

THE BOOSTED PROGRAM - EXERCISE WITH STEPS – DAY 13

Exercise 1: Heaven And Earth Breathing

- Step 1: Place your feet on the ground and as you place your feet on the ground, go ahead and breathe in through the ground and out through the mouth.



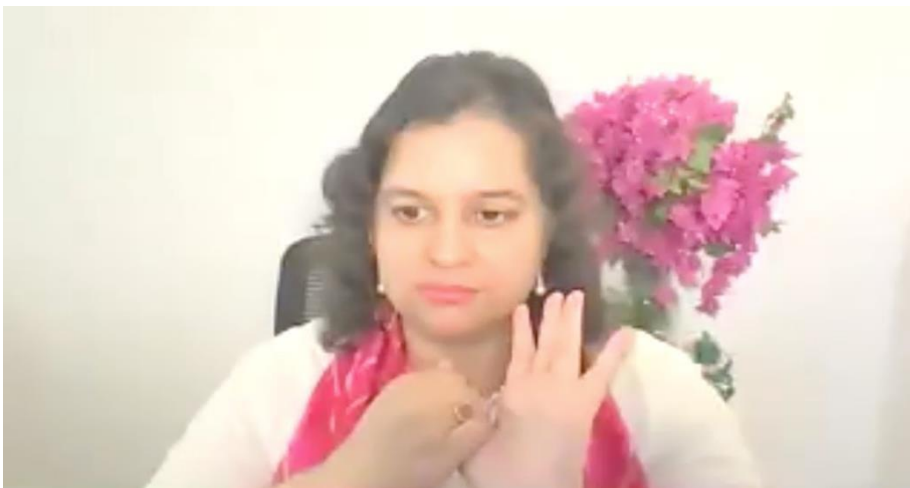
- Step 2: Here, we are connecting with the earth's energy – the energy with the divine mother. Imagine you are breathing in the qualities of the divine mother. Qualities like unconditional love, divinity. Imagine the sacred embrace of the mother.
- Step 3: Go ahead and take a breath in and out through the mouth. Imagine the qualities of unconditional love flowing through the body.



- Step 4: Now turn your attention to the heaven, the stars, the galaxies, the divine father, the divine masculine, the solar energy. And the divine father has qualities like communication, assertiveness, confidence. And so, we are going to breathe in all qualities of the divine father.
- Step 5: Breathe in and as you breathe in, notice a merging of the divine father and the divine mother.
- Step 10: Place your hand on your heart and imagine the breath coming in from the feet and the head together.

Exercise 2: Releasing Anxiety With The Thumb Finger Hold

- Step 1: Begin by holding the thumb, which has the energy of anxiety or worry.



- Step 2: Just hold the thumb and feel if there is a pulse there or not. And just hold it; notice what it feels like, to embrace the thumb.
- Step 3: Just keep breathing while holding the thumb.

Exercise 3: Releasing Fear With The Index Finger Hold

- Step 1: Begin by holding the index finger, which harmonizes the feeling of fear.



- Step 2: When the pulse on the hand and the finger are in the same pace, it is known as harmonization. That is when the hand and the body are in complete alignment.
- Step 3: Release this fear now, surrender this fear now.

Exercise 4: Releasing Anger With The Middle Finger Hold

- Step 1: Begin with holding the middle finger, which is associated with the energy of anger.



- Step 2: Just hold the finger and notice if there is a pulse or no pulse. Knowing what it is, it is welcomed. There is no judgement here. Everything is welcome.

Exercise 5: Releasing Sadness With The Ring Finger Hold

- Step 1: Begin with holding the ring finger which has the energy of sadness.



- Step 2: Holding the ring finger and feeling if there is a pulse, closing your eyes just breathe in and breathe out.
- Step 3: Just release any and all sadness. Just breathe in and out.

Exercise 6: Releasing Control/Trying Too Hard, With The Little Finger Hold

- Step 1: Hold the little finger has the energy of effort. Just feel if there is a pulse there.



- Step 2: Closing your eyes, breathing in and out, just feel the pulse. And if there is no pulse, that's also okay. Releasing any and every control or trying too hard.
- Step 3: Closing the eyes, just breathe in and out. Just feel your hand embracing the little finger, allowing the little finger to be embraced, letting the little finger know, it's all okay. Everything is okay. Life is okay.

Exercise 7: Releasing Despondency & Dejection With Palm-On-Palm Breathing

- Step 1: Move the palm on the other palm and thereby release any despondency, any dejection, any hopelessness and gently breathe in and out nine times.



Exercise 8: Forgiveness Using EFT Tapping

- Step 1: Recall if there's anyone you want to forgive – it could be yourself or somebody else.
- Step 2: Tap on the karate chop saying, *“Even though I haven’t always trusted myself, and I am being really hard on myself, I deeply and completely love and accept myself. Even though I’ve been really hard on myself sometimes, and I haven’t trusted, I am open to the possibility of trusting myself anyway. Even though I have such high expectations of myself, and I’m really hard on my ability and I’m so judgemental of myself. It makes me very anxious; I love and accept myself anyway.”*



- Step 3: Tapping on the facial meridians, body meridians and fingers, say, *“All the bad decisions I took; all the good decisions I took; all the bad decisions I took; all the good decision in took; all the bad; all the good; so judgemental; really judgemental; finding it really hard to forgive myself, very hard to forgive myself. So hard to forgive myself. Really hard.”*



Exercise 9: Forgiveness Meditation

- Step 1: Put the hand on the heart and bring the people in your life that need forgiveness, say out loud, *“I’m so sorry for all that previous pain. I’m really sorry. It’s over now. You can relax. It’s okay to forgive yourself wholeheartedly. I forgive you. Life forgives you. The universe forgives you. All is forgiven.”*



- Step 2: As you forgive yourself, I want you to open your heart to all of you. To open your heart to embracing all of you. To embracing this incredible being that you are. and as you embrace all of you, embrace the being that you are. the life that you are. and allow your heart to melt into a sacred embrace. Into a very special embrace.