

## THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 5

### Exercise- 1: Breathing Exercise

- Step 1: Breathe in through your nose and breathe out through your mouth.
- Step 2: Make a connection with the ground and breathe in and breathe out.



## Exercise- 2: Heart Focused Breathing

- Step 1: Breathe in and let it out.
- Step 2: Place your hand on your heart and as you do that, take a deep breath in and breathe out.
- Step 3: Take another breath in and let it out.
- Step 4: Make a connection with yourself. Connect with your own intuition, intuitive guidance.
- Step 5: Breathe in to your heart and let it out.

- Step 6: Feel the heartbeat by breathing in through your nose and out through your mouth making a connection with yourself.
- Step 7: Breathe in for 6 counts and breathe out for 6 counts.
- Step 8: Repeat the six-count breathing thrice and say to yourself, " I trust my intuition, I trust myself, I trust my intuition wholeheartedly."



### Exercise- 3: The Middle Finger Hold (To Release Anger)

- Step 1: Close your eyes for a moment and think of the last time, you felt frustrated and irritated was.
- Step 2: Hold your middle finger and harmonize the energy of anger.
- Step 3: Hold the finger of the past you and let that past you know that, "Irritation is welcome, annoyance is welcome, frustration is welcome, you are welcomed. I accept you; I love you, I accept you, I love you, you are lovable just the way you are."
- Step 4: Release the finger and hold yourself and say, "I am so sorry you felt this way, and that you got hurt."



#### **Exercise- 4: The Negativity Release**

- Step 1: Relax your fingers and find a spot beneath your collar bone
- Step 2: Breathe in and let it out.
- Step 3: Gently tap on the spot beneath your collar bone to release the negativity.
- Step 4: Make an 'aah' sound.



### Exercise- 5: Immune Boosting And Opening The Lungs

- Step 1: Open your chest, move your shoulders back, and make a gentle fist with your hands.
- Step 2: Tap on the spot underneath the collarbone.
- Step 3: Make an 'aah' sound.
- Step 4: Tap on the area below your collarbone.
- Step 5: Use the power of your chest to make the 'aah' sound. (You just released so many immune cells.)
- Step 6: Now, let us open up the lungs and tap gently on the entire chest area by rotating our fist in a circular fashion.



## Exercise- 6: Elbow Cress Pressing

- Step 1: Breathe in deeply and release your breath, holding the spot at the crease in your elbow (releases the chemical toxicity from the body.)
- Step 2: Dig into this spot with the thumb and breathe in and breathe out deeply.



### Exercise- 7: The High Nineteen Point

- Step 1: Put your hands in a cross position touching the area just below the shoulder.
- Step 2: Breathe in and breathe out by sliding down your hands to the spot just above your elbow.





## Exercise- 8: Meditation

- Step 1: Close your eyes.
- Step 2: Put your hand on your heart and bring in gratitude to it.
- Step 3: Say to your heart, “I choose to let go of anything and everything that is no longer serving me and, my higher purpose. I free myself from myself, to experience infinite joy, awakening and freedom.” (Repeat twice.)
- Step 4: Thank yourself, awareness, consciousness, and life itself.

