

## **Self #2a Accumulation Points**

People store suppressed / non expressed feelings in their bodies. Emotions can build up in the body and begin to 'accumulate'.

Think of accumulation points as 'release valves' particularly for strong emotions, such as anger and frustration, that have been bottled up and not expressed. Client is in an implode or explode mode. Think of the fizzy bottle of coke analogy which has been shaken up.

This method allows for slow, and safe, release of the accumulated emotion.

### **Metaphysics**

What are you bottling up?

What filters/barriers do you have that prevent you from freely expressing your feelings?

How empowered are you at processing your big emotions?

How does your relationship with, or your processing (or not) of releasing your emotions effect you?

What are you not saying/expressing?

Where do you hold tension / accumulated emotion in your body? (Refer to the metaphors for this area in the clients body).

-----

### **Evaluation:**

1. Demonstrate, Explain, Empower, Educate on your current definition of kinesiology.
2. Clear circuit IM; A muscle that you can turn on (lock) and off (unlock), bilaterally. Both in contraction and extension (Physically, emotionally, and biochemically - link back to triangle of health).
3. Test (and correct if needed) all pre checks:
  - CV
  - Switching
  - Thymus
  - Ionisation
  - Dehydration
  - Polarity
4. Find a suitable goal for the balance (see BKP 101 for details).
5. Test "This is the best goal for now"
  - IM lock = Yes
  - IM unlocks: check if there is something to add, delete, modify or discuss another aspect.
6. Discuss issues around the goal: Ask client "what tools, resources, traits, ways of being etc do you need to bring in to achieve this goal?"
7. Assess the client's
  - % thymus energy around the goal
  - % stress around the goal
8. While you keep the client thinking about / talking about the goal, check some of the pretest options such as:
  - Gaits
  - Auriculars
  - Switching
  - Ionisation
  - Central meridian
  - Visual inhibition
  - Cross crawl
  - Dehydration
  - Polarity

**NOTE:** WE DO NOT BALANCE PRETESTS - These are **objective** benchmarks to demonstrate change, we will add to these as we progress through the course.

- Have them demonstrate an activity (related to the goal) that is challenging or not easy to do, also have the client rate their stress level out of 10 .

**NOTE:** These are **subjective** benchmarks to demonstrate change,

- Find the emotion and the dynamic. Ask the client to consider and discuss what this means for them in relation to the goal as you do the balance.

-----

**Balance:**

- Firmly bilaterally massage NE for CV, GV
- Then follow the accumulation point wheel beginning at the time of day meridian, massaging bilaterally each accumulation point.
- Discuss / talk through the emotions of each meridian (in relation to client's goal) if appropriate.

-----

**Checking changes**

- Check the goal
- Check the emotion is clear
- Reassess % of Thymus & % Stress
- Reassess pretests & pre-activities & recheck 0 / 10 stress level evaluation
- Say to client "now that you are congruent with this goal, how might you be different and whats your first step to living this"
- Discuss possible home reinforcement & suggest that they check in with you re changes.

**NOTE:** Can just do the balance section of this process out of context to help shift accumulated emotional build up. Just have the client focus on the emotion they are feeling, they can discuss it if they choose but not necessary.

## 2. Accumulation Point Balance

To release deeply held anger and frustration (causing outbursts)

The Accumulation points are all bilateral (on both sides)

