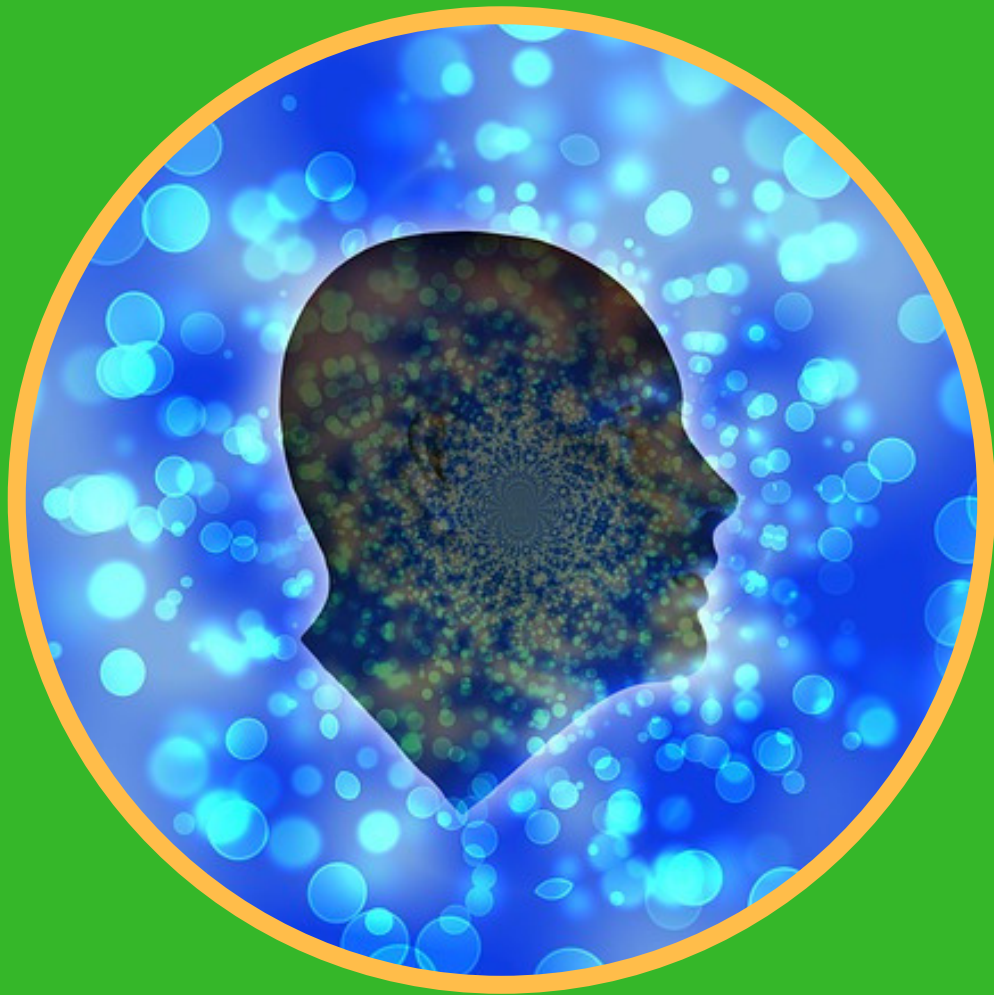


# WHAT IS THE KNIGHT METHOD? PART 2



# What Is The Knight Method?

## Continued from Part 1

To recap:

The first step, the identification of the problem is just one 90 minute breakthrough session where we do a whole life assessment.

**We get the big picture and the fine detail. Usually this is the revelation stage. It's really important to understand that when we heal an illness or a life problem we heal a whole persons' life.**



**We are not healing illness. The illness is just the end result, it is the symptom. It is symptomatic of something that needs to be addressed so we're healing a whole persons' life.**

Then we go to the next step, which is the resolution. There are many aspects to this part. I've just put a few in here. For example emotional mastery training which means learning to become very adept at identifying and clearing negative emotional energy which can get trapped in the body and cause a cellular dysfunction.

This then manifests as either depression or illness or unhappiness.



**It's very important to heal and clear traumas and what are called UDINS or shock moments that again get trapped at a cellular level in the body.**

It's absolutely essential to identify and replace unhealthy habits with new life affirming healthy habits. So for example, if somebody is a workaholic it is not healthy.

It is not conducive for the body to be able to operate in a healthy way.

**The body has needs and we need to learn to understand what these needs are and how to take care of our body.**



We may need to look at assertiveness and confidence training. We may need to look at stopping bullies and unfair treatment.

When we work together it's completely tailor-made because every single person is completely unique and has completely different needs. We may need to look at guilt free, self-first and self-care.

**We may need to learn that it's not wrong to put ourselves first.**

In fact if we don't put our oxygen mask on ourselves first we cannot help anyone else. If our cup isn't full it cannot overflow to help other people.



We may need to look at work-life balance and time management. We may need to look at clearing the decks of unwanted people and unwanted situations.

We're definitely going to be looking at stress management. So there are many different components to the resolution path and that is tailor-made uniquely to each person. We do this when working one to one.

However if I'm providing an online program for example then it would be more generalized and then people will take what they need from that program.



I want to share how the Knight Method came about. It came about through three ways really.

First of all my personal experience of being very unhappy, very sick and having to do everything that I had to do in order to get well.

It came about through the professional training which initially I started.

I wasn't training to be a professional or a therapist, I was just doing these therapies so that I could heal myself.



Then after a few years I had trained professionally in so many therapies and got myself well I thought, "it looks like this is the next step" because I don't really want to go back to what I was doing before, so I'll start doing this. So it wasn't really planned, not by me anyway. Maybe by some bigger part of me.

The third step is **clinical experience**. That is working with a couple of thousand people over the past 12 years. Working with them and gaining hands on experience of seeing client after client after client and seeing these recurring themes, seeing what works, seeing what doesn't work.





So these are the three core ways that the therapy started to come about.

So looking at a bit more detail into my personal experience (I never thought about this at the time but now I can look back), I can see how, my illness actually started about the age of six and potentially even before that, but I certainly remember from the age of six I was having one condition after another.

**I was brought up in a time where you just go to the doctor and you just get a pill or a medication or surgery. You don't ask why there's a problem.**



You don't even question it, you just take something to get rid of the symptoms to put a plaster on it and that is that.

So it wasn't until I started studying new ways of looking at illness, because simply the old ways for me weren't working, I came to understand, there was a real long history here and that is what we find when we work together in that breakthrough session.

Things started to get worse when I was 28.

I was diagnosed with clinical depression.



Then even worse when I was 35 where I walked into work one day and quit because I was just simply exhausted. I was diagnosed with chronic fatigue. I spent the next ten years unable to work and searching, searching, searching for answers, I tried over 220 therapies, sold my house, and thought I was going to die.

I set off around the world because I thought if I'm going to die then I just want to do this one last trip.

On that last trip I finally found the missing pieces of the puzzle and then started to put things together and turn things around.



So this was a very long journey and even though I got those missing pieces, at that time it was another ten years of really learning and implementing to turn things around.

So I feel like I've really been the 'guinea pig' here in learning what it takes to move from illness and unhappiness back to health and happiness.

Professionally I've done at least 15,000 hours of training in 20 of the most cutting edge therapies on the planet today.



I've probably done more than that but I just put that as a starting point and they do say that apparently to become an expert in something you need at least 10,000 hours of experience and training in that area so I certainly got my so-called 10,000 hours.

And all these therapies and modalities get to the root cause of the problem at an energetic or emotional mind level and then have techniques for clearing them out. And then I also alongside that as I mentioned before have tried over 230 therapies. So that was the number of therapies that I've been through to try and resolve my own problems.



Now what happened was this started happening a couple of years ago, I started noticing that I was creating my own exercises, my own techniques, my own strategies and I suppose the metaphor that explains it best is that if you get a whole load of ingredients and you put them into a bowl to bake a cake and you mix those ingredients, something else is going to come out that is different to the ingredients that went in.

**All those ingredients are there but something else comes out. Something new comes from that.**



Now this is very natural for people who develop a therapy.

They go and do lots of other things and then at some point they just start getting their own ideas, their own creation and this is what we call natural evolution.

This is the natural evolution of a human being to evolve and to create because creation is a very important part of what we're here to do.

So I never planned, just like I never planned to be a therapist.



I can assure you I never planned to create my own methodology but it was the mixture of all these different techniques that I've trained in, plus my own personal experience, plus my experience of working with 100's of people that I began to see, "I need to do this and I need to do that".

So I started developing my own protocol. For the moment the protocol is called the The Knight Method of Transformation.

**I'm going to share why the word transformation is in there because it's a really important word.**





**Transformation means a complete change in the appearance or character of something or someone, especially so that that thing or person is improved.**

So why do I bring this word here? Because when somebody comes to work with me, what we're doing is we're transforming on a deep level. We are transforming their life, their being, their beingness on a fundamental level.

We're transforming energetically and emotionally in our mind, which then also creates transformation of the physical body. When something transforms it is never the same again.



**This is why I like to call this work 'positive lasting change'. Once it's done, it's done. That doesn't mean there isn't more to be done because actually there's always more to be done.**

I remember one very wise teacher saying to me when I was seeking answers, “it never stops”. And at the time I thought “oh my goodness, when is this going to stop?” And he said “well it never stops, the learning never stops”.

But that doesn't have to be a negative thing. It just means that we continue to evolve.



So I want to share the meaning of alchemy.

Now originally al-chemy was the medieval fore runner of chemistry, you can see that in the words, concerned with the transmutation of matter, in particular with attempts to convert base metals into gold or find a universal elixir.

So often it was very common in medieval times that people were trying to turn for example lead into gold. But in personal development terms what it means is that we're trying to turn the lead inside us into gold. We're transforming what needs to be transformed inside of us, all the negative stuff that we don't want into all the positive stuff that we do want.



**It is an internal transformation because whatever is turning up in our life on the outside is a mirror of what is on the inside.**

There's a direct correlation and this where a lot of people go wrong.

They think “well if I'm unhappy in my job then I need to change jobs”, “or if I'm in a bad relationship then I need to change relationship” or “I need to move house” or whatever it is so they're trying to change the external end result.



Then they find they create another bad relationship, another unhappy job, they're not happy in their new home and that's because the inside hasn't changed so we have to change the inside.

**This is where the change has to happen and then our external world starts changing and everything can change.**

The people in our life will recycle into new people because our vibration will be rising up and changing, transforming.

We will get new jobs, new opportunities, everything changes.



So alchemy is a seemingly magical process of transformation, creation or a combination of the two.

## **Read More in Part 3**

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

