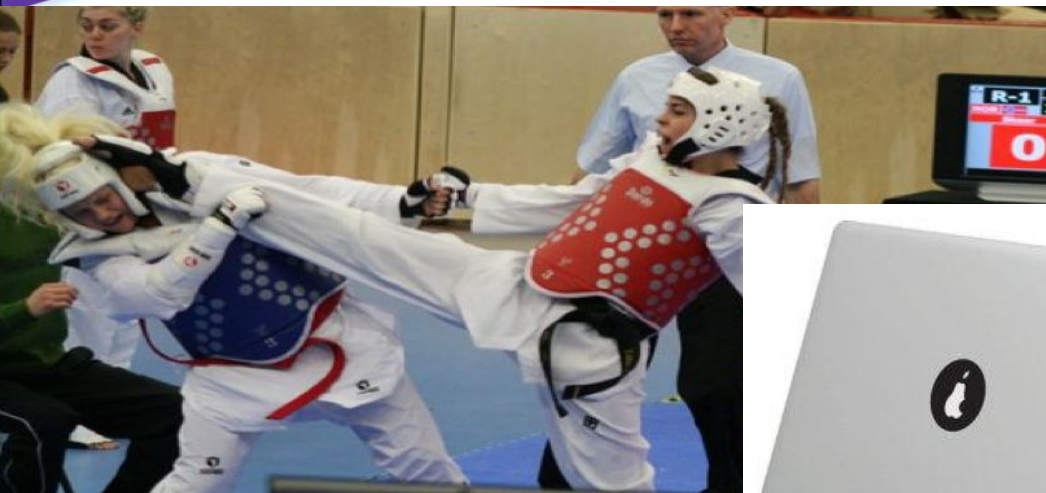




Phil Parker
**LIGHTNING
PROCESS®**

*Train your brain to heal your body: new ideas
and practical tools from the Lightning Process*



Discovery
EXPLORE YOUR WORLD™



What if 45 mins made a difference?

- The Lightning Process
- The science
- Some tools for start change

How did the LP start?





Who has benefitted?

- 'Non responsive' issues

Including:

- Persistent Pain/RSD/CRPS
- CFS/ME
- MS
- Autoimmune Issues
- Anxiety/depression/OCD











How it works

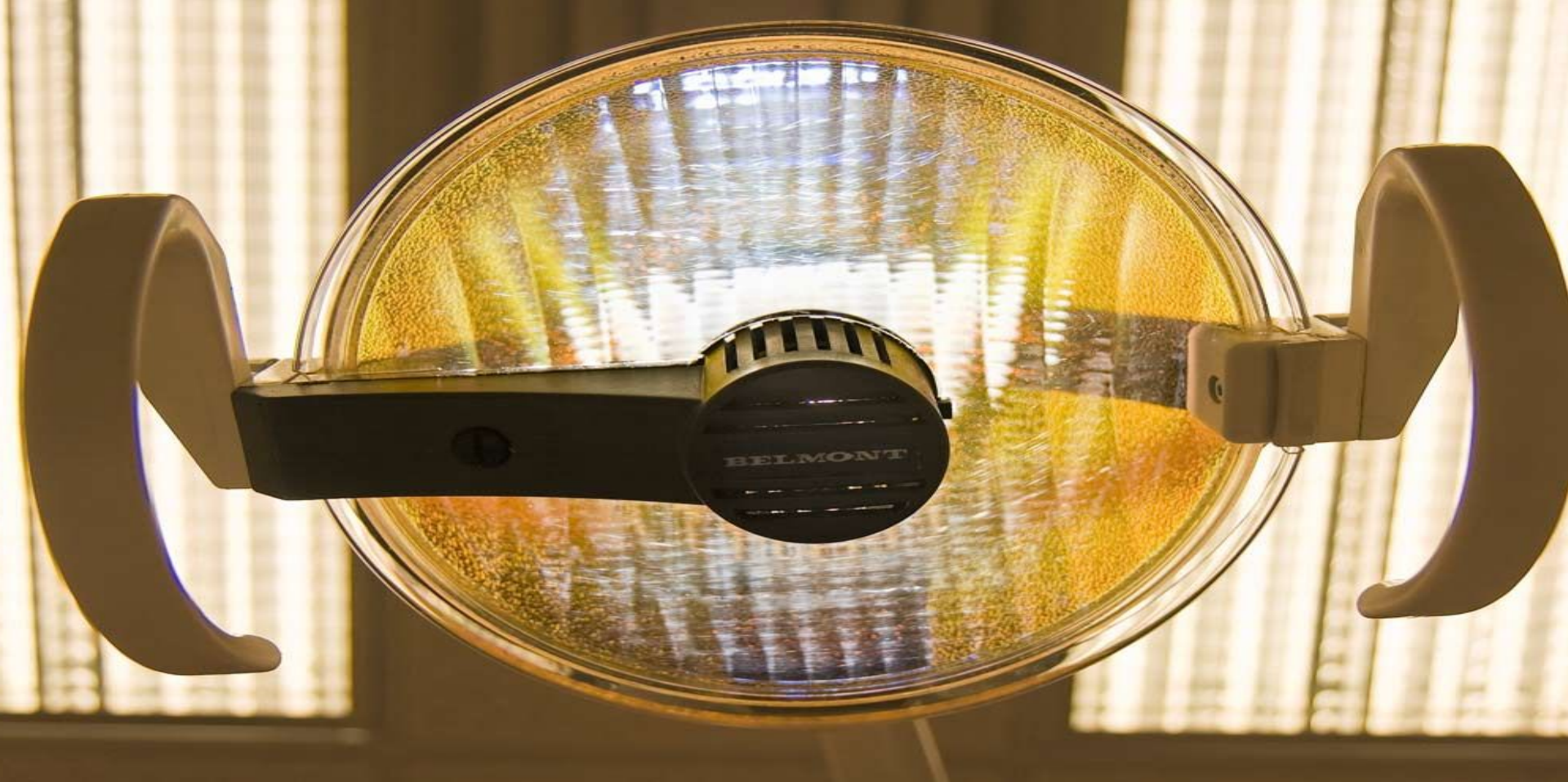
- Works on physiology
- Self coaching, brain pathways re-training
- Accessing the brain body connection – at will
- Training not treatment

(Parker, Finch, Aston. 2018)

Neurology and SNS

- How can we influence these?

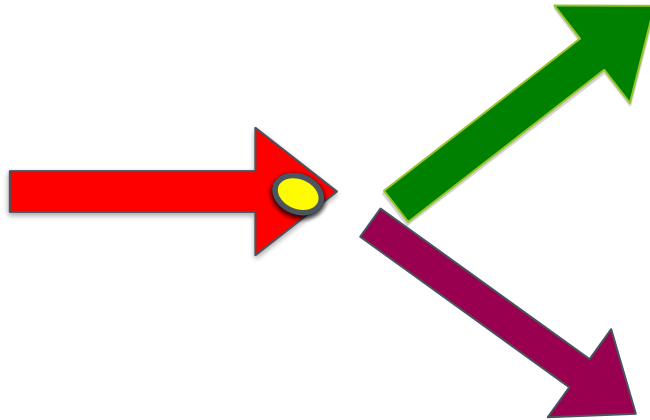




How?

- Memory re-access
- Posture
- WORDS
- Change state

Neuroplasticity



Power of words



Words

Pain

P...

P...

P...

P...

P...

Visual Analogue Pain Rating Scale

Please mark the line to describe
the severity of your pain

NO

PAIN



PAIN AS

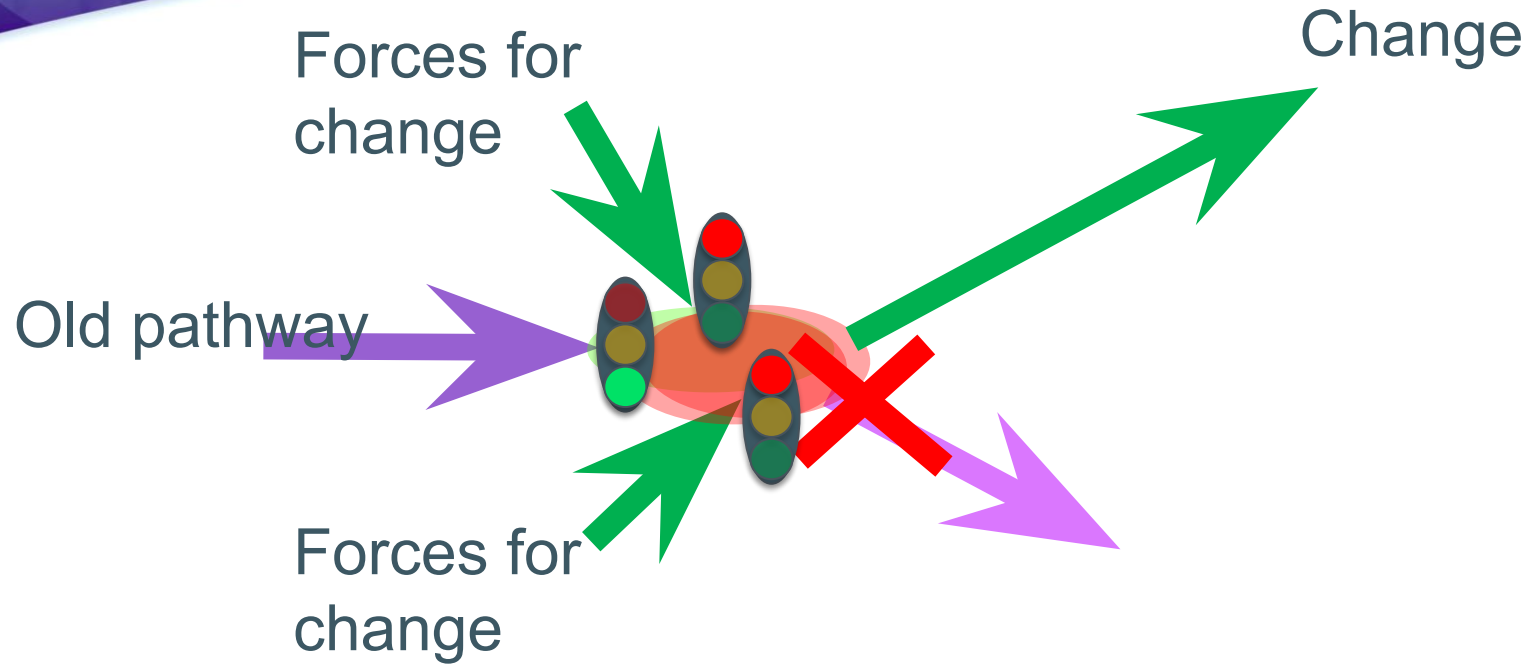
BAD AS

POSSIBLE

- Takes 3 days to learn and practice to master
- So to start that process...

Change sore to CORE

- **C**hange nervous system
- **O**pen up new pathways
- **R**e-wire for possibility
- **E**xercise positive states



Change nervous system

Choose your WORDS and SLOW down:

- Thoughts
- Speed
- Breathing

Helps reset the SNS

Open up new pathways

- Focus on a empowering memory
- Focus on unfamiliar, healthy parts of your body
 - Behind your ear
 - Belly button
 - Collar bone

SNS is triggered by threat and stress. Feeling stuck increases that.

Re-mind yourself:

- As this is something that others have influenced
- I will find my way too

Recall: when did you achieve something people told you was unlikely/impossible?

Exercise Positive States

Reset
the SNS



Change sore to CORE

- **C**hange nervous system
- **O**pen up new pathways
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- **E**xercise positive states

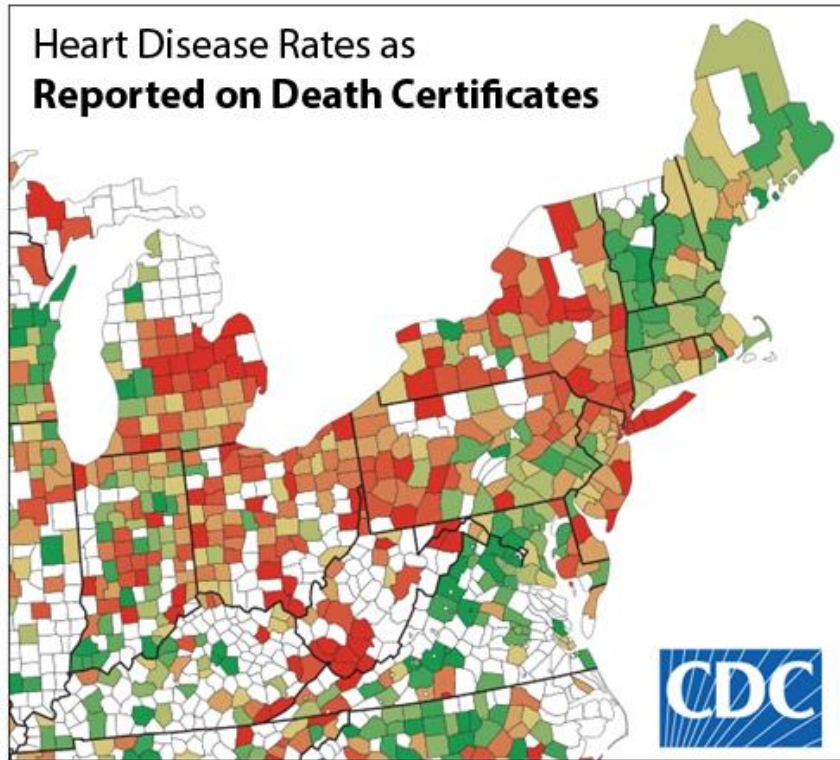
Registered Practitioners

- Amanda Ashley- Portland OR.
- Berit Frivold- Loma Linda, CA

More being added at:

- Lightningprocess.com

Heart Disease Rates as Reported on Death Certificates

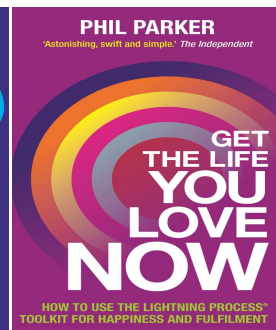
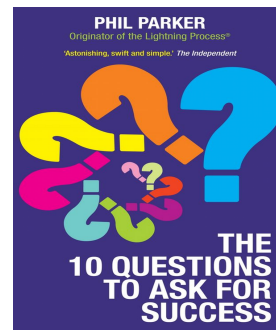
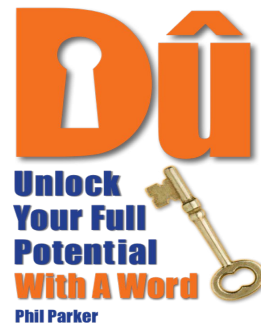


Less Deaths

More Deaths

Summary

- LP is an effective training intervention for a range of issues
- Uses conscious control of neurology to change physiology
- Requires application
- Interested in learning more?
LP courses- lightningprocess.com



1. Chronic pain- 9 out of 12 reported significant pain reduction
2. Provides measurable benefits to those with MS –MSRC
3. Increased health status at 6 weeks, persisting at 3 months
4. 81.3% of 1,200 clients report improvement after the LP
5. CFS/ME “7 of 9 participants were satisfied and were much improved”- Harvard and Kings, 2012
6. The LP is effective and is probably cost-effective when provided in addition to SMC for mild/moderately affected adolescents with CFS/ME. RCT NHS/Bristol Uni, 2017