



Do you feel stuck?

**New Solutions for
Health and Wellbeing**

**Phil Parker Lightning Process
Head Office Team**



Welcome!

This information pack will guide you through the important journey back to health and wellbeing with the Lightning Process (LP). It answers the main questions that I've found most people have at this point. If you need any extra information, or want to chat anything through with us, please do get in contact.

I wish you great success in your journey with me and my team.

*Best wishes
Dr. Phil Parker, PhD*

"I am convinced it is the most powerful way to make rapid and lasting changes in any area of your life."

Austin Healey, England Rugby International

"The results are extraordinary - seeing is believing."

Mary King, Olympic Horsewoman



Meet the Lightning Process Head Office Team

Phil Parker designed the Lightning Process (LP) around 20 years ago; today he works at his London clinic with a team of very experienced practitioners. Find out more about them and the benefits of taking the LP with the Head Office Team.



Phil Parker

Phil has over 35 years working as a therapist and trainer; in this time he has helped thousands of clients to make real and sustained change using these tools. People from all over the world and all walks of life, including actors, sport professionals, explorers, heads of business and celebrities travel to his London clinic to work with him. Alongside developing the Lightning Process, training the next generation of practitioners and working with health professionals and researchers, Phil runs two or three group LP seminars each year.

Helen Harding

Helen trained to be a LP Practitioner in 2007 and has guided over 450 clients through the seminar in that time. Helen has worked closely with Phil as part of his team for over 10 years and runs LP 1:1 and group LP courses most months, as well as regular refresher sessions.



Jude Hogarth

Jude is an experienced TRP Practitioner, LP Practitioner, NLP Practitioner, Coach and Clinical Hypnotherapist. With her background as a solicitor and specialist in mediation and conflict resolution she is an asset to our team. She regularly runs 1:1 and group LP seminars, and offers 1:1 NLP, Coaching and Hypnotherapy appointments, at our London clinic.

Kate Gare

Kate has been a Lightning Process Practitioner since 2007 and seen over 500 clients in that time. She previously worked for a number of well-known charities, Kate now runs 1:1 and group LP seminars from our London clinic every other month.



You can find out more about each of the team by visiting our website and watching their videos and listening to their podcasts: <https://lightningprocess.co.uk> We also offer free talks to meet them in person or are always happy to arrange a chat.

Why Train at Head Office?

- With over 45 years of LP experience between us we have a high level of skill and expertise in supporting client to live healthy and happy lives
- Working at the heart of the LP, we are at the forefront of its development
- Working as a team, we can provide support to clients at every stage of their journey
- Running seminars most weeks, we can be flexible to client requirements
- We offer both 1:1 and small group trainings
- We train, mentor and examine the next generation of LP Practitioners

Client Feedback

"I did my training at the LP Head office. To me it is the best thing I have done in my life. I would suggest you conduct as much research as possible and then be 100% committed."

The Register

Our Practitioner Register includes 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 Phil Parker. 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 be accepted onto the Register, practitioners need to be extensively trained, maintain their Continued Professional Development, undertake regular supervision and abide by the Register's Code of Conduct.

Client Feedback

"Since becoming a mother 17 years ago and then moving country and house soon afterwards I had a succession of life limiting health problems. This became a pattern, one health problem was resolved to be replaced by another or similar problem. I had been looking for an approach for years that could put me back in charge of my life again. The great news is that since doing the Lightning Process I feel that I have learned an amazing skill which I can apply as necessary to take my life forward in a positive way."

History of the LP

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 would it be possible to help to get the recovery process 'unstuck'? The research that followed resulted in the LP.

What is the LP?

The LP is a training programme applying the science of the mind-body connection to improve your health. It teaches empowering tools involving meditation-like exercises and simple movements, it's not vigorous or physically demanding and can be tailored to meet the capabilities of everyone we see.

Client Feedback

"It really does feel like I spent 12 years in a hole...you stopped and showed me how to build a ladder."

Who might the LP be beneficial for?

The LP is a powerful tool tailored to the individual that can be used in targeted ways to help a number of very different issues keeping people stuck in their lives and health. Once clients have addressed the issues for which they came on the course they also have tools to support them in maintaining a happy and healthy life whatever their new challenges.

It has been designed to be simple enough for anyone to use and we've worked with a wide range of people aged between 7 and 92, with a variety of issues and abilities.

Here at Head Office we have are experienced in working with all ages and issues, we are happy to discuss any special requirements or questions you have ahead of taking the course.

Dr Rajesh Munglani MB BS DCH DA FRCA FFPMRCA Consultant in Pain Management

"I have been very impressed with the results of the Lightning Process. I have seen the lives of some of my patients transformed by this self-empowering technique. Everyone who has battled with chronic illness and wants to win should have the opportunity to do the Lightning Process."

How Does it Work?

Many people want to know more about the science behind how the LP can help influence their body's health. The body's **Physical Emergency Response** holds the key. In fact, much of the first day's training is spent teaching you about this important 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
- 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. The PER is also known as the flight or fight response, but we prefer the PER as a term as it emphasises how the body physically changes as a result of being switched on.

There are two key ways the PER affects the body:

1. It switches on the Sympathetic Nervous System. This is a part of the nervous system that prepares us for fighting or running by increasing our heart rate, blood pressure, breathing rate etc.
2. It floods our body with powerful hormones (including adrenaline, nor adrenaline and cortisol). These too prepare us for fighting or running but their effects tend to be a little longer lasting.

This is exactly what needs to happen to deal with the threat as it gives our muscles an extra burst of speed and strength. Temporarily this is an excellent solution for dealing with most threats.

However, when it is switched on for longer periods it drains our resources and disrupts many other body systems, including our immune, muscle and digestive system function (see below) and changes how well our nerve cells work.

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:
 - 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)
 - 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 how this very sensitive system works, can have massive consequences.

Destructive Spiral & Research

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 LP, and is derived from Phil Parker's identification of the following downward spiral in people stuck in bad health.

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 floods the body with hormones, 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 stops the immune, muscular, digestive nervous, and many other body systems from working properly.
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 LP, 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. Recent research into the LP (see <http://lightningprocess.com/research> for full details), including a trial with the NHS and University of Bristol, identify how the LP can be an important part of your journey to recovery.

Neuroplasticity

Over time our nervous system has developed an amazing ability to rapidly grow and strengthen in response to how it's being used. Nerve pathways that are often stimulated become faster and more important than ones that are rarely used. This is called neuroplasticity. This is a useful function, but can clearly work against us as frequently used paths that transmit inappropriate signals can equally become very well established through use. The Lightning Process looks at how clients can re-train their brains to use different life-enhancing pathways which very quickly become the new dominant pathways.

Unconscious Patterns

We all operate these unconscious patterns of behaviour, some are great, however some keep us stuck in bad health and wellbeing. One of the reasons why people find that the LP works so well is that you can learn how to recognise the unconscious and unintentional patterns which you're doing and relearn them at a conscious level, replacing them with more useful and healthy ones.

Client Feedback

"I can't bear to imagine what life would be like if I hadn't decided to do the Lightning Process. I sincerely thank Phil for creating the Process and my trainer who taught me it. It is truly amazing!"

Next Steps...

The LP is taught in three phases: pre-course preparation, the seminar itself and post-course support.

The first phase can be done at home through listening to the '**Part 1 of the Lightning Process**'. There are different options available depending on what you would like to change. Through listening to them you will:

- Learn about the detailed science and research behind the Lightning Process
- Understand how it can help you resolve your issues
- Start your training in recognising when you're using your body, nervous system and specific language patterns in a damaging way
- Develop new healthier neurological pathways
- Explore how the Lightning Process has helped others.

To order yours please visit: <https://www.philparker.org/product-category/lightning-process-first-steps>

There are also lots of other ways to research the LP to help you decide if this is the right approach for you:

Attend a Free Talk and Meet the Team

Once a month we run free talks about the LP at our London clinic. These are a chance to find out more, meet us and ask any questions. We welcome any friends or family members who want to come along and find out more too. You can find details of our next talk here: <https://lightningprocess.co.uk/courses/team-talk> Contact us to book your place(s).

Chat to us

We are happy to talk to you and answer any questions you have about the LP. Please contact us to arrange a chat.

Podcasts

We offer a number of free podcasts are available on our website and on iTunes. Previously Phil has created one which explains the basics of the LP and the research and science behind it. More recently Phil and his team have created one which answers the most frequently asked questions about the Lightning Process. There's also an extensive series which explores topics around the LP in a fun and approachable style. These are all designed to provide information when researching the LP and to support clients who have taken the training.

Phil's YouTube Videos

There are a wide range of videos available for you on YouTube; these explain the science behind the LP and information about using the LP for different conditions. There are also videos from doctors discussing their views on the LP and clients talking about their experiences.

Complete the Application Form

When you are ready to take the course, the next stage is to complete the application form; this is designed to help you get the most out the training so will ask you questions about what you hope to achieve and any areas you feel you might need to work on before coming to the seminar. This will be discussed in greater detail with your chosen practitioner ahead of them confirming your place. You can complete the application form here: <https://lightningprocess.co.uk/application-form>

The Seminar

The LP seminars are run on three consecutive days and take between 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 what you prefer - both formats are extremely successful. We run seminars regularly so that you can choose the best time for you to take the seminar.

Support After the Course

We are here to support you in applying the Process. Included in the price of the training are three hours of follow up phone/Skype calls - these can be taken within a year of taking the seminar as you need them. Further support is always available to assist you in applying what you have learnt in an ongoing way in your life if required.

We offer regular group refresher sessions at the London clinic; these are designed to help you effectively implement the LP in every aspect of your life. The seminars re-cover the core points of the training and assist you in moving forwards with any old or new issues and challenges that might arise. Many clients like to attend these every so often to ensure that they are using the LP effectively.

There are also a number of other things designed to support you, including regular newsletters, podcasts, further self development courses, Phil's range of self-help books, downloads, and a website designed exclusively for graduates of the LP.

Book your place with the Team

As the designer much of Phil's time is now spent on other aspects of the Lightning Process, such as development, training and research; however, he still enjoys working with clients and runs two or three group seminars each year.

Phil's experienced team, Helen, Jude and Kate, run courses much more regularly to ensure that we can be flexible to clients' requirements; they offer both group and one to one seminars.

The LP is £775 to see Helen, Jude or Kate in a small group (between 4-7 people) or £2,500 as a one to one. It is £1,997 to take the training with Phil in a small group. The LP training with Phil and his team includes:

- Phone assessment and pre-course coaching
- Three half-days of LP training
- Course materials and support download
- Three hours of follow up phone/Skype calls

We hold our seminars at: 83 Victoria Street, London SW1H 0HW – located close to St James Park, Westminster and Victoria stations – easily accessible by train or underground. You can find directions and details of local hotels on our website.

To apply for a place on one of our seminars your next stage is to complete the application form available on our website (<https://lightningprocess.co.uk/application-form>). Once received, your chosen practitioner will arrange a time to speak to you to discuss your requirements, your application form and to offer you any pre-course coaching you require to get the most out of the seminar.

Client's Feedback – in their own words

More testimonials are available, in the 'Part 1 of the Lightning Process' download, on the LP blog (www.lightningprocess.co.uk/blog) and on request.

Torhild's Story

This picture was taken one and a half months after the Lightning Process seminar, and it's now been four years of a new and different life for me. Now I'm not scared of doing anything - I'm looking forward to the weather improving so that I can start orienteering, and this summer I want to play football - it's so great to know that I will be able to! There are so many other things that have improved in my life since the process - I'm much more relaxed, I don't stress about little things, and I am much happier. Learning the Lightning Process is one of the smartest decisions I have made in my life!



Eamonn's Story



This picture was taken just under 3 weeks from doing the Lightning Process, at 1296m on Braeriach, a peak in the Cairngorm area of the West Highlands. 3 weeks before the photo I couldn't get out of the house and getting up the stairs was a daily task. During the 2 1/2 day Cairngorm trip I covered 35 miles across the map and 1.7 miles vertically, camped every night and was usually 10 miles from the nearest road.

If you'd told me all this just before I went on the course I'd have been as incredulous as I was when I read other people's testimonials, my symptoms were so embedded it 'just had to be' a long term thing, didn't it? I'd been off work for 15 months and in that time had made some progress but it was always 2 steps forward and 1 step back.

I had been using CBT, visualisation, NLP and all these things were helping gradually. The Lightning Process unleashes the power that those techniques (and others) try and harness in a simple (but deviously clever) technique that is incredibly easy, practical and WOW SO SO POWERFUL.

Any Questions? Contact Us...

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