

# ASTHMA



&

## The Knight Method



# How Can The Knight Method Of Transformation Help Asthma?

I want to talk about asthma and how we can reverse symptoms of asthma without medication. I'm not saying it is not necessary to take medication sometimes.

What I'm saying is that sometimes we can reverse symptoms of asthma, without medication and I'm living proof of that.

I suffered with asthma for quite a few years and now I'm 99% free of it.



I say 99% because occasionally I can get a little bit breathless, but then I can always work out the reason.

So it is possible to reverse asthma without medication and in order to do that we need to learn what really causes it.

In the USA, it is said that one in 12 people which is about 8% of the population experiences asthma and that 6.5 percent of people going to the doctor say that they have symptoms of asthma.

This number is increasing so obviously this is a serious issue, which we need to address.



Now whilst many people may say that symptoms of asthma are due to pollution or maybe pollen, I'm going to share some other ideas on this and I know them to be true because I personally experienced them myself.

Now, many people are not aware that every cell, tissue and organ in the body has a metaphysical as well a physical function. Most people don't know that every organ, tissue and cell also has a beyond physical function, so we could say rather than just having a biological function they also have a bi-logical function.



The lungs are no exceptions to this. We need to start to understand that when our body is creating symptoms, it is not just due to something physical.

There is something metaphysical going on and usually that is something to do with our emotions or maybe some limiting beliefs.

Usually the two go hand-in-hand. Also usually it is to do with some form of stress or trauma and often that stress or trauma may be from the past and it may have been forgotten consciously, but the body never forgets.



So what we have to do is we have to ask, “What is it that is stressing me out?” and often we have to ask ourselves, “What does this remind me off from the past?” because whatever we're experiencing in the now is usually a repeat of the past.

Now there is a huge connection between the liver and asthma and most people are unaware of this. The liver holds the emotion of anger, frustration and rage and once we literally clog up a liver with these emotions it toxifies the liver on a physical basis.

So our emotions, literally alter the functioning of our physical organs.



Now, our diaphragm sits very close to the liver under the right ribs and if we have a lot of toxic emotions stored in our liver, unconsciously we will try and get away from those emotions.

We will do that by stopping breathing because when we breathe fully we get in contact with our feelings.

So we unconsciously stop ourselves from breathing and this affects our diaphragm. It creates shallow breathing and it also can create our right shoulder going up and a lot of shoulder pain in our right shoulder and scapular area.



So anger and frustration is the most toxic emotion, or one of the most toxic emotions, which is why the liver deals with it, because the liver is all about detoxification and so our most toxic emotions get stored in our liver.

So if we're experiencing asthma there's often a direct connection between our lungs, our breathing, our emotions and our liver.

So as I said there are many emotions that can be related to asthma, all sorts of emotions. Stress, fear, shame, guilt, worry, frustration etc. It is our job to identify what emotions are inside our body that we haven't cleared.





Ask, "What stress and trauma is inside my body that I haven't cleared, that I need to clear so that my body doesn't have to be clogged up with these emotions and cause these physical symptoms?"

When we have asthma it is going to affect our diaphragm, which will affect our breathing and most people become shallow breathers and do not do abdominal breathing.

If you watch a baby breathing it will be breathing into its abdomen, which is normal natural breathing.



But as we store these stresses and emotions inside of us, during our life, our breathing becomes shallower and shallower so we have to learn how to breathe better.

Another thing that's interesting that I have observed and it certainly was the case for me, is, as we start to address our life issues maybe our past traumas, we start to get in touch with our emotions.

This is normal, the body can find this quite uncomfortable or our psyche can find this quite uncomfortable. We can get adult onset asthma when we start to do personal development work and that was what happened for me.



I never had asthma as a child but I started to get asthma when I was about 35, when I was seriously getting into a clearing trauma from the past.

That was when I started to experience asthma because unconsciously I didn't want to get in touch with those emotions.

My body was closing down and my breathing was closing down because the lungs are all about taking in life.



So you can see your emotions play a huge part in how your body reacts and hold illness. After reading this, do you think is it possible for you to manage your emotions, therefore releasing asthma from your body?



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

