

# Lightning in Provence

The Lightning Process is said to be able to help all manner of ailments from Chronic Fatigue Syndrome to ME and addictive behaviours. **Kindred Spirit** went along to a retreat in Provence to see how it all works

There is quite a long taxi cab ride from Marseille airport to the beautiful white-washed Chateau Colombier, where this retreat will be held, so by the time we arrive, we're all ready to stretch our legs and go for a bit of an 'explore' before dinner. The Chateau is in the heart of Drome-Provence in Northern Provence and the area is rife with olive groves, vineyards and fragrant flower meadows. The fresh and aromatic air helps clear our lungs and we walk up a healthy appetite.

Michelle Clemons is the facilitator for the Lightning Process course while accommodation, food and generous amounts of drink are provided by Clare Howard, a business life coach who also provides stimulating evening conversation and a roaring log fire in the study. With no Lightning Process session the first day we have an opportunity to relax into the retreat.

## Starting the Process

After a comfortable night's sleep in the pretty bedrooms, we begin our first session bright and early. Michelle makes the learning lots of fun through her good sense of humour and sensitivity. One of the participants is suffering from ME, another has blocks to healing from a bad past experience, and another has an addiction. I myself am trying to conquer my suppressed anger and irritability.

The Lightning Process is a three day training program designed by Phil Parker, an osteopath and personal development expert. Michelle was personally trained by Phil Parker. The handouts and presentational aids are a bit 'corporate' and it jars a little with the wonderfully informal setting that we're enjoying. However, the material is sound and looks at why we develop problems through stress that our own thinking patterns cause to arise. We undertake a fascinating little experiment in how to remember to spell any word at all, forwards and backwards. We're taught about how language and the words we use can make us feel powerless and at

