

CONSTIPATION



&

The Knight Method



How Can The Knight Method Of Transformation Help Constipation?

Let's talk about constipation and maybe some perspectives that you may not have thought of as to why you may be experiencing constipation.

So about 12 to 19% of the population in North America in 2009, which was as many as 63 million people, are suffering from constipation.



It's highly likely that this is higher now because all the statistics of people with all sorts of health conditions has been on the rise in the last few years, not going down.

They've been going up!

So the first thing we need to understand about our body is that it not only has a physical function. It has a metaphysical, beyond function. It is absolutely critical to understand that our body functions are not just physical.

Literally every cell, every organ, every tissue, has a job to do to process our emotional energy, to process our stress.



They are not just doing a physical function. What is really interesting is that the type of function physiologically will give us clues as to what the metaphysical function is.

So if we look at the physical function of the large intestine it is to let go of waste. So our food goes through the stomach, it through the small intestine and that is where assimilation is done and then once it reaches the large intestine, it is the large intestines and rectum's job to let go of the waste. To let go of what we don't need.

So this is a physiological function of the large intestine.



If we look at what is it doing metaphysically it is also letting go of what we no longer need.

Letting go of waste material, but not just physical waste material it is letting go of emotional and mind waste material and also emotional toxins.

To give you an example: I was working with the client many years ago. She was in her 70's and she'd spent 3 months in hospital with chronic, lower, stomach pains so it was in her large intestine.

Chronic pain, lots and lots of tests but nothing showed up physically.



In our second session what came to light was the fact that she had not grieved the death of her mother.

Now in Chinese medicine, the emotion of sadness and grief is very much related to the large intestine. We can't go into detail here. Certain emotions gravitate more to different organs.

So sadness is related to the lungs in the large intestine, which are paired organs in Chinese medicine.



So she had this sadness and grief stored in her body and her body had been very intelligently storing those emotions until she could clear them because she just suppressed them in the moment that she heard that her mother died.

In that second session she tapped into that grief and she released it and the pain that she'd been experiencing for 3 months went in a second.

It doesn't always happen that quickly but it's a really, good example of how our body holds emotions and how those emotions, then turn into physical pain.



So my question to you is, if you have constipation, what is it that you're holding on to and what is it that you have not let go off?

This can be many things. It could be stuff happening right now, or it could be from the past, and the 2 are often related.

So we have to ask ourselves. What is it that I'm holding onto?

What is it that I'm not letting go off, that I'm not willing to let go of, I'm not ready to let go of, or maybe I'm afraid to let go off?

You can ask yourself, these questions.



One of the core themes, one of the recurring themes with the constipation and the colon is indigestible anger.

In other words, we've had anger, we've had upsets, we've been frustrated over something and we have not let it go.

So who have you had an upsets with that has created frustration and anger that you have not resolved. These are useful questions to ask.

Another common theme with constipation and the colon is territorial anger.



So this is to do with somebody maybe crossing our boundaries or encroaching in our space, psychologically, maybe even physically and it is affecting our self-worth and our self-worth is not as high as maybe it could be and we're holding on to anger because of that, so this is another common reoccurring theme.

I hope this information has been useful for you.



Emotions are there to protect us, they are there to bring our attention to the fact that there are issues which need dealing with in our life.

What will you now do with this information to start healing your emotions?



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

