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

• Change nervous system
• Open up new pathways
• Re-wire for possibility
• Exercise positive states
Forces for change

Old pathway

Forces for change

Change
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
- **R**e-wire for possibility
- **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