

# How We Process

## A Change Your Mind Recording

by  
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### Processing

Processing is the word I use to describe what you experience while changing at the theta level. It is your personal and unique response to your recording —how your mind/brain/body works through the statements to neutralize past experiences, transform thoughts, feelings and patterns, and develop new behaviors.

Processing is normal. It can take several days and it can be intense. It's like cramming two years of personal work into thirty days. When completed, you are clear of the issues addressed, and free to create a better life.

After observing hundreds of people processing, I have developed general guidelines for what you can expect. But it is helpful to know your specific processing style, so you can plan around it.

For instance, my processing style is to “hit the wall” on Day 3. I awaken exhausted, thinking I am getting sick. If possible, I stay in bed, and by 4pm, I am over it. If I can't rest, I am pretty dysfunctional all day - foggy headed, irritable, impatient, and quick to lash out verbally. Before I identified my processing style, I made the mistake of doing business on Day 3.



I had just completed a hard-ball staff training for the US Navy F-18 Test Pilot group, and the CFO called to discuss it. Before the conversation ended, I had lashed out, saying the CFO was the problem. Though true, my presentation of the facts was undiplomatic at best, and I lost the client (25% of my annual income).



I quickly began self-observing - keeping a journal while I listened to recordings - and identified my pattern. Day 3 became a NO BUSINESS day - no trainings, no clients, no business phone calls. Whenever possible, I rest all day!

To learn your own processing style, keep a journal while listening to a recording. Here's an example from a client while processing *Loving Communication*:



- Day 1 - felt fine, no change
- Day 2 - felt OK, a little irritable
- Day 3 - awoke tired and achy, got angrier all day
- Day 4 - flu symptoms, thought I was sick
- Day 5 - tired but OK
- Day 6 - told my partner what was bothering me  
last week, good conversation
- Day 7 - feel really good about how I communicate
- Day 8 - same
- Day 9 - same
- Day 10 - same

This person processes on day 2-5, and is clear by Day 7.

For future recordings, s/he could plan to have easy days 2-4. If s/he works a five day week, s/he could start the recording on day 4 of the workweek, so the processing days would be Saturday and Sunday, non-work days.



In general, if you are a “thinker”, you will process mentally. You may be cotton-headed, foggy, and confused. Old memories may surface. For instance, if you have issues with overspending and are listening to *Manage Your Money Flow*, you may think of the times you spent foolishly and think nothing in your financial life is working, especially the way you spend money.

In general, if you are a “feeler”, you will process emotionally. You may feel grief, anger, sadness, irritation, remorse – or any unexpressed or unhealed emotion around the issues you are addressing. For instance, if you have trouble saying no and you are listening to *Speak Up for Yourself*, you may re-experience anger about being ignored, denied, ridiculed or shamed when you said no in the past.



In general, if you are a physically active person, you will process physically. You may become tired, experience flu-like symptoms, or have discomfort in certain areas of your body. For instance, if you had chronic stomach aches during childhood, and you are listening to *Heal Your Childhood*, you may have a stomach ache for a day or more.

When processing is complete, you will feel neutral about the issues on your recording. Feeling clear and balanced, you will be able to create a future without their influence or effect. Your processing experiences, while significant, will be minor in comparison with your new freedom from the past, comfort with the present and faith in the future.



## Processing by Past Experiences



Trying to move forward while part of your brain is focused on the past is like driving while focusing on the rear view mirror. Your processing will be in direct proportion to the significance of the “elephant” in your past. Large issues equal large processing.

If you were raised in a wonderful, loving, stable, open environment and have lived a peaceful harmonious life, your processing will be minimal.

To the degree your life experiences are different than that, you may have resistance to releasing and/or forgiving people or incidents in your life. You will most likely have some form of mental, emotional, and physical release during your processing while you get clear and free.

If you have abuse or abandonment in your past, you may have a few intense days! But once you complete the clearing process, that issue will be behind you. It is worth a few days of discomfort to move beyond the negative experiences that have been controlling your life!

## Processing by Emotional Style



Your emotional style of processing will follow your emotional response norm in your daily life, whatever that is — anger, frustration, withdrawal...

Often, it will trigger unexpressed emotions. People who have repressed, ignored or denied their emotions can experience a release of those emotions. They get angry (if they have ignored or denied their anger) or grief-stricken (if they have ignored or denied their grief), or ...

Mary, a 30 year old office manager, had coped with difficult situations in her life by running away. While listening to a personal script on *Success*, she impulsively walked out of her office, got in her car and drove more than 200 miles without stopping.

She called me to report her actions. Laughing, she said she saw her pattern clearly now. As an abused teen, she had run away from home, and she had been running away from bad situations ever since. On the 200 mile drive back, she came to peace with her past and her response to it.

Mary has not run away from a situation since.



Grace had a kidney disease and recorded a personalized *Healing* script. She became sad and grief stricken and cried for days. Upon review, she told me her husband had died a year before, and she had not accepted his death and had never grieved. The healing tape for her kidney disease triggered that buried grief for her husband. She experienced seven tumultuous grief filled days and then moved on with her life in peace.



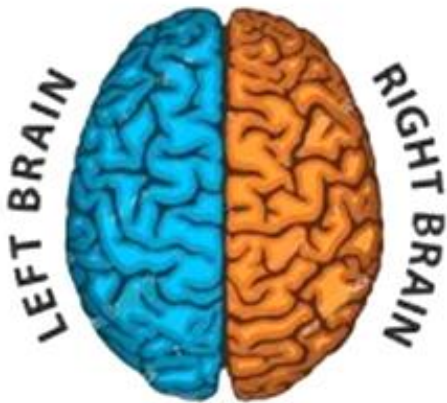
One of the wonderful things I have observed is the appropriate ways violent people process their anger while listening to a recording.



Roy made an audio tape and called me on mornings one, two and three to say he hadn't heard his tape yet. We decided he had so much resistance he was sabotaging putting it on at night, though the recorder was right beside his bed. On the fourth morning, he reported he had still not heard his tape, at least as far as he knew. But that morning, he found his tape recorder in pieces on the floor across the room from his bed, where it had apparently been smashed against the wall. Roy had lived a violent life as a soldier and CIA agent.

An interesting side note about Roy: he had worked extensively with hypnosis. His intellectual understanding of the brain and how to program it did not change his brain's need to process or the intensity of his emotional response.

## Processing by Hemispheric Dominance



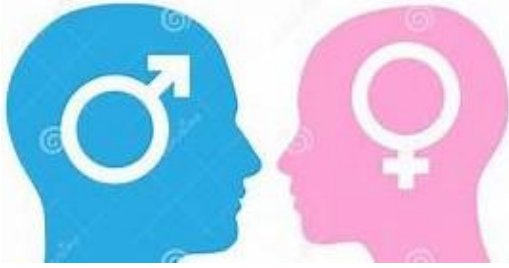
Left brain processors (logical, sequential thinkers; verbal expressers) usually process verbally. They talk about the issues as they come up for clearing. In most cases, that verbal release completes the processing.

Right brain processors (visual, emotive, creative) usually process in images. They see pictures from the past, flash back to old scenes, or dream about the people and issues involved. In most cases, that visualization completes their processing. The more extreme right-brainers (about 5% of the people I have observed) process in nightmares.

A left brained couple, Mark and Mary, did personalized clearing recordings. At dinner on the fifth night, they talked for hours about the issues on their recordings. Then they looked at each other and said, “Why are we talking about this? Who cares about this old stuff?” They had completed their processing while discussing the issues and moved on to clarity and neutrality about them.

Jane, a right-brainer, was clearing incest issues with three male family members. She began having nightmares. In each nightmare, she killed an offender — one per night. The nightmares disturbed her logical waking mind, but she kept listening until she felt neutral and complete. At the next family gathering, she saw all three of the abusers and was comfortable in their presence, not intimidated or frightened or shamed as she had been in the past. Jane is confident and self determined now, and building her personal and professional relationships in healthy ways.

## Processing by Gender



There appears to be gender based processing patterns as well. About half of the men I have observed go into denial about the program working, though they have made the changes they wanted to make.

John did nothing but “veg out”. He was receiving workers compensation which just paid for his subsistence lifestyle. Supposedly, John worked as a real estate agent, but he admitted he really spent his days going from the TV to the refrigerator and back. He had no direction, no motivation, and no joy. We wrote a script for him.

On Day 10, he told me it wasn’t working. He was very angry about wasting money on a program that didn’t work because he needed the money for his house payment. I asked him how much TV he was watching each day, and he exploded, “Watch TV! Why would I watch TV? There’s nothing worth watching on TV. I’ve got too much to do to watch TV.”



John recorded one personalized script every ten days, and by the third recording, he was expressing impatience that he didn’t have everything in place yet — he had so many plans.



About 10% of the men I've observed deny ever hearing the recording, much less having it work.

Joseph called me every day to report he was not able to sleep listening to his recording. He was angry, and according to him, he was exhausted after being up all night every night. After ten days, I suggested he abandon the program, as it wasn't working for him.



The following day, Joseph's wife called. We had never met, but she told me they were good Christians (Joseph was a minister), and she could not listen to her husband telling me untruths any longer. Honestly, he really was sleeping. She was the one not sleeping, as her husband's loud snoring was keeping her awake all night!

I don't know if one, both, or neither of them was sleeping, but they both made the desired life changes.

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Personally, I look forward to processing. By the intensity, I know how deeply I am clearing/healing. By what "comes up", I learn what my theta issues have been, meaning my blocks to living my ideal life.

Sometimes, I make a recording to test an issue: if I process, it was significant. If I don't process, it wasn't an issue after all.

After all these years, it is still an adventure!