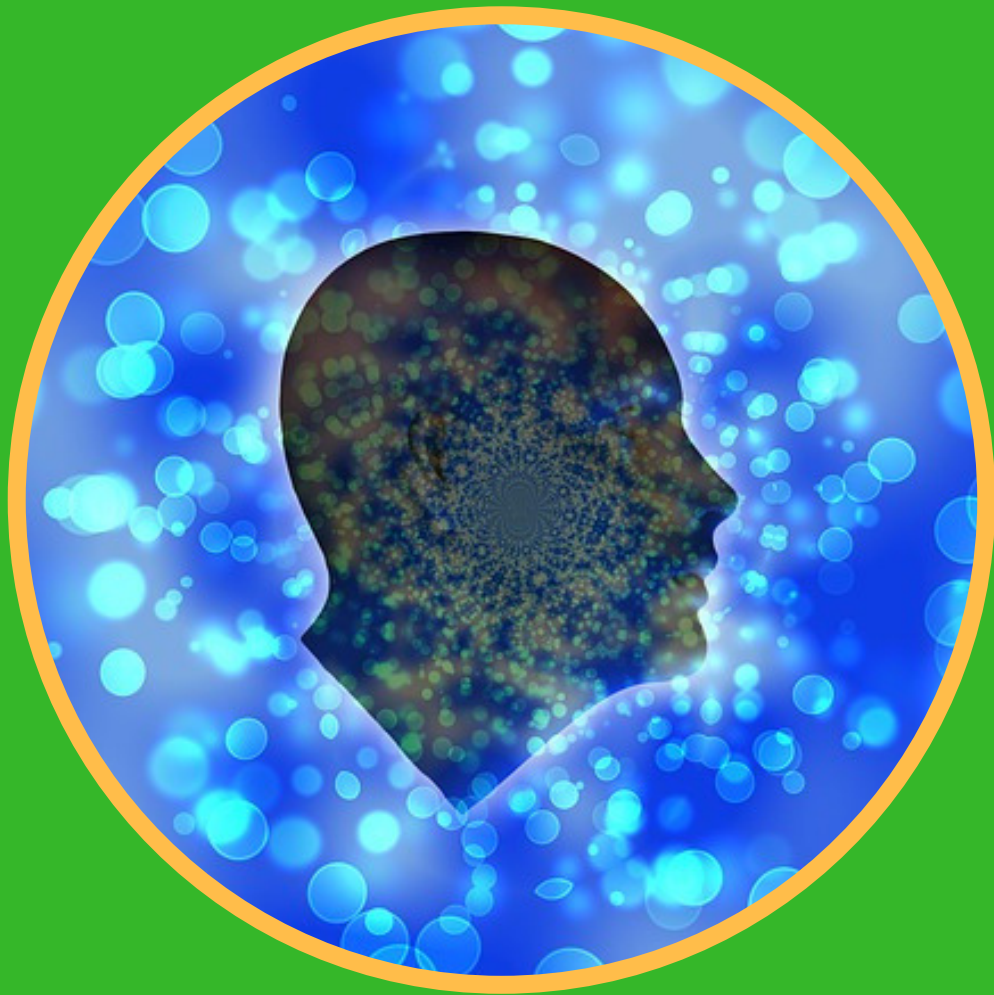


WHAT IS THE KNIGHT METHOD? PART 3



What Is The Knight Method?

Continued from Part 2

Transformation is all about transforming one element into another.

It's alchemy. It means something changes and is never the same again.

This is what is required for true, positive, lasting change.

So this is a very different approach from just focusing on the end result.



For example, yes, we can take medication and sometimes I believe that medication is really necessary. Not that it is my domain at all and I'm not allowed to make any recommendations about medication.

My personal feeling is that sometimes medication is really useful and even lifesaving and surgery is definitely essential and lifesaving sometimes.

For many of these chronic illnesses, chronic unhappiness, chronic pain, chronic fatigue, symptoms that just won't go away even though we try lots of other things, we need to look deeper. We need to look internally and discover the missing pieces.



So the third part is **clinical experience**.

Since 2006 I've worked with 100's and it's probably like a couple of thousand people to help them transform their lives from chronic unhappiness, pain and fatigue back into authentic happiness and health.

Just this morning I got an email from a client saying, "Oh my God, my heart, my heart, my heart. I can't believe I'm feeling this way again". It was a beautiful thing to hear!

Clinical experience really just doesn't encompass working in clinics.



It includes private health coaching but also I have online self-help programs. I run in-person seminars and trainings.

I speak at conferences around the world and I deliver corporate personal development and wellness trainings.

I want to share what I call the Nine Pillars of health mastery and what I've observed. This is just my view of the world.

There are nine core life areas which we need to address if we want to reach this mastery of our health and well-being.



These nine core life areas also need to be addressed if we want to get rid of an illness or feel better or feel happier, it's all the same. These nine core life areas, we have to address them to reach the mastery of our health and well-being if that's what we want to do.

We also have to learn how to stop what we call “breaking the laws of health” and instead start following the laws of health.

Most people are unaware that there are laws of health and I'm certainly not going to be going into that here, that's a big topic.



If you imagine in society where we break a law, there are consequences. We get put in jail, we get a fine, whatever the consequence is.

The same thing happens with our health. If we break the laws of life we get consequences and those consequences are feeling unhappy and sick and feeling tired and having pain.

These are the natural consequences of breaking these laws. So we have to learn what the laws are Also our own personal laws because everybody is slightly different because we're unique.



Then we have to follow those laws of health. So remember we're designed, to be healthy and happy. Health is your natural state.

Illness is not usually random or a mistake, it's a form of communication to remind you, you've gone off track and you're not serving your highest good.

As Oprah says “you are responsible for your life. If you're sitting around waiting on somebody to save you to fix you, to even help you, you're wasting your time because only you have the power to take responsibility to move your life forward”.



Now I think that we do need help. I don't think we can do this by ourselves.

Once we've learned techniques or self-help techniques then we can use them and that is one of the things that I'm very strong on.

Once you've learnt something then it must be used to get the desired effect and the fantastic thing about learning these self-help techniques is that once they are learnt and you use them, you have them for life.

You literally have them for life, and if they're used they work!



I put this in here because this is all about self-responsibility.

From my perspective our job is to interpret our own symptoms and problems and take the right action to get back on track.

Now often we need help because we're not trained on how to do that. We haven't gone to school to learn this. (Maybe in 50, 100 years we will be doing this. Maybe even in 20 years. Maybe in my lifetime, wouldn't that be amazing)?

But right now we have not been trained to understand the mechanics of our body.



We haven't been given the user manual of our mind or emotions or body. So we do need help with this which is what I do. Remember all life problems are a form of illness.

So that means if you have problems with your finances, with your work, with your relationships, with your health, with your happiness, in a way it is a form of illness.

So that is why one of my mottos is 'self-care, a revolution in health care, self-responsibility, a new paradigm in health'.
And a paradigm is a world of you!



This is really a radical change from the last 50, 100 years where we have been conditioned into thinking that we have no power to change ourselves, that we go to somebody else and they are the only person that can help us and that something or someone is going to heal us.

This is a radical turnaround. Our body has incredible self-healing abilities. We have to learn to get out of our own way and stop the process of sickness or disease that we have started.

I want to share these nine pillars of health mastery.



We must learn to deal with stress, we must learn to deal with our emotions. We have to have a healthy lifestyle which includes all of our behaviours and our habits.

We have to learn how to manage people so they don't walk all over us and encroach us and we're looking after ourselves and putting ourselves first which leads into self-management.

We must learn how to manage ourselves, that includes our time management, looking after ourselves, self-care. We must clear trauma.



We must learn how to manage our energy because we're constantly draining our energy.

We've got to learn how to rebuild our energy, so I teach people how to do that. We have to learn to manage our mind. We have 60,000 to 80,000 thoughts a day. Are those thoughts negative or positive?

Either way they're going to be having an impact at a physical biological cellular emotional level in your body. Ask, 'am I on track in life? Am I in harmony with my highest good, my highest self? (Whatever you want to call that part of you).



I hope this gives you an insight about how your body talks to you and some things for you to think about when on your healing journey.

To check out more information, have a look around the health portal and look at specific elements and health conditions.

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

