

DIABETES



&

The Knight Method



How Can The Knight Method Of Transformation Help Diabetes?

Let's talk about diabetes and gain some alternative understanding as to what creates diabetes from a non-physical perspective.

Most people tend to think that diabetes is purely a physical issue and that we just need to treat it through changing our diet and exercise.



Obviously it is really important that we eat healthy and we have the right exercise, but there may be underlying causative factors, which many people are not aware of.

In America nearly 10% of the population experience diabetes, so this is quite a high amount and the number of people with diabetes quadrupled between 1980 and 2014. It is now the seventh leading cause of death in the USA.

So let's start with getting an understanding of the metaphysical or beyond physical meaning and function of the spleen and the pancreas, which are two of the key organs involved in diabetes.



In Chinese medicine, there is what is called the 5 elemental cycles, or the 5 elemental forces of nature cycle and the pancreas and the spleen are to do with the earth element. We have earth, water, wood, fire and metal.

This is the 5 elements cycle and the stomach, spleen and the pancreas are grouped together as the earth element. The Earth element is a stabilizing element and it is very much connected with mothering, mother Earth and feeling mothered.

So often if we have not experienced feeling mothered, in our life, we have not experienced the sweetness of life.



We might have trouble with our stomachs, spleen, and/or pancreas because we're not going to feel safe. Safety is an absolute critical factor for physical health.

Most people don't realize the effect of stress and not feeling safe in our life on our physical health, but it's an absolutely huge factor.

What I found with every client that I've ever worked with who has a chronic health condition, at a fundamental level, they do not feel safe and they never really felt safe when they were growing up as a child.



So this lack of safety, this lack of support, this lack of nurturing, then leads them to not believing they deserve to be supported or nurtured and they then also learn not to support or nurture themselves.

Now we're not doing this consciously. We don't sit there and make a decision that we're not going to love ourselves and nurture ourselves and take care of ourselves, but it happens as a by-product of not feeling loved, supported, nurtured, not experiencing the sweetness of life in those first few developmental years.



Fundamentally underneath, what we feel is, we don't deserve these things and we don't deserve love. We don't deserve to feel supported and we don't deserve to be happy, even or maybe even we don't deserve to be alive.

So this really has quite a big effect on the spleen, pancreas, stomach and organ system, but actually on the whole body as well. This topic, this thing of sweetness of life, safety, nurturing, and support is a real key thing.



One of the reasons for this is because when we worry and when we overthink and when we don't feel safe and when we don't trust, it directly affects the functioning of the stomach, spleen and pancreas.

Chinese have found this through their research and it's well known in Chinese medicine and for example, in acupuncture. So when we worry we literally tie our spleen chi up in knots.

Our chi is our energy and we tie this chi up in knots so that the stomach, spleen, pancreas, organs can't work properly and chi is not flowing properly.



In order to really deal with diabetes, we have to look at these more underlying psycho emotional issues and we have to learn to take away the fear and the mistrust that is built up inside of us and we have to rebuild trust.

We have to rebuild trust in other people, in ourselves and in life in general and that takes time. We also need to learn to nurture ourselves more.

We need to learn that it's okay to put ourselves first, to make ourselves a priority. We need to learn that we don't have to feel guilty for putting ourselves first and for being happy and for enjoying the sweetness of life.



This is very important to understand and to take into account in the overall approach to healing diabetes.

Now obviously it's also very important to have the right diet because different foods will affect the body in different ways and some foods will exacerbate diabetes and other foods will help improve it. Also exercise needs to be taken into account so all these factors need to be taken into account in a holistic way.

The good news is that with the right mindset and with the right emotional healing and the right diet, we can reverse symptoms of diabetes. It is not a life sentence.





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

