

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 17

The exercises done were:

Exercise 1: Heaven And Earth Breathing

- Step 1: Put your feet on the ground.
- Step 2: As you put your feet on the ground, imagine your feet touching the ground, the mother earth.
- Step 3: Go ahead and breathe in from the ground and let it out through the mouth.



- Step 4: Breathing in again from the ground and letting it out from the mouth.
- Step 5: This time, as you make contact with the ground, imagine breathing in unconditional love and letting it out through the mouth.
- Step 6: This time, breathe in nourishment / self- nurture and let it out through the mouth.
- Step 7: This time as you make contact with the ground, breathe in being enveloped by grace by the presence of the divine mother; just breathe that and, letting it out.
- Step 8: Now turn the head to the stars, the galaxies, the heavens, the sun, the solar energy, the divine father.
- Step 9: Go ahead and breathe in the energy of the divine father and letting it out. Breathing in communication, breathing in assertiveness, breathing in communication.
- Step 10: This time, we'll breathe in from the earth and the heaven at the same time. Breathe in through the nose and out through the mouth.

Exercise 2: Oxygenation With Clearing The Lung Meridian Points

- Step 1: Hug yourself like a child.



- Step 2: Go ahead and breathe in and let it out while you slowly slide your hands down. (4 times)



Exercise 3: Releasing Toxicity With Elbow Pressing

- Step 1: Rest the palm of your right hand on your left shoulder.
- Step 2: Find the point on the crease of the elbow.



- Step 3: Breathe in, and as you breathe out, push the point on the crease. (3 times)
- Step 4: Rest the palm of your left hand on your right shoulder.

- Step 5: Find the point on the crease of the elbow.



- Step 6: Breathe in, and as you breathe out, push the point on the crease. (3 times)
- Step 7: As you push the point, say out loud, *“I release all toxicity from my life that includes people and pollutants. I deserve only the best in my life. And I release anything and everything that is not the best. I choose to open into my own self-esteem. I choose to open into my own divinity. And I choose to release all toxic substances from my life. I choose to trust myself wholeheartedly, I release all toxicity.”*
- Step 8: Breathe in through the nose and out through the mouth. (2 times)

Exercise 4: Releasing Worry With Hair Combing

- Step 1: Have the thumb behind the ear and the other fingers on your scalp, to comb your hair.



- Step 2: Breathe in through the nose and let it out through the mouth, as you comb your hair. (3 times)



Exercise 5: Releasing Worry With Crown Stretching

- Step 1: Place your index and middle fingers on your forehead.



- Step 2: And as you breathe in, push deep into the hairline as you slide your fingers down to the sides of your eyes, and breathe out. (4 times)



Exercise 6: Releasing Worry With Forehead Pulling

- Step 1: Place your little finger on top of the eyebrow as you slide the finger from the insides towards the outer part of the eyebrow.
- Step 2: Then place your index finger above the eyebrow as you slide the finger from the insides towards the outer part of the forehead.
- Step 3: Place your middle finger a little above the previous point as you slide the finger from the insides towards the outer part of the forehead.
- Step 4: Then place your ring finger above the eyebrow as you slide the finger from the insides towards the outer part of the forehead.
- Step 5: Now place all the fingers of the forehead and press it gently as you slide the fingers from the middle towards the sides of the forehead.



- Step 6: As you do this, breathe in and let it out.
- Step 7: Say out loud, *"I release any and all worry, it has no place in my life."* (3 times)



Exercise 7: Tantrum Tapping

- Step 1: Tap continuously on your collarbone as you scream, “Aaaaah” (2 times)



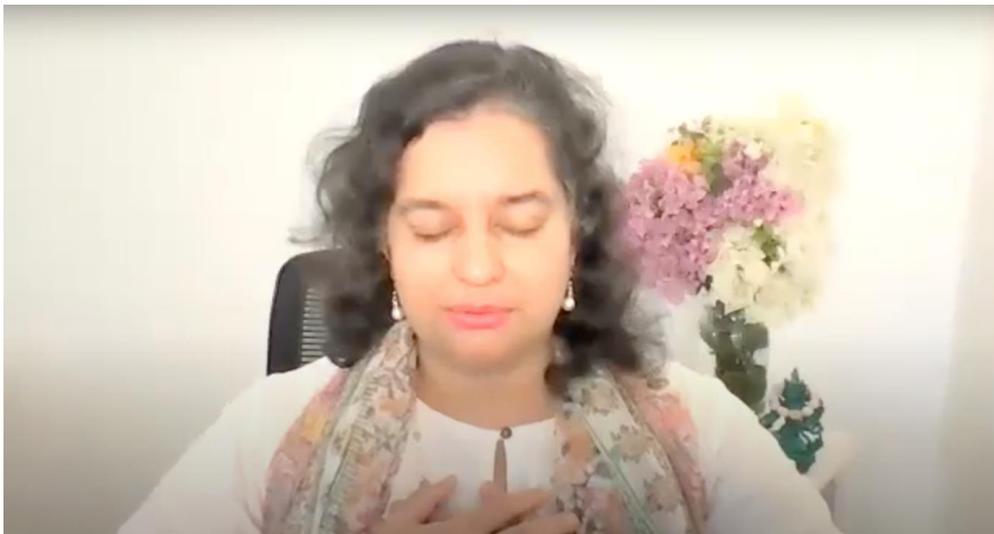
Exercise 8: Immune Boosting

- Step 1: Make a fist and gently flip them.
- Step 2: Find the breastbone and keep tapping on it lightly while saying, *"Aaaaah"*



Exercise 9: Relaxation with hands on heart

- Step 1: Go ahead and put the hand on the heart area.
- Step 2: Take a breath in through the nose and out through the mouth.



- Step 3: Closing the eyes, just go ahead and relax the feet, relax the ankles. Allow the calves to relax. Allow the knees to relax. Allow the thighs and the hips to relax. Allow the groin to relax. Allow the internal organs to relax. Allow the throat to relax. Allow the whole body to relax now.

Exercise 10: Healing Light Meditation

- Step 1: Just imagine a very special healing light entering from the crown from the top of the head. And it's going into the brain cells. It's relaxing the brain cells and the nervous system. It's relaxing the sinuses, this very special healing light. This healing light has the ability to suck up any and all toxicity. Leaving pure, scintillating cells.
- Step 2: It's going in the nostrils, the eyes, the retina, the optic nerve, the back of the eyes, the ears, the jaw, the back of the throat and lungs, the diaphragm, and the ribcage.
- Step 3: Allow this healing light into your stomach, internal organs, dissolving any and all toxicity. Leaving in its wake, pure scintillating and vibrating cells.
- Step 4: Allow this light to go into the hips, the legs, the feet and the whole body. Dissolving anything and everything that is no longer needed.
- Step 5: As you take a long breath in and letting it out. Allow the eyes to open into this. Just allow the eyes to open. Just notice what it is that you are resting in.