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## Lightning Process™: the facts

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1. The Lightning Process™ considers ME to be a genuine physical illness with disturbances of the immunological, endocrinal and neurological systems.
2. The Lightning Process™ is a training program.
3. On completion of the training the graduates are assessed to determine if they have got an appropriate understanding of the course material. A huge percentage of trainees gain this understanding and make the changes we expect.
4. They will need to continue to apply the training afterwards to continue to get the beneficial effects of the process. Once this is explained, it becomes the responsibility of the individual.
5. Only candidates who understand this and can convince us that this is what they will do are accepted onto the training program.
6. As with any training process, if they don't continue to apply the training appropriately they will get variable results and are likely to return to the state they were in before the training.
7. We provide as much follow up coaching as requested by graduates to help them implement the training in their lives.

## withinspiration



### Alastair Gibson

Consultant and Therapist

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**Lightning Process™ Advanced Practitioner**  
**Certified NLP and EFT Practitioner**  
**Life coach and Clinical Hypnotherapy**

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#### About your trainer

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**Alastair Gibson was inspired to train others in how to regain their own health and happiness.**

**After working in the financial services, Alastair went on to train as a Certified NLP Practitioner, Life Coach, Hypnotherapy and Lightning Process Practitioner. He studied under Phil Parker at the European College of Holistic Medicine and Brian Morton NLP Master Practitioner, accredited NLP Trainer.**

**As a trainer, Alastair is completely committed to guiding you on your journey to wellness and success in any area of your life. He is known for his inspiration, enthusiasm and sense of fun!**

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**For further information on what the Lightning Process™ can do for you, go to: [www.withinspiration.co.uk](http://www.withinspiration.co.uk)**



## THE LIGHTNING PROCESS™

**A powerful approach to ME/CFS and other conditions**

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### What is it?

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It is a 3-day training program, designed by osteopath and personal development expert Phil Parker, that teaches your brain and body to work together to powerfully influence your health and life.

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### What can it help with?

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You may have heard about the amazing results that are being achieved by people using the Lightning Process™ to recover from **ME/Chronic Fatigue Syndrome/Fibromyalgia** and other similar conditions. It has also been found to be very effective with many other issues, such as:

- Low self esteem
- Anxiety & panic attacks
- Stress
- Depression
- Overwhelmedness
- Obsessive compulsive disorder
- IBS
- Addictions
- Smoking
- Weight Loss
- Procrastination
- Insomnia

It is also effective for enhancing:

- Confidence
- Business success
- Peak performance issues
- Relationships
- Interview performance
- Happiness

health back into balance quickly and successfully, recovering from very real illnesses that had troubled them – often for many years.

The process is specifically tailored to an individual's needs and abilities, and the trainee is supported and assisted by an experienced trainer throughout the seminar, and afterwards as required. We have found that small group seminars create the ideal environment to learn the process. However, one-to-one sessions can be arranged where appropriate.

### Is it like any other therapy?

No. Firstly it's not a therapy, it's a training program. Secondly, no other program we know of is developed from a combination of NLP, osteopathy, self-hypnosis and life coaching.

Some people are concerned that the Lightning Process might be similar to Reverse or Mickel Therapy or Cognitive Behavioural Therapy and, because they've already tried RT, MT, and/or CBT, they are not sure whether the Lightning Process will help them. However the Lightning Process is in no way allied to or developed from or in conjunction with those approaches.

### Is it positive thinking?

No, the LP is not just another name for positive thinking. Unfortunately positive thinking on its own is unlikely to make you recover from ME & other conditions.

## Details of the process

The 3-day program teaches, step by step, how to influence key body systems such as the immunological, neurological and musculo skeletal system.

**Day One:** Your trainer will help you explore which factors are preventing you from getting what you want. With the M.E seminars this includes an in-depth discussion of the complex physiology of the condition, and especially considers the role of dysfunctional adrenaline levels in the maintenance of the condition. Your trainer will take you through the key steps of the process, individually tailoring the process to your needs and abilities. The key steps include a series of body movements, postures and core questions to stimulate new neurological pathways. As the brain has the ability to create new pathways rapidly the changes can be achieved very quickly.

**Days Two and Three:** Further trains you in ways to change old established neurological pathways and create and stabilise new more effective ones.

## Am I ready?

As with any training program we will want to talk to you before you take this training seminar, to be as certain as we can that this program is right for you at this time. If you have not already done so, please watch the videos of other people's experience of the Lightning Process at [www.lightningprocess.com](http://www.lightningprocess.com) or at [www.withinspiration.co.uk](http://www.withinspiration.co.uk)

## What does it do?

Key components of the training include participants learning exactly how their brain and body have become trapped in a number of damaging unconscious responses, which have blighted their health and their lives. Using a powerful combination of techniques uniquely developed using the philosophies and research of NLP (Neuro-linguistic Programming), osteopathy, self-hypnosis and life coaching, they are extensively trained to successfully replace those old unhelpful responses and start to regain their health, their sense of self and their future.

The Lightning Process will train you to get your brain and body working together more effectively. On Day One you will learn the process, and start to use it immediately. The other sessions are for fine tuning and to make sure you are getting the results you want.

## How does it achieve that?

Using the LP's technique of combining particular body movements and postures with a set of precisely targeted questions, many people have got their