

Lightning Process

An introduction to the Lightning Process

The Lightning Process is a unique training programme that is delivered to small groups over three consecutive days. During the Lightning Process seminar, participants learn that the mind and body are interconnected and in constant communication with one another. They also learn that we all have a great deal more influence over our health and well-being than we ever imagined. Through consistently applying the techniques of the Lightning Process you are able to permanently resolve chronic health conditions such as ME, Chronic Fatigue Syndrome, Post Viral Syndrome and Fibromyalgia.

Thousands of people every year are using the Lightning Process to recover from illnesses that had blighted their lives, often for many years. You may find it hard to imagine quite how a training programme can help with such physical conditions. It is worth considering, that your patterns of thinking have a powerful influence over your health and life. These patterns of thinking are often unconscious. With the right tools, training and necessary commitment, your patterns of thinking can be changed. You learn to harness the mind-body connection and use it to positively influence your health and life. Visit the Lightning Process Recovery Stories at www.fatigueguide.com, to read about people like you, who were suffering, and are now living healthy and fulfilling lives.

“The Lightning Process is a completely new approach to getting over life’s most common problems.”

Lightning Process Advanced Practitioner Russell Stubbs

I was hand picked and trained by Phil Parker, designer of the Lightning Process and am now one of the few Lightning Process Advanced Practitioners. As an Advanced Lightning Process Practitioner, I am one of the most experienced in the area of ME/CFS recovery. I have 10 years previous clinical experience in a number of therapeutic fields. I bring the best techniques that I have learnt and developed over the past decade and teach them to all my clients alongside the Lightning Process. I find this unique combined approach to be a highly effective recovery strategy. There is no extra charge for the additional training that I provide. More information can be found at the Optimum Energy Training page at www.fatigueguide.com.

What is the Lightning Process?

Phil Parker is an Osteopath and personal development expert from the UK. He designed the Lightning Process after years of extensive research into M.E. / Chronic Fatigue Syndrome. The Lightning Process is a unique 3 day training programme designed to teach your brain and body to work in harmony to powerfully influence your health and well-being. The Lightning Process was developed using the research and philosophies of NLP, Osteopathy, Self Hypnosis and life coaching.

How can a training Programme help with such a physical illness?

The Lightning Process unfolds over the three days of the training. It becomes a voyage of discovery where you are shown step-by-step how to harness the mind-body connection in order to influence key bodily systems. These include the immunological, neurological, endocrine and musculoskeletal systems. You will learn how to re-train your brain to positively affect your health and well-being.

People at all levels of severity have used the Lightning Process training programme to resolve their health conditions and achieve full health.

What format does the training take and why?

The Lightning Process training takes place over a three day period in small informal groups. Research indicates that optimum learning conditions are achieved when the following criteria are met.

- New information is delivered over a short time period, a number of times in a number of different ways.
- Opportunities to put the learnings into action are provided.
- An experienced source is available to provide feedback.

We have found that small group seminars create the ideal learning environment. You will learn the techniques whilst being coached in how to apply them to your particular issues. On the first day of the training you will learn the Lightning Process and start to use it straight away. The following sessions provide an opportunity for fine-tuning, ensuring you get the most from the training and the results that you are looking for.

How much does the training cost?

Day 1: 4½ hours group session

Day 2: 4½ hours group session

Day 3: 4 hours group session

Final session: 2 x 30 mins individual coaching (usually by telephone)

The course fees per person are as follows:

Lightning Process course held in the UK - £590

Lightning Process course held in Norway - NOR 15.000

Prices are inclusive of the above plus the follow-up L.P. coaching CD.

Prices include all of the above plus the follow-up Lightning Process coaching CD.

Individual coaching and therapeutic work is available before or after the training. This is conducted either in person or over the telephone and is charged at £60.00 per hour session.

How do I choose the right L.P. practitioner for me?

All Lightning Process practitioners are trained to the same high standards. However, the advanced practitioners have gained the most experience through coaching many people to recovery. The three days of the Lightning Process training are life changing and it's important to choose the right practitioner for you. Someone that you feel comfortable with, in order to get the best from the whole experience. If you are unsure, talk to your prospective trainer. I will always be happy to discuss the training and suitability of this approach prior to your application.

Is the Lightning Process the only approach you use?

The L.P. is an effective stand-alone approach to ME/CFS recovery. I have also experienced consistent results using EFT (Emotional Freedom Technique) with my clients. I consider each individual to be unique with differing needs. For some clients, I find the combination of these two approaches can be the key to recovery.

"After training in the Lightning Process and resolving some long-standing issues with EFT, I have had an almost miraculous turn around in my health and life. It hasn't all been easy, but with determination and hard work, along with the support and coaching that I've received from Russell it's all become a reality. It seems utterly incredible to me now when I look back over those 15 years of living hell - I will always be grateful to Russell for understanding and helping me by giving me the tools to turn my life around and start living again."

Marc Auerbach - London

Is it like any other therapy?

No. Firstly the Lightning Process is not a therapy or a treatment, it's a training programme. Secondly, there are no other programmes developed using the philosophies and research of NLP (Neuro Linguistic Programming), osteopathy, self hypnosis and life coaching.

“It's not all in the mind, but relying solely on physical methods to recover from ME/CFS rarely succeeds.”

Is it like Reverse, Mickel or Cognitive Behavioural Therapy?

Some people have already tried Reverse therapy, Mickel therapy and Cognitive Behavioural Therapy and are concerned that the Lightning Process might be similar. However, the Lightning Process is completely unrelated to RT, MT, CBT, or any other approach. It is unique and is in no way allied to or developed from or in conjunction with those other approaches or the designers of those approaches.

Is it Positive Thinking?

The Lightning Process training programme does help users to develop a very healthy and positive form of thinking, but it is much more than just this. The Lightning Process is not just another name for positive thinking. Unfortunately, positive thinking alone is not likely to help you to recover from M.E., Chronic Fatigue Syndrome, Fibromyalgia or any other related condition.

What scientific theories is the L.P. based upon?

The following established scientific theories support the principals of the Lightning Process training programme.

- Neuroplasticity - the ability of nerve cells in the brain to adjust their activities in response to changes in their environment.
- Adrenaline & Cortisol, their role in the “stress” response and physiological effects on major bodily systems.
- Facilitation as an osteopathic theory and the impact of changes in structure causing changes in function.

What about research?

Dr Vegard Bruun Wyller MD PhD at the Division of Paediatrics, Rikshospitalet University Hospital, Oslo, Norway has recently completed research into ME / CFS. He concludes that sufferers' bodies are suffering extreme stress due to their systems being stuck in a state of enhanced sympathetic nervous system activity (stress response).

“I am not a new person... I am the original person, who had remained hidden behind illness for such a long time. It's good to be back!”

Ben took the Lightning Process aged 18 after seven years of M.E.

Dr Wyller says: 'Recent research on CFS pathophysiology has revealed alterations of cardiovascular regulation and thermoregulation, characterised by enhanced sympathetic nervous activity and increased secretion of epinephrine (adrenaline). These findings indicate a state of permanent distress response - sustained arousal - in CFS patients. Based upon our findings, we have formulated a theory of sustained arousal in CFS, which seems to correspond quite neatly to the theoretical considerations underlying the Lightning Process.'

LP Training Explained

Lightning Process Explained

It's understandable that people would like to know exactly what the Lightning Process course entails before choosing to take part. Unfortunately to fully explain the whole process would take 9 hours+ and would have to cover the entire content of the course. The following overview will hopefully give you a good idea of what the training consists of and the principals behind it.

What do the experts say about stress?

In the section Biology of Belief, Bruce Lipton, leading cell biologist, describes the chemical and vibrational signals that we produce internally as a reaction to stress. These signals instruct our system to enter into "protection mode". Heart rate and blood pressure change, blood sugar and thyroid levels are affected and our immune system is suppressed as we prepare for fight or flight. This process is quite natural and has helped our species to survive. However, dysfunctional activation of the stress response, over time, has a detrimental effect on key bodily systems. The chemicals that we produce in order to protect ourselves from danger can actually have a toxic effect. ME/CFS sufferers can become almost stuck in the stress response, whilst being completely unaware that this is happening; holding the system in protection mode whilst experiencing the consequences - see physiological catch 22 for more details.

How can we gain control over these responses?

These automatic responses are beyond our conscious control; you can't send the order to your system to alter your blood sugar and thyroid levels and turn up your immune system. What you can do though, is to learn that thought processes, feelings, expectations and emotions directly drive these responses. The next stage is to learn a technique that you can use to consciously change your perspective and focus from moment to moment. This becomes a way of indirectly controlling the involuntary responses - This is what the Lightning Process enables people to do. It then becomes possible to bring about favourable changes to the internal biochemistry, along with triggering the appropriate signals that our system needs to leave "protection mode" and return to "growth mode". "Growth mode" is the state our system needs to be in for healthy functioning.

Which areas does the training focus on?

Key components of the training include participants learning exactly how their brain and body have become trapped in a number of damaging unconscious responses. We also consider the effect that these responses have on overall health and quality of life. They are then trained in a technique which was developed using the philosophies and research of NLP, osteopathy, self hypnosis and life coaching. This technique is used by the participants to replace those old unhelpful responses. Using this process they are able to start to regain their health, their sense of self and their future.

What does the Lightning Process consist of?

The LP's technique consists of combining particular body movements and postures with a set of precisely targeted questions. This versatile self-coaching strategy empowers people by giving them the tools needed to easily navigate their way through life's challenges - health or otherwise. This process has been developed and refined over years into a strategy which is easy to learn and fool-proof. Thousands of people have used the process to get their health back into balance, quickly and successfully recovering from real illnesses that had troubled them for years.

What about the long term?

We are often asked the question: after recovering using the process is it possible to relapse? (which of course is a huge fear for many ME/CFS sufferers as it happens with so many other approaches) The simple answer is no, not if you continue to use the process as you have been taught. As humans we tend to learn quickly, and through repetition these processes can easily become automated. When used consistently, in time, this new healthy strategy can become the default pattern; like loading a new operating system for the mind.

All in the mind?

People with ME/CFS are very rightly concerned at any suggestion that ME/CFS is a psychosomatic illness. It's not, and it's certainly not all in the mind; It's a real physical illness. It's taken a long time and much campaigning to get ME/CFS recognised as a physical condition, and we are very keen to emphasise that we concur with that view. Our approach relies on an understanding that the body and mind are interrelated and in constant interaction with each other. We have used this training program to successfully help people get over all sorts of other physical conditions, like back pain, migraines, asthma etc., but that doesn't mean we consider those conditions to be all in the mind either. It's also true for most people that attempting to recover from ME/CFS using physical methods rarely succeeds. The Lightning Process, however, has been very successful in changing people with ME/CFS's physical condition rapidly and for the long term.

With you for life - if you choose

As it's a training rather than a therapy, once you've learnt it, it will be with you for the rest of your life; your life path, health and happiness will then be up to you to choose. The student must learn the process and then take responsibility for following the steps and applying it to their life. If they do this consistently and as they have been instructed the pay-off can be extraordinary.

Detailed description of the training

The Lightning Process is a 3 day training program which considers how the body and mind influence each other. The curriculum of the seminars focuses on two main phases: Phase one - Discovery, Phase two - Change

PHASE ONE - Discovery: Training modules

1. Beliefs: Discovering the positive and negative power of beliefs on our health and life.
2. Influence:
 - a) Discovering which areas of our health and life we feel we can influence, and which areas we feel we have no say in.
 - b) Discovering new ways to approach these issues which give us more choice and influence over our well-being and future.
3. Inner dialogue: Discovering how much of our inner dialogue is useful and how much is destructive and limits our health and future.
4. Body Posture: Discovering how the way we use our bodies and carry ourselves influences how our body works and how we feel.
5. Expectations alter physiology: Discovering how much we create valuable or destructive expectations about what's going to happen next, which directly prepare our body physically for those imagined events.
6. Responsibility and blame: Distinguishing the difference between being responsible for your health and well being and feeling as if you are to blame for it.

PHASE TWO - Change: Training modules

1. How to change any of the above that are keeping you stuck.
2. How to make complicated things simple.
3. How to dramatically change our perspective and focus when we need to.

Physiological Catch 22

Lost trust in your body?

Whilst suffering from ME/CFS people typically experience many different physical symptoms including overwhelming fatigue. These ongoing symptoms can cause the sufferer to distrust their own body. A pattern of constantly checking for how tired or ill you are, or will be, or have been can easily be formed. This ongoing unreliability of energy and wellness pollutes the experience of our present life. It becomes easy to imagine how ill you are going to feel later if you overdo things now.

Tried different approaches with limited success?

Most sufferers have searched for and tried many different treatment approaches. Initial improvements are often followed by relapse resulting in more disappointment and fear. This cycle further strengthens the distrust of the body and the person goes on searching with less hope and confidence than before.

The Physiological Catch 22

Through five years of research into ME/CFS and related conditions, Phil Parker discovered the root cause of these illnesses. He revealed an underlying dysregulation of adrenaline production.

Here's how sufferers experience it:

Step 1.

You fall ill due to an initial bug/virus or some stress, or external factor that started your M.E./CFS. This event caused an extreme stress on your immune system.

Step 2.

You felt very unwell. The symptoms were either very strong or lasted so long that you began to wonder if you'd ever get better. You consulted your doctor and specialists in a number of fields, but nobody seemed to have any answers, or provided much useful help, and the illness continued.

Step 3.

Understandably, these concerns made you even more stressed which in turn made your body produce more adrenaline. Adrenaline is a good response to short term stress, but long term production of it exhausts us, affects our blood sugar and thyroid levels, suppresses our immune system and makes us prone to illness and tiredness - so you loop back to Step 2.

This cycle can continue for many years. The reason you haven't been able to get to the bottom of the illness is because this process has continued in the background, becoming an unconscious blind-spot. Over time your system can almost become "stuck" in the stress response. Unaddressed, you just keep slipping back into the old pattern of fatigue and illness.

The Lightning Process

The Lightning process is called so, because it's so quick. The reason it's so quick is because adrenaline only needs a short period in which to leave the body. Health is amazingly buoyant. Once the adrenalin levels are normalised, then the body's immune system can assert itself and all affected systems return to normal.

The Lightning Process consists of a discovery process, where you make conscious and see clearly the pattern that has been keeping you stuck. You're then taught a very simple and effective way of interrupting and completely stopping this vicious cycle of fatigue and burnout. The process is taught face to face over 3 days.

We've tried to keep the above description brief and simple, but it is of course only a partial glimpse of the complex interactions of the mind, body and hormonal systems, and should not be taken as the entirety of our understanding of the physiological mechanisms involved. More complex events can result from long term stimulation of this cycle, such as adrenal exhaustion and low cortisol levels which in turn create different physiological responses and immune system regulation issues - again these more advanced issues are explained in detail on the seminars.

Locations and Venues

Is it worth travelling for the Lightning Process?

Although it can be challenging for anyone with ME/CFS to travel a distance to take part in the training, the benefits of being away from home could outweigh the effort involved in the journey. When we take ourselves away from our usual environment we tend to be more present. Whilst training in this new way of thinking, it makes sense to remove yourself from the familiarities of home. Many ME/CFS sufferers have already spent a lot of time in their home environment. By avoiding the usual places and things that remind you of 'normal life', you can really immerse yourself in this new experience and gain maximum benefits from the training.

Where are the Lightning Process UK Courses?

I currently run LP Courses in the UK in Wales and London. The venues have been carefully chosen for their location, facilities and suitability.

Where in Wales?

The venue that I use in Wales is situated in the village of Llandyfaelog, approximately 10 miles from Carmarthen in South Wales. Llandyfaelog Hall is a quiet and private venue with views over the surrounding countryside. In nearby Ferryside there is a beach overlooking Llansteffan, an area of outstanding natural beauty. Accommodation is available near to the training venue, details of which can be provided on request.

“When I did my LP course, I had the option of staying in London, very close to where I live, or going much farther afield to Wales. Although initially the prospect of a long journey was really daunting and almost seemed impossible, it was an effort well worth making. (My brother kindly agreed to drive me there, as there was no way I was strong enough to drive myself or take the train). Having been inactive for so long, it was actually quite exciting, to be going on a journey (scarey though as well).”

The fact I was away from home in a totally new environment allowed me to disassociate myself from my current circumstances and concentrate 100% on the LP course. I knew, as did all my friends and family, that by making the journey, I was really serious about what I was doing. My time in Wales was exciting and signalled the start of a new healthy life for me.”

Elizabeth C - London

Where in London?

As well as my main training location in Wales I also offer regular Lightning Process Courses in London. The venue that I use is situated in Hornsey, London, N8. This venue is a warm, clean and spacious studio. It has the benefit of being in a quiet and secluded location whilst also being easily accessible by public transport. Details of accommodation nearby are available on request.

Lightning Process Courses in Norway

Regular Lightning Process™ courses are taking place in Oslo, Bergen and Stavanger in Norway. The venues in Norway are in central locations with easy access and accommodation nearby. Some Norwegians are also making the journey to the UK to take part in a Lightning Process™ course here.

For details of the next available training in the UK and Norway visit www.fatigueguide.com.

Russell Stubbs

Coach/Therapist/Trainer

As a practitioner specialising in both Emotional Freedom Technique (EFT) & The Lightning Process, I am passionate about helping people to achieve physical and emotional well-being. I have been involved in the fields of healing and personal development since the late 90's. Over this time I have gained experience in many healing approaches ranging from hands-on body work with cranio-sacral therapy through to my specialisation in recovery from ME/CFS and related conditions using the Lightning Process and EFT.



I was drawn to this work after a successful 14 year career in business. This time in the corporate sector gave me an understanding and first hand experience of the stresses and pressures that prevail in a modern working environment. Over this period I recognised the consistent increase in communications and the bombardment of information that everyone now faces. This is helping to create a culture of people who are constantly switched on, stimulated and driven with very little, if any, downtime.

I see this tendency to be one of the major contributors to the increase of stress-related illnesses along with a misunderstanding of the implications of stress and emotions on physical health. The approaches that I use for my clients are designed to counter these effects along with creating new and sustainable ways of operating; as well as getting well, my intention is to help people remain healthy into the future.

I treat each of my clients as individuals and as such I tailor the recovery strategy to suit their differing needs. Using the latest and most successful processes available, I use an approach which is empathic whilst also being results driven. I encourage all of my clients to become self-managing by providing them with self-help techniques and practices to foster good health into the future.

If you are interested in taking part in either The Lightning Process training or EFT, feel free to call and we can discuss the options that are available to you.

“It’s a pleasure to watch Russell bringing his excitement, insight and humour to this important life changing work.”

Phil Parker creator of the Lightning Process

CV

I studied at the European College of Holistic Medicine (ECHM) with Phil Parker, the designer of the Lightning Process and at the EFT Centre in London with EFT Masters, Sue Beer and Emma Roberts. I now coach current Diploma students at the ECHM in London.

Lightning Process Advanced Practitioner ME/CFS

Diploma in Clinical Hypnotherapy, Neuro-Linguistic Programming and Life Coaching

EFT Practitioner (Emotional Freedom Technique)

Psych-K Practitioner

Member of the British Institute of Hypnotherapy

Member of the Association of Advancement of Meridian Energy Therapies

Certified member of the Lightning Process Register

Contact Information

Telephone

UK local rate number - 0845 050 4510

Mobile - 07811 319 440

International calls - +44 1554 890 077

Address

Russell Stubbs

Fatigue Guide

Bwlch-y-llyn

Four Roads

Kidwelly

Carmarthenshire

SA17 4NL

Wales

United Kingdom

Email

russ@fatigueguide.com

Application Process

Gaining the most benefit from the training

As you are probably aware by now, the Lightning Process is a training programme and not a therapy or treatment. Although ongoing support and further training is available to anyone who needs it, it is important that you are ready to take part in the 3 day training programme, so that you can gain the most benefit.

Answering the questions on the application form may help you to decide if you are ready to take part in the training. We also recommend that you read and watch the recovery stories and video testimonials at www.fatigueguide.com.

Next Steps

To find out more about any aspect of the Lightning Process contact Russell directly. For details of the next available seminars visit www.fatigueguide.com. To apply for the training you will need to complete the application form and return it to Russell. He will then be in touch to discuss your application.