

## **Helen's story**

Since becoming a mother 17 years ago and then moving country and house soon afterwards I have had a succession of life limiting health problems starting with RSI. This was cured with the help of hypnotherapy but then I developed a crippling back problem. This became a pattern, one health problem was resolved to be replaced by another or similar problem. Through this I lived with headaches, migraines, anxiety and then later, numbness in my hands.

I had been looking for an approach for many years that could put me back in charge of my life again. I heard by chance about the Lightning Process and while reading Phil's book I finally admitted to myself that I had lived with mild OCD since childhood. I used to touch walls in the same places or check and recheck if I had done things such as turned off the iron or locked the front door. The great news is that since doing the LP my headaches and migraines have disappeared, as has the OCD. Moreover, I feel that I have learned an amazing skill, which I can apply as necessary to take my life forward in a positive way.

## **Update 2010**

A year on from doing the Lightning process, the headaches and migraines that plagued my life are a thing of the past. I no longer carry around a medicine cabinet of drugs in my handbag. I also ended the numbness in my hands and arms that had been a growing problem. It is a big comfort to know that I can apply the Process to other areas of my life that need to be changed now and in the future.