



# How Can The Knight Method Of Transformation Help Anxiety?

Let's look at anxiety and at a few reasons why we experience it, how it is created, when it is set up and what you can do to overcome it.

In the USA 1.5% of the population experience anxiety and it is been found that it is set up usually around the age of seven.

In my clinical practice, I can say that this is exactly what I have observed too.



Over the past twelve years what I found is that whatever problems we're experiencing in our adulthood, they were set up in childhood and they were set up before or by the age of seven.

This is because in our environment we are just soaking everything up and we are automatically responding to what is happening. We fall into these patterns of stress and learn how we deal with our emotions at this early age.

This is really important to understand in terms of understanding that emotions and anxiety are intricately connected.



Most people don't realize that if we are experiencing anxiety, it is usually because we have a built up backlog of emotions.

If you imagine that you have a huge soup pot in your belly full of emotions and from the moment you're born every time something happens in your environment that doesn't make you feel comfortable or makes you feel unhappy or maybe even stressed and severely traumatized, (because there's a huge spectrum here from slightly uneasy, too very, very traumatized).



Whatever level of the spectrum we are on, when something happens that makes us feel unhappy or stressed we automatically generate emotions inside of our body to protect ourselves.

Emotions such as fear, anger, frustration, disappointment, sadness, grief, guilt and shame.

So what we've observed is that a lot of people, when they're experiencing anxiety have this backlog of emotions. If we clear the backlog of emotions, the anxiety is going to reduce.



What we have to do is learn how to identify what we're feeling. We have to go underneath the anxiety and rather than just generalizing what we're feeling as anxiety or stress, we have to start identifying and labelling our feelings.

Different feelings will require a different solution, so for example, if we are sad about something, we're going to have to do whatever we need to do to clear that sadness.

If we're afraid about something, we're going to have to do whatever we need to do to clear that fear.



So different emotions require different solutions.

Now, whilst I am talking about emotions, it's also important to recognize (and I'm sure you probably do) that anxiety is also a physiological state.

So when our body is in an anxious state literally physiologically our body is in a certain state. We could say on the one hand that it is in the stress response.

It is highly likely that the stress response of the sympathetic nervous system is switched on.



When we are stressed and when we are worried or when we're frustrated and angry, which are often very common underlying emotions to anxiety, this is going to affect our diaphragm.

The diaphragm is a muscle that is like a dome shaped muscle that separates our torso. You could say the heart and the lungs are above it and all our other organs are beneath it.

The liver sits quite tightly up to the diaphragm, under our right ribs and our stomach sits under the diaphragm on the left-hand side.





If we have a lot of worry, fear, anxiety, anger, frustration, which are all held in these organs, (different emotions are held and also generated inside different organs) that is going to affect our diaphragm.

That is going to affect our breathing and we're going to get very tense in that area and we're going to start chest breathing.

We will find that we won't be breathing deeply into our belly like a child does. We will be chest breathing and we will actually find it quite difficult to take a really full, deep breath into our belly.



We're going to get quite a lot of stuck energy around the diaphragm, where the liver is and where the stomach is. This is just a useful piece of information to know and sometimes, this can be released with body therapy.

If the diaphragm is in play here, which it will be. The diaphragm is related to the lungs and the large intestine and when we breathe properly, our diaphragm moves down as we breathe in, and then it expands upwards again as we exhale.

If we can learn to breathe properly, it can actually start to reduce our anxiety.



So we have to learn abdominal breathing, which means we have to literally learn how to expand our abdomen 360 degrees.

Forwards, backwards, sideways in order to take a really deep breath and that will help to reduce anxiety.

We also need to learn how to bring ourselves into the present because often when we are anxious were actually worrying.

Worry is a mind habit, it's not an emotion per se. It's a habit of the mind and unconsciously what we're trying to do is protect ourselves from whatever traumas that we experienced in the past, which is still actually running unconsciously inside of us.



If we bring us ourselves into the present moment, then we stop ourselves being in the future with worry because when we're in the future with worry, it really means that we've got some sort of fear running and we are afraid the bad things are going to happen again.

It may not be the same bad things that happened in the past, but it will be some new version or something bad that is going to happen in the future.

Or it could be a similar issue that we're afraid of happening again but either way there's a lot of fear, there's anxiety and worry.



If we bring ourselves into the present moment, usually we are OK. There may be stuff going on, but usually we are still okay. So we have to learn the art of being present.

What we also need to do, for complete holistic healing is, go back and identify whatever the issues were that originally set up the trauma, the stress, the worry, the fear, the anxiety and we need to clear those issues.



This is what The Knight Method Of Transformation does. It uses all these different approaches and a variety of strategies to help clear issues at the root.



**This Ebook is a collaboration between Kim Knight,  
Founder of The Knight Method at Kim Knight Health  
& Global Healing Exchange**

