

Once you have completed this form you will not be able to save a soft copy of it. However once it has been emailed to Helen and processed you will receive a copy attached for your records. You can also print a copy of the application at any time.

Please ensure you fill this form in only if you are taking your training with Helen James. Once this form has been received you will receive an email to confirm receipt. Helen James will then ring to talk to you before you take this training seminar in order to assess if this program is right for you right now and if so to confirm dates.

Please complete this box to provide us with easy access to your contact information

Name

Preferred contact number

Email Address

Application form for the Lightning Process TM seminar

Am I ready to take the training?

It is recommended but not essential to read Phil Parker's book "An Introduction to the Lightning Process" before completing this form; it will help you to decide if you are ready. The book is available from the website <http://www.helenjames.com/feesAndPayments>

I have read the book "An Introduction to the Lightning Process"

The Lightning Process TM is a training program. Our experience is that if people apply the lessons of the Lightning Process TM to their lives they can start to change old patterns of thinking which in turn influence their health and happiness.

With any training program the trainer can only take responsibility for training and coaching to the best of their ability, then the student must apply the lessons for himself or herself. If the student doesn't apply the training, then they will naturally see very little benefit. We recommend that you think long and hard before taking this training, does it sound like something that appeals to you, and makes sense to you, something you can commit yourself to?

If you feel doubtful, cynical or just want to give it a go to see what happens, then now is probably not the right time for you, so please be honest with yourself and this form or you will probably be wasting your time and money.

How the training is conducted

Much will be demanded from you over the three days of the seminar, but if you take on the challenge, which your trainer will assess you for in terms of your readiness, the rewards are extraordinary.

Your trainer has a very demanding role during the seminars. They have to not only present the material but also manage and assist you as you go through that very challenging process. There are certain ground rules and understandings that will make the training easier for you and them.

Your trainer is completely committed to your success, as a result;

- They won't tolerate any behaviours that prevent you getting the success that you deserve.
- They will deliver no-nonsense, honest and essential feedback, do not mistake this as not caring.
- They will not always say what you want to hear.
- If what you are doing is going to cost you your success they will tell you even if it risks you being annoyed with them.

That's how committed they are to you and your success.

Your role in the training

You will need to fill in the training agreement, which is included in the application form below.

PLEASE MAKE SURE YOU FILL IN ALL SECTIONS

1. Agreement

Please read these statements, we will not accept you onto the training program unless all the statements are agreed to.

Our experience suggests you should only take the training if you agree to these statements:

I understand that the Lightning Process™ is a training program.

I understand that learning the Lightning Process™ does not guarantee me any results.

I accept full responsibility for the effects of applying or not applying this training program to my life.

I recognise that the mind and body can powerfully influence each other.

I am prepared to look at and challenge my beliefs about my condition/illness, my health and myself.

I am totally prepared to do the sometimes-challenging work, of starting to think very differently, that is required to get myself back on track.

2. Personal details and history

Name

Name you wish to be called if different

Address:

House number Street

Line 2 (if needed)

Town

County

Country

Post code

Telephone

Home

Mobile

Work

Email

About you (this helps us to ensure the course is suitable for your needs, gives a sense of who you are)

Sex

Date of Birth

Occupation

What you hope to get from doing the course

How would describe your problems/issues/illness- (include medical name/ diagnosis if relevant)

When did your issues begin?

How did they start?

What effects has this had/how has this limited your life?

I know someone who's used the Lightning Process to recover their health

Their name if known

3. Future

When you have discovered a way to get well/ resolve your issues what will you put your energies into/what would you love to do with your life?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

4. Readiness

Overall, what score would you give yourself out of 10 for your belief that you can recover using the Lightning Process, where 10 means "I definitely can". And 1 means, "I can't"?

Please score each of the following out of 10, where 10 means "I totally agree with this statement."

Statement one: I want to resolve all my issues.

Statement two: It is possible for me to resolve all my issues.

Statement three: I am capable of learning how to resolve all my issues.

Statement four: It is appropriate for me to resolve my issues and I am prepared to do what it takes to make those changes.

Statement five: I am willing to change negative lifestyle patterns, thought processes and limiting beliefs.

Statement six: I have the responsibility for resolving these issues and the power to do that.

Statement seven: I deserve to and am valuable enough to resolve my issues.

Statement eight: In terms of my issues and my ability to follow instructions, I am similar enough to all those others who have used the process to recover that I am bound to make the same kind of changes as them.

I am determined to be the next success story

5. The X factor

Please write down a few sentences on what you feel is needed from YOU during the lightning process to get the changes that the others have achieved.

6. Please select one answer

a) If you are presented with information do you tend to accept things as they are rather than tending to question them?

Other

b) If others can get well using the process then so can I- do you agree?

Other

c) My type of illness/issues (that I want to use the process on) are generally easily recoverable from.

d) My specific illness/issues are easy to resolve using the process.

e) My issues are different from other people's ones.

f) Pair the words on the left with just one that has an opposite meaning.

Simple	<input type="checkbox"/>	Smooth	<input type="checkbox"/>
		Difficult	<input type="checkbox"/>
Short	<input type="checkbox"/>	Complex	<input type="checkbox"/>
		Soft	<input type="checkbox"/>
Rough	<input type="checkbox"/>	Tall	<input type="checkbox"/>
		High	<input type="checkbox"/>

Can you suggest any improvements, or comments about the form.

7. Previous and multiple applications

Have you applied to take the training before? (if no go to question 8)

If yes which trainer did you apply to

And when

What has changed for you since applying to that trainer?

To process your application the Lightning Process head office will need to speak to Helen James (your trainer) about your case, please only send in the application form if you agree to this.

Please do not send in multiple applications to different practitioners.

8. Training Agreement

Please read and if you agree to it, sign it.

I promise that during the training I will:

- Deeply and honestly examine my beliefs
- Be available for coaching at all times
- Change anything that my trainer identifies as destructive
- Be open to feedback of the trainer and my fellow trainees.
- Recognise that I have blind spots that I don't even know I have

Signature (as this is an online form please print your name if you would like it to represent your signature in this document)

Date

9 Payment details

Fees for Lightning Process seminar with Helen James are £600.

As this is an online form you do not need to send the payment until you have been booked into a course.

Payment methods accepted are Debit and Credit card via Google Checkout on the website <http://www.helenjames.com/feesAndPayments>, Cash or Cheque made payable to Helen James.

Terms and conditions:

Conditions of payment

Once paid fees cannot be refunded in the event of a cancellation on your part, or a failure to complete the training; this is because we run small group trainings with limited spaces; if you take up a space and cancel, no one else will be able to fill it once the course starts. However, if you cancel at short notice and we are able to fill your space your fees will be refunded

We reserve the right to terminate your training if we feel your continued participation would be unhealthy or unhelpful for you or another member of the training group. Your fees will not be refunded in these circumstances.

Cancellation of seminars

On occasion unforeseen circumstances may make it necessary for us to cancel a seminar and accordingly Helen James reserves the right to cancel seminars where appropriate. In such circumstances you will be given as much notice as possible and Helen James will either refund the full seminar fee or, if you request, move the training to an alternative date. Liability for any losses other than the seminar costs will not be accepted.”

Ownership

All documents you receive as part of your training constitute an intellectual property and are not to be reproduced sold or distributed in anyway.

If you agree to all of the above conditions in this document please fill in and sign the following declaration. I understand and agree that once I pay my fees they cannot be refunded; that I understand the statements I have agreed to and agree to adhere to the above conditions.

Signature (as this is an online form please print your name if you would like it to represent your signature in this document)

Are you under 18 years old?

This must be completed by your parent or guardian if you are less than 18 years old.

Please ask your parent or guardian to read through the form and if they also agree to the terms and conditions, for them to sign the form too

Name

Signature (as this is an online form please print your name if you would like it to represent your signature in this document)

Relationship to applicant

Date

IMPORTANT

If you are planning to bring someone to help you in your learning please get them to fill in the form that you can download from the website <http://www.helenjames.com/apply> please note spaces are limited so we can not always accommodate your wish to bring someone with you.

Certificate of attendance.

From August 2008 onwards, on completion of the course you will receive an attendance certificate from your trainer. We foresee that, over time, taking a Phil Parker Lightning Process™ training seminar will be considered a valuable component of an individual's life and work skills. The certificate will act as a reference that you attended the seminar for personal development, which can then be presented to future employers as evidence of your Phil Parker Lightning Process™ training attendance.

Data protection policy.

The Register of Lightning Process™ Practitioners is registered with The Information Commissioners Office and all information is held in accordance with the Data Protection Act 1988.

You can decide to have your attendance certificate logged, together with your name, certificate number and e-mail address with Lightning Process head office. This will:

Ensure that it can be replaced in case of loss.

Help us with our research and statistics.

Help us to check that you have received the high standard of care we expect from members of our register.

If you would like this option please check this box.

In addition to the logging of your details for the purposes outlined above, we would also like to occasionally inform you of relevant developments in the Lightning Process™ and its associated programs. This is an optional service. Your details will never be passed on to anyone else for any reason. Please check this box if you wish to receive occasional and relevant correspondence from us about this.

Thank you for completing the application form.

Please email this form to

Once this form has been emailed and processed, a soft copy will be emailed to you for your records.

Alternatively you can print the form and post it to: Helen James, 2 Bentley Lane, Bury. BL9 6RZ