

# MEMGRAM PROCESSING® 15 Processing Steps to Greater Awareness

These are the 15 questions that must be answered regarding each and every Trauma in order to neutralize the trauma and enable you to see your Stress Pattern, the plan against your life, the addiction, the invisible belief system being used against you.

1. What definition did you come up with for your CORE word(s)?
2. Generally speaking, how is this used against you to create a Stress Pattern?
3. How does this word describe a Trauma at (age of Trauma being processed)?
4. What did that Trauma FEEL like?
5. What do you know now, that if you knew it then, you would do/say/think differently?
6. What definition did you come up with for your PAST CAUSE word?
7. How does this describe your Mind's Desire or Non-Desire for your life?
8. Knowing that your body is addicted to the opposite of what your mind desires, creating an invisible belief system (IBS), what do see your Body's Addiction, your Invisible Belief System, to be with regard to your PAST CAUSE word?
9. Who or what was a representation of this cause word at your PAST CAUSE age?
10. What did that situation feel like?
11. What do you know now, that if you knew it then, you would do/say/think differently?
12. What definition did you come up with for your PRESENT EFFECT word?
13. This is the distraction currently used by the Stress Pattern to set you up to re-experience the PAST CAUSE in an unrecognizable way. How does this PRESENT EFFECT word represent the bait that you take today to set you up to begin the cycle all over again?
14. Who or what represents a present-day manifestation of this word?
15. What is the Lesson of this session? Your objective between now and next session is to become aware of this plan against your life in action. When you have an experience that calls forth the same feelings:
  - See it for what it really is. See and link the Pattern.
  - Feel and label the feeling. Ask yourself: "How do I feel?"
  - Recall the earliest time (cause age) in your life when you experienced these same feelings. Ask yourself: "Why do I feel this way?"

- Realize that nothing has changed except the people, places, circumstances and events (PPCE).
- Forgive yourself and others and come back to NOW. Everyone is always doing the best they can. Do not take it personally. As you continue to Process, you'll find yourself in the drama less frequently, with less intensity, and for shorter and shorter periods of time, i.e., there will be reduced frequency, intensity and duration.