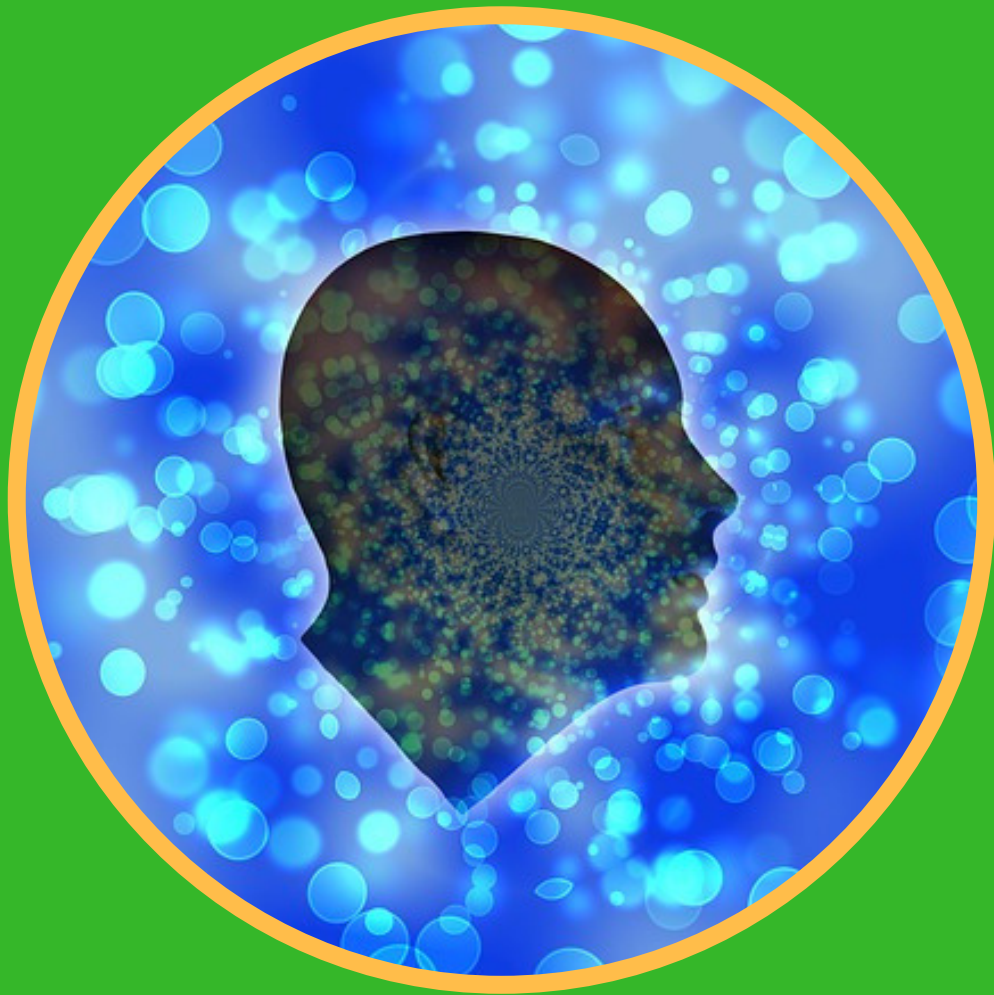


# WHAT IS THE KNIGHT METHOD? PART 1



# What Is The Knight Method?

In this eBook I am going to introduce you to the Knight Method of transformation.

The Knight Method is a tool box of personal development, strategies and techniques which are designed to guide you into being the happiest, healthiest and most evolved version of yourself, so that you can live your potential and purpose, so that you know by the end of your life you have done what you came here to do.

**You feel fulfilled and you feel like you have fulfilled your potential.**



You feel like you have served the planet in a beneficial way. That is the purpose of this methodology.

And these personal development and self-awareness techniques are designed to lead you towards self-mastery of your physical body, of your mind, of your emotions and of your spiritual self whatever that is for you.

**So as a human being we are multidimensional beings, we're not just a physical body. We have a mind which is all our thoughts and our conditioning, our programming, our memories. our unconscious.**



We have emotions which is all our feelings.

They can be good and not so good feelings and we have our spiritual self which is all about our potential and much more and that would be very personal and unique to each person.

**So these techniques show you how to take back your power if you've given it away and step fully into your authentic self.**

Now one of the things that I'm really passionate about is giving people the tools to do things themselves.



I don't want to be here forever having to tell people or show people what to do.

I want to show people how to do it for themselves and this is what I call self-mastery.

I remember sitting in a talk by one of my teachers one day many years ago and he said "become your own master", and those words really hit me right in the chest and I had this realization moment of like "oh my goodness, it's up to me.

I have to become my own master" and I'm going to be talking more about that in a minute.



Now also the element of being our authentic self, this is very important.

If we're not true to ourselves and we're not being our true self and authentic to us, then we cannot experience true health and we cannot experience happiness, and we cannot experience success.

**It's all about embodying our authentic self because we can only create true happiness, health and success when we truly believe in ourselves and value ourselves and are operating from a place of wisdom.**



Now this self-value is very important.

Over the past numerous years that I've been working with clients, I've noticed that self-value, self-belief and self-worth, or rather lack of those things really sit at the root cause of many life problems.

So often people come in the door to see me because they've reached a breaking point in their situation.

It could be a chronic illness. I tend to specialize in chronic pain and fatigue.



Or it could be any other symptom. It also could be chronic unhappiness and they've reached that point where they say, "that's it, I'm willing to do whatever it takes, I cannot tolerate this anymore".

That is actually a great place to get to because often when we get to that place, we are ready for change.

So once we start working together people soon realize the root cause of whatever their problem is, whether it's a physical illness or unhappiness or problems at work, problems in their relationship, whatever the problem is, the root goes much deeper than they ever suspected.





In fact, I've discovered, that the root cause of most problems goes back to whatever happens in those first seven years. There's a saying "give me a boy until he's seven and I'll show you the man". You can say the same thing, "give me a girl until she's seven years and I'll show you the woman".

We have these core events and programming that goes on in those first seven years, then unbeknown to us, when we start having problems that seemingly come out of the blue or we just can't understand them later in life, when we track back its all set up in those first seven years.



Therefore the solution, especially for physical symptoms and even when I say mental symptoms., things like depression.

Or if we have a psychosis or paranoia or whatever the solution is, it is not going to be found at that physical mind level.

Part of it will be at the mind level but not the total part of the cause.

What we're going to have to do is look a lot deeper and take this very holistic view of a person and look energetically at what is happening in that person's life.



We also look at the emotions. The emotions are a big missing piece. They certainly were for me! What you are going to discover are the 12 core emotional themes which underpin most life problems and chronic illnesses.

After having seen hundreds of clients and done hundreds of breakthrough sessions, when one does something repeatedly on noticed themes and recurring patterns, what I noticed is that there are certain life traumas and life events and responses to those events which repeat, repeat, repeat across many people, and these lie at the bottom of most chronic illness and most life problems.



So often in life we have what we call an end result which is the problem that is turning up.

For example an end result could be “I feel unhappy, I have symptoms. I feel sick. I'm unhappy in my relationship.

I can't make any money, I always have financial problems. I've got problems at work. I just don't seem to be able to find my ideal job, my career”.

Whatever the life problem is, whatever is turning up in our lives is what we call an end result.



Now in order to really truly clear that problem or the end result, we must go to the root cause. That is what we do right at the start of working together. When I work with people we work in three stages. First of all we must **identify the problem**, the cause and usually there's a few things that come together to create this cause.

Really what we're doing is recognizing what we haven't seen before, because we tend not to see things in ourselves.

Sometimes other people can see them, sometimes they can't. It depends how self-aware they are but often we just miss our own stuff.



So for example when I was diagnosed with clinical depression when I was 28 I had no idea first of all even what the word meant!

I had no idea I wasn't actually as happy as I could be.

**I had no idea that actually certain events in my life had created deep feelings of unhappiness which was still stored inside me.**

I had no idea that one can learn to identify emotions and clear them. I had no idea of any of this.



We can be walking around doing our life thinking that we're doing life normally, going to work, going home, having a relationship, whatever our life is and be completely oblivious to all this stuff that is actually going on internally, until it starts to show itself as 'problems'.

**One of the body's best ways of getting our attention is through pain and also fatigue.**

**It can be mental pains showing as depression, or it can be literal physical pain that we feel when our body is trying to get our attention.**



So the first stage is always **identification**.

Now if you, for example, have a breakdown in your car and you go to the mechanic, (personally I wouldn't know what was wrong if my car broke down, I'd need to go a mechanic) and if they can't tell you what has caused the problem, they are not going to be able to fix it, right.

They don't know it's the radiator or electrics or the engine or whatever.

**They don't know what tools to use, they don't know which parts to order.**





They will have no clue! What I found in my personal journey of trying over 200 therapies is that often I would go and see somebody but they didn't really understand what the cause of the problem was and so we were never really getting anywhere and I was going round and round in circles.

**So this is why I've developed this first step which is the identification or what I call the root cause analysis.**



The root cause analysis is done in one easy session.

The second stage is **resolution** of the problem.

This is where we turn things around and we address the root causes so that the end results no longer have to turn up.

And once we've done that we start to bloom, we start to flower.

We start to be able to manifest our potential and I can speak to you about this from personal experience.



So having cleared out all the dregs and the stuff that had to be cleared out, what is already there starts to come through because what we're doing in this work is clearing away a lot of dregs and a lot of blocks to what is preventing us being our true self.

**Then we can start really living. We can start really living our potential, reaching our potential and evolving as a human being.**

**We're taking away and we're not adding. We're removing the blocks to being our authentic true self.**



We're removing the blocks for example to love, especially self-love. We're removing the blocks to self-appreciation, to self-value, to self-acceptance, to gratitude.

We're removing everything that is blocking. When we do that our natural abilities and our natural potentials just reveal themselves.

## **Read More in Part 2**

**This Ebook was written Kim Knight from Kim Knight Health for Global Healing Exchange**

