

**Phil Parker**  
**LIGHTNING  
PROCESS®**

**The Phil Parker  
Lightning Process®  
Information Pack**

The Lightning Process® is an empowering training course which teaches you how you can influence your health and life using techniques based on the way the brain and body interact.

Welcome!

I hope this information pack will answer some of your questions about the Lightning Process (LP). Having supported so many people on their path to wellness I know how complicated finding solutions and answers can be; your local practitioner is there to support you as you find out more about the LP and will be very happy to answer any questions you may have.

This information pack is a starting point for you on your exciting journey with the Lightning Process. It is very important that you feel ready and prepared to take the LP training as you have a major part to play in improving your health.

Part of the preparation is to do as much research as possible before attending the course, so take some time to have a look through this information. You can also read more about the LP in the book 'Introduction to the Lightning Process', which I recommend you read before doing the course.

I wish you the very best of luck on your journey to living the life you love and deserve.

Best wishes

**Phil Parker**

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Designer of The Lightning Process

Principal of The Phil Parker Training Institute

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## Who is Phil Parker?



Phil Parker is an internationally renowned lecturer, therapist and innovator in the field of personal development. He has an international reputation as one of the foremost Hypnotherapists, Executive Coaches, Master Practitioners of NLP, and Osteopaths, having worked in these fields since the 1980s. He is the Director of The Phil Parker Training Institute where he designs programmes, researches and trains postgraduate students in the Lightning Process, Clinical Hypnotherapy, NLP and Life Coaching.

Phil has written and designed books and CDs giving a unique perspective which provides new solutions to meet the challenges and opportunities of life in the 21<sup>st</sup> century.

People from all over the world and all walks of life, including many actors, celebrities and sports personalities are drawn to his practice in London, where he works and teaches.

His core principle is that people are geniuses with amazing skills, qualities and talents, and he hopes he can help as many people as possible to find that out about themselves.

## The History of The Lightning Process

Phil has dedicated the last two decades to researching why some people, who had terrible suffering in their lives, recovered and got well, whereas for others, with the same problems, the recovery process seemed to get 'stuck' somehow. He kept wondering, 'what was the difference?' and if he could identify this difference would it be possible to help to get the recovery process 'unstuck'? The research that followed resulted in the Lightning Process.

## **What is the Lightning Process?**

The Lightning Process is not a therapy, a treatment or a cure; it's a non medical training programme that combines concepts from Neuro-Linguistic Programming, Life Coaching and the principles behind Osteopathy. The Process involves learning a set of steps and simple movements but it's not vigorous or physically demanding and can be tailored to meet the capabilities of everyone we see.

## **What might the Lightning Process training be beneficial for?**

The Lightning Process training programme is a powerful tool tailored to the individual that can be used in targeted ways to help a number of very different conditions.

Clients have reported improvement with the following conditions:

- Neurological disorders
- Auto-immune disorders
- Neurobehavioral disorders
- Sleep disorders
- OCD
- Low self esteem
- Allergies
- Digestive disorders
- Stress
- Anxiety
- IBS
- Fatigue

It is also effective for enhancing:

- Happiness
- Relationships
- Life Direction
- Confidence
- Sleep

## **Can it work for anyone?**

It has been designed to be simple enough for anyone to use and we've trained a wide range of people aged between 7 and 87, with a variety of issues and abilities. Your practitioner will be happy to discuss any special requirements you may have.

## **Details of the Lightning Process**

### **Pre Course**

You may wish to talk through any questions you have with your chosen practitioner. They are there to help you; providing a free coaching service to prepare you for your course.

### **The Seminar**

The Lightning Process seminars are run on three consecutive days and take about three to five hours each day. On day one you will learn the Process, and start to use it immediately. The final two days are for fine-tuning and learning the more advanced elements of the Process to make sure you are getting the long-term results you want.



The Process can be done in group sessions or one on one; this depends on your practitioner. Both formats are extremely successful and your choice.

**After the Course**

Your practitioner is there to support you in applying the Process after the course. Further sessions or telephone coaching are always available to assist you in applying what you have learnt in an ongoing way in your life.

'Building Your Future' seminars are run over three months and are designed as a post Lightning Process seminar to help you effectively implement the Lightning Process in every aspect of your life. The seminars are designed to re-cover the core points of the training programme and assist you in moving forwards with any old or new issues and challenges that might arise.

## How Does it work?

Many people ask how is it possible for the Lightning Process training programme to help you influence your body's health? The body's **Physical Emergency Response** holds the key.

This is something that many people are initially confused about which isn't surprising as the answer only becomes clear when you have a fairly in-depth understanding of how the human body works. As most people don't have that, they are sometimes initially concerned that taking a training programme to improve their health might suggest that their illness was considered to be all in the mind. Don't worry; the Lightning Process doesn't consider any illness to be all in the mind, in fact much of the first day's training is spent teaching you about an important response called the **Physical Emergency Response**.

### Physical Emergency Response (PER)

This is when the body experiences an emergency or threat to its safety and wellbeing, which could include;

- Physical injury or extreme environmental conditions such as burning or freezing
- Poisoning, due to viruses, bad food, drug reactions etc.
- Emotional shock and trauma

The body then naturally produces the PER to deal with the threat and to find a way to recover or stay safe.

There are a number of key ways the PER affects the body. It stimulates the sudden:

- Activation of the Sympathetic Nervous System
- Production of powerful hormones: adrenaline, nor adrenaline, dopamine, cortisol and Dehydroepiandrosterone (DHEA).

This is exactly what needs to happen to help us deal with the threat. The PER does this by primarily giving our muscles an extra burst of speed and strength and affecting the nervous system's synapses and their neurotransmitters. Temporarily this is an excellent solution for dealing with most threats, but unfortunately long term arousal of this system has been long known to have a detrimental effect on many other body systems, and this causes disruption to normal immune, muscle and digestive system function (see below) and changes the way our nerve cells transmit nerve signals.

### The Immune System

The immune system is a key system of the body that has an important role in supporting the way all other body systems work. It has many important functions, including recognising, dealing with and removing:

- Infections
- Foreign materials
- Toxins
- Old, worn out or bad functioning cells

There are two possible extremes of immune dysfunction:

1. Low functioning immune system, resulting in:

- a) An inability to clear infections
  - b) Poor detoxification (leading to poisoning) of all body tissues with resulting poor function of all body systems
  - c) Inability to distinguish foreign matter from own components and 'bad' cells from good
2. Over active, out of control immune system, resulting in:
- a) Inability to distinguish foreign matter from own components and 'bad' cells from good – concluding with attacks directed at own, well functioning tissue (auto immune issues)
  - b) Wastage of body resources

As you can see from this list, any problems in this important system will have an effect throughout all the other body systems.

### **The Muscular System**

The muscular system is the main user of energy in the body and as a result much of the body's support systems (blood, waste disposal, communications) are dedicated to keeping the muscles working well.

When the muscles don't work well, not only can we no longer move ourselves about as we would want to, it also puts an added strain onto the core support systems. As movement itself is vital for pumping blood in the veins and fluid in the tissues back towards the heart, poor movement puts more strain effect on the heart and circulatory systems.

Again as you can see from this any problems with the muscular system have an impact throughout all other body systems.

### **The Digestive System**

This system has a number of important functions. The most obvious is, of course, to bring nutrition into the body; any problems in this system will have a major effect everywhere else.

Its other functions include a role:

- a) In the immune system, protecting the body from invading organisms that gain entry through our food/gut
- b) In removing wastes and toxins

### **The Nervous System**

This includes the brain, spinal cord and all the nerves of the body. Their primary job is to ensure there is good communication between the brain and all areas of the body in both directions. In something as complex as our bodies any small disruptions in the way this very sensitive system works can have massive consequences.

### **Physiological Catch 22/Destructive spiral**

Having understood the PER and the importance of these systems, this allows us to make sense of the 'Physiological Catch 22', or as it is also called, the destructive spiral. This is one important element of the Lightning Process, and is derived from Phil Parker's identification of the following downward spiral in people with ME/CFS,

MS, Fibromyalgia and many other conditions.

1. Exactly how the problem started can be quite variable from one individual to another – but can include responses to viruses, operations, vaccines, or even emotional stress. This onset 'event', whatever it's cause, is seen as a **threat** by the body.
2. This threat causes a PER, which stimulates the Sympathetic Nervous System and the production of adrenaline, noradrenaline, dopamine, cortisol and DHEA, as described previously.
3. This means the body is now having to deal with a combination of physical changes and threats:
  - The effects of the original 'event' are now combined with
  - Direct effects of the symptoms
  - And the effects of the PER
4. In some cases for various reasons which are not always clear, this combination of threats and changes produces an increased and prolonged PER. The long-term stimulation of this system, has a detrimental effect on the way the immune, muscular, digestive and nerve signal transmission system and many other body systems function.
5. Any disruption to the immune system in particular makes any healing more difficult. This takes the body back to step 2 again setting up a downward health spiral. This spiral can be further worsened by the added effect of the emotional distress of being unwell and all the questions and uncertainties which that can raise about one's future.

When viewed with this understanding of some of the physical processes that go on as a response to ill health, it becomes clear that a training programme, such as the Lightning Process, which teaches you how to influence these physical processes, can open up a whole new set of options and choices for your health and life.

### **What's Covered on the Course?**

The Lightning Process three day seminar is an interactive journey of discovery that takes approximately 12 hours to unfold and is designed to teach you:

1. About the PER and what happens if it is constantly switched on.
2. How to **Spot** when the PER is occurring.
3. How to **Calm** the PER through specific steps using movement, posture, coaching. These steps are not vigorous or physically demanding and can be tailored to meet the capabilities of even the most debilitated clients.
4. How to make this change to your physiology permanent by practising the steps so that they become automatic, leading to health and wellbeing.

### **Any more questions?**

Although this pack contains a lot of information, many people want to know a bit more and speak to a real person about the course. Please contact your local practitioner or Head Office and they will be very happy to answer any further questions you have.

## Lightning Process Practitioners

### The Register

Our practitioner register includes medical consultants, physiotherapists, psychologists and nurses as well as other professionals. All practitioners, regardless of their background, have completed a minimum of 12 months intensive client based training with the Phil Parker Training Institute. To graduate each practitioner must demonstrate skills and competence in delivering the training and have an in-depth knowledge of the relevant subjects.

In order to be granted a licence to practice and to be accepted onto the Register, our practitioners need to be extensively trained, maintain their Continued Professional Development and abide by the Register's Code of Conduct.

Your safety is of utmost importance to us. Please be aware there have recently been a number of cases of rogue traders calling themselves Lightning Process practitioners. If an individual does not appear on the Register they are not approved by us, do not hold current knowledge of the Lightning Process and are not legally entitled to run Lightning Process seminars.

### Practitioner Status

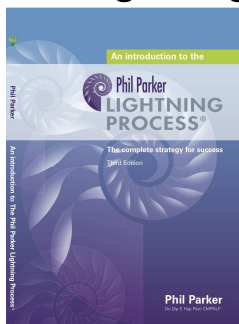
There are two categories of practitioner:

**Licensed Practitioners** - they have been trained by Phil Parker to deliver the Lightning Process and assessed as obtaining the necessary skills to be accepted onto the register. All practitioners are required to continuously develop their skills in order to remain on the register.

**Advanced Practitioners** - they have the same training as the licensed practitioners but are more experienced in running Lightning Process seminars.

Please contact practitioners directly for their availability and costs.

## The Lightning Process Book



The book, 'An Introduction to the Lightning Process', was published in 2007. The book was originally intended to be a self-help version of the Process, but the complexities of working with some conditions have highlighted that it's very difficult for many people to see the issues that are in their 'blindspots' without the assistance of a trained practitioner - so it is not a substitute for attending the training course, it is used as a pre-training tool to prepare clients for their journey through the Process. We will be producing this in the form of an audio book which will be available soon.

If you would like to purchase a copy of the book please visit our website: [www.lightningprocess.com](http://www.lightningprocess.com). Alternatively, please telephone the office (0044 (0) 20 7374 0233) and pay over the phone using your card, or send a cheque for £14.79 (£11.99 plus £2.80 p&p) to The Phil Parker Lightning Process, River Plate House, 7-11 Finsbury Circus, London EC2M 7DH, along with your order and address.

**Client's Feedback – in their own words**