

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 6

Exercise- 1: Heaven And Earth Breathing

- Step 1: Breathe in through the nose and breathe out through the the mouth.
- Step 2: Make a connection between your feet and the ground and notice how it feels to touch the ground.
- Step 3: Breathe in from the ground and breathe out from the mouth.



Exercise- 2: Oxygenation Of The Lungs With High Nineteen Meridian

- Step 1: Put your hands in a cross position touching the area just at the shoulder joint and upper arm.
- Step 2: Breathe in and breathe out and say, “I allow all oxygen into my lungs”, by sliding down your hands to the spot just above your elbow. (Repeat thrice.)



Exercise-3: Toxin Release With Elbow Pressing

- Step 1: Breathe in and release it deeply holding the elbow (releases the chemical toxicity from the body.)
- Step 2: Dig in at your elbow (Point 11 in Jin Shin Jyutsu) with the Index finger or thumbs and middle finger, and massage it in a circular fashion.
- Step 3: Breathe in and out deeply.



Exercise- 4: Shake The Hands Off

- Step 1: Shake the hands and release the toxins off your body.



Exercise- 5: Release Sadness With The Ring Finger Hold

The Ring finger is related with the energy of sadness.

- Step 1: Hold your finger and bring in the feeling of sadness.
- Step 2: Notice the Pulse and feel the embrace of the hand on the finger. Imagine the other hand as a soft, warm blanket like the warmth of your mother or father.
- Step 3: Keep breathing in and out while holding the finger.
- Step 4: As you bring into your awareness the past experiences, let the sadness know, "It is okay, you are okay, and life is okay." Sadness is not who you are, it is just an emotion, coming up for freedom.
- Step 5: Take a long deep breath in and let it out.



Exercise- 6: Triple Point Calmer To Release Upset

- Step 1: Tap under the eye saying to self (Stomach meridian- of upset), “I release this upset now.”
- Step 2: Tap under the collarbone saying to self (calms you straightaway), “I release any upset now.”
- Step 3: Tap under the arms saying to self (related with adrenaline, calms your adrenaline), “I release any upset now.”

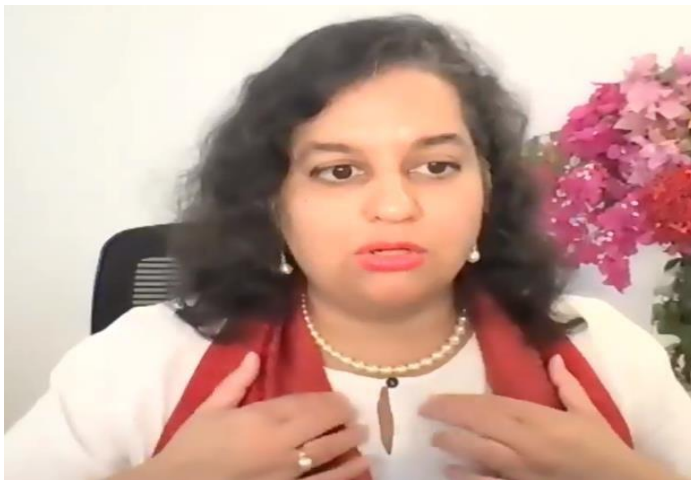


Exercise- 7: Triple Point Calmer To Feel Safe

- Step 1: Tap under the eye saying to self, (Stomach of meridian- upset) "I am safe."
- Step 2: Tap under the collarbone saying to self, (calms you straightaway) "I am safe."
- Step 3: Tap under the arms saying to self, (related with adrenaline, calms your adrenaline) "I am safe."
- Step 4: Tap under the eye, saying to self, "Safe, safe, safe, safe, safe, and safe!"

(You can do this as many times as you like)

- Step 5: Clap and say, "I am Happy, I am good, happy, happy, happy, good, good, and good."



Exercise- 8: Happy Clapping

- Step 1: Clap and say, “I am Happy, I am good, happy, happy, happy, good, good, and good.”
- Step 2: Clap and take your hand from left to right and right to left, “I am Happy, and I am good, happy, happy, happy, good, good, and good.”



Exercise- 9: Aura Clapping

- Step 1: Clap and take your hand from left to right and right to left and say, “Ha-ha-ha-ha.”

(Releases your negative energy and cleanses the aura.)



Exercise- 10: The Heart Meditation

- Step 1: Take a deep breath in and let it out.
- Step 2: Put your hand on your heart.
- Step 3: Close your eyes.
- Step 4: Imagine the contact with the heart area, imagine a healing area near it and it is filling the heart with so much love and acceptance.
- Step 5: Imagine all the healing and all that love and acceptance going into the heart melting any and all hurt dissolving any and all heart break and it is like your hand goes right inside the heart and says, "I got you, I am holding you, I am loving you, you are mine, I am yours, I got you, I love you so much, I love you with all my heart and all my soul, I am grateful to have you in my life."

