

SWALLOWS RETREAT



THE LIGHTNING PROCESS® FOR M.E.

Swallows Retreat is now recognised as one of the most successful centres worldwide for the provision of the Phil Parker Lightning Process. Hundreds of people aged from 9 to 86 have participated in this revolutionary process with Advanced Lightning Process Practitioner Linda Morgan at this delightful country house set 3 miles outside Henfield village in West Sussex. The results speak for themselves.





Take time in
Swallows
lovely
English garden,
full of flowers
and trees, with
special
places—
elevated tree
house, shady
garden seats...

Relax in the
atmosphere of
the poolside
gazebo or float
in the heated
swimming
pool....



The Lightning Process

This is a remarkable programme that has been found to have profound effect on M.E. and related conditions. Linda has also now worked with diabetes, thyroid and various auto-immune problems with interesting results. The Lightning Process has also been found helpful in a range of stress and depressive conditions.

Quiet simply, getting over these life limiting conditions with the Lightning Process takes training and dedication from your LP Practitioner and serious intent and commitment from the client. If you go through the Process and the techniques you are shown, then go away and DO the LP (not just THINK about doing it) you have the answer in your own hands and the results can be amazing – as can be seen from the hundreds of thank you letters and cards now to be seen at Swallows. The programme is run over three days.

Linda Morgan

Dip.Clin.Hyp.CMP NLP, Coach

Advanced Lightning Process and Lightning Process for ME Practitioner

Fascinated by the Lightning Process, she studied for two years with Phil Parker, Originator of the Lightning Process, qualifying for the Advanced Diploma in Clinical Hypnotherapy, Certified Master Practitioner Neuro-linguistic Programming and Life Coach. Because of her intensive work with clients from the outset, Linda became the first Advanced Practitioner in Sussex in June 2008, since when she has guided hundreds of clients through the Lightning Process and into a healthy and happy future.

During this time Linda has worked closely in conjunction with medical specialists in controlled result audits, the first of which will be published in 2011.



There are sofas and reclining chairs in the room where the programme takes place and every effort will be made for your comfort.

Swallows is a daytime Retreat and a local accommodation list can be provided. We now have five star B/B at Sussex Prairies next door to Swallows across one of the most beautiful gardens in Europe designed by Paul and Pauline McBride. We also have full service accommodation in Henfield Village. At Swallows there is ample off road parking and the house is situated on the B2116 between Henfield and Hurstpierpoint villages. The B2116 runs between the old A23 London to Brighton road (come off M23 at the B2118 turn off) and the A281 Henfield to Horsham Road.

The nearest rail station is Hassocks— ten minutes drive and Burgess Hill and Haywards Heath— twenty minutes. These all link with London Victoria, Brighton and Gatwick. Gatwick Airport is thirty minutes away and Heathrow an hour (depending on M25 traffic it can take longer). Taxis need to be pre-arranged.

For information and a Lightning Process Application form contact Linda Morgan, Swallows, Wheatsheaf Road, Henfield, West Sussex BN5 9AT. U.K.

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