sit and imagine what you want, while you wait for it to come to you. Get involved in the *beginning* of the process; decide, ask, imagine, thank and get busy! Then let go, accept and allow. Use both magic *and* logic by staying actively involved in the creative process. Otherwise, you are relying on magic to 'do life' for you, and insisting upon Life to decide the default structures of your experiences.

Either way, once you begin, magic comes at the stage of accepting and allowing, and you get to watch it show up. It comes with a feeling of "Wow!" "That's amazing!" "I couldn't have planned that any better if I'd had 50 years to figure it out!"

Magic can grow from small things, so it's useful to play regular manifesting games to keep your manifesting muscles fine-tuned.

One Sunday I was walking to our weekly farmer's market and I saw a butterfly on a sign. I smiled because I love manifesting butterflies. It's a favorite game of mine. Then I thought, "Ok Lori, you live in subtropical Queensland, Australia and manifesting butterflies could be considered a soft option."

About the Author

Lori Mitchell is a dynamic and passionate seminar leader who can translate complex concepts into useful, practical success strategies that anyone can understand and apply.



She has spent 20 years in software sales and marketing training with the IT industry and the Financial Services industry. Since 2007 Lori has focused on personal growth and transformation and has worked personally with clients and participants, empowering them to take their lives and goals to new levels of possibilities.

She currently offers training seminars for professionals and committed individuals to learn how life really works and how human beings are designed, to help them get better results in the areas of career, money, relationships and personal empowerment.

Lori's foundational book "Speed Manifesting" is a powerful way of creating success and in it she teaches the Speed Manifesting™ Method, showing you how to have life deliver what you want. Lori connects personally with her stories and analogies to illustrate the concepts she shares. She has lived in Australia and New Zealand for over 25 years. Originally born in Detroit, USA and raised in Toronto, Canada, she has a multicultural perspective and a unique viewpoint on using the fluidity of beliefs to completely change your life. Lori now lives in a beach paradise with her husband and grown sons. She enjoys an exotic abundant lifestyle as she shares this very effective method with people around the world.

Join the group of people starting a personal revolution
by taking back their real power in Life.

<http://speedmanifesting.com>

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…*End of excerpt*

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