

## **Martin's Story**

Being a non-ME/CFS patient, I felt at first a little doubtful about whether the Lightning Process would be as effective for me as it apparently has been for those with that condition, including a friend of mine, who first alerted me to the Process and its remarkable results. However, I persevered, largely out of desperation deciding to give it a try. My condition has been a chronic lifetime history of sporadic. Throw in the mix an unhealthy dose of low self-esteem, and you have a pretty foolproof recipe for mental instability and unhappiness, which had indeed been my lot for large chunks of time. Medication gave some relief, but I had now reached the point where I was experiencing strong side-effects from antidepressants, which made it very hard to continue using them. When various environmental triggers started to send me down that slippery slope yet again for the umpteenth time, I really felt a concern that here I was at an impasse for which there was no way out.

Even seeing those very three things - depression, anxiety and low self-esteem - specifically addressed in Phil Parker's introductory book did not completely assuage my doubts. It still seemed that the major emphasis, and most of the testimonials, were about ME, with just a few 'others' thrown in, which seemed great for those people, but didn't necessarily promise the same miracles for me.

All I can say now is that I was profoundly mistaken in this impression. The actual truth is that the depression and anxiety 'communities', for whatever reason, have not yet made the discovery, en masse, that the much smaller ME community has; namely that this deceptively simple healing modality is capable of effecting changes in their lives, if applied properly, that are certainly nothing short of miraculous.

Within just a few days I felt great changes taking place. I could hardly believe it; with apparent ease it seemed I was able to quickly reverse an entire lifetime of ingrained adverse behavior patterns; my 'mood disorders' which I had felt sure had me in an iron grip that would accompany to my grave, could now be easily jettisoned and replaced by life-enhancing alternatives which promised, on the contrary, a wonderful renewal of life for me in all of its aspects. With increasing enthusiasm I realized that I could apply this process to everything, and anything at all! I could just take anything that was giving me trouble or a problem; apply the Process to it, and bingo! I could get the solutions I desired.

The only caveat is one that is emphasized right from the start; you have to do it yourself, and you have to do it properly. Otherwise nothing much will happen. Simple as that. Luckily I am somewhat 'OCD' about doing things exactly right, and I made sure I was with this. I let myself be guided, and checked and rechecked that I was doing it exactly as it should be done.

Well, the results speaks for themselves. Almost a month has gone, and I haven't taken a single psychotropic medication since doing the Process. Haven't felt the slightest need to. My life is opening up in a wonderful way; I see no reason whatever to think it will not continue to be thus for here on out. I want to sincerely thank Phil Parker for sharing his

amazing discovery with me, and I implore anyone else whose life has been haunted by the terrible darkness of anxiety as mine has been, to take the chance and give this a try.