

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 15

Exercise 1: Energising The Nervous System With Knock On Head

- Step 1: Move your fingers to get them warmed up.
- Step 2: Knock on your head using your fingertips from the forehead, going straight to the base of the head.

Exercise 2: Stimulating The Nervous System By Pinching The Ears

- Step 1: Pinch your ear right at the top and work little-by-little, all the way down.



- Step 2: As you come to the bottom of the ear, pull it down a little, gently.

Exercise 3: Releasing Worry With Hair Combing

- Step 1: Move your fingers to get them warmed up.
- Step 2: Place your fingers at the baseline and your thumb behind your ear and slowly comb your hair backwards.
- Step 3: Gently breathe in and let it out.

Exercise 4: Releasing Worry & Anxiety With Crown Stretching

- Step 1: Two fingers at the edge of the hair line.
- Step 2: Slowly press on the hairline from the top while you slowly move your fingers lower.



Exercise 5: Releasing worry with forehead pulling

- Step 1: Place the fingers at the centre of forehead.



- Step 2: Move your shoulders back slowly as you take a breath in and a breath out.



Exercise 6: Releasing Trauma With Blowing Into A Ball

- Step 1: Imagine you have a ball in front of you, taking out any trauma from anywhere in the body and blowing it out into the ball.
- Step 2: Imagine you're touching the ball and are holding it from either side.



- Step 3: Breathe in and breathe out.
- Step 4: You can make it a continuous gentle blow, taking out any trauma from anywhere in the body and blowing it out into the ball.
- Step 5: Imagine any and all past trauma releasing from your being, as you gently breathe in and breathe out.

- Step 6: Hold the ball and this time as you hold the ball, go ahead and move in a circular motion.
- Step 7: And now go the other way. Hold the ball. Make it small and compact, allowing the entire past trauma to become really small and compact.
- Step 8: You'll find lots of prana within the body while you remove the past trauma. Compact it completely.
- Step 9: Get the ball and blow it away; let it be free.

Exercise 7: Not To Sweat The Small Stuff With EFT Tapping

- Step 1: Tap on the Karate chop while saying, *“Even though I’ve been sweating the small stuff and I let it get me down, I let it make me feel low, it’s completely my choice. Instead of just having faith in me; instead of just believing in me, I deeply and completely love and accept myself anyway.”*
- Step 2: Keep tapping on the Karate chop as you say, *“Even though I get so worked up about the tiny little things and I make them the big tiny things, all these small things in life. Suppose somehow, I could just relax now and I could not take things so personally, I deeply and completely love and accept myself anyway.”*
- Step 3: Tapping on the facial, body and finger meridians, in the order:
 1. Eyebrow: *Taking things personally*
 2. Side of the eye: *Getting affected with the small things*
 3. Below the eye: *Just because I forgot to love myself*
 4. Upper lip: *Just because I forgot to care for myself*
 5. Chin: *I let them affect me*
 6. Collarbone: *I let my situation affect me*
 7. Under the arm: *Instead of just being relaxed and just chilling*
 8. Thumb: *Taking a Monday chill pill*
 9. Index finger: *Instead of a Monday heavy pill*

10. Middle finger: *I choose to take a chill pill, I choose to relax today*

11. Little finger: *I choose to enjoy every moment*

12. Karate chop: *Even though I get so worked up sometimes, I'm open to the possibility of chilling anyway.*

- Step 4: Hold the 9 gamut and breathe in and let it out (2 times).



Exercise 8: Structured Laughing To Shift All The Negative Energy

- Step 1: Clapping twice as you move your hands up and down and say, *“ha ha, hu hu.”*
- Step 2: Go ahead and take a breath in through the nose.
- Step 3: Clap twice again, as you move your hands diagonally and say, *“ha ha, hu hu.”*
- Step 4: Go ahead and take a breath in through the nose and out through the mouth.

Exercise 9: The Index Finger Deprogramming

- Step 1: recite *"I am happy, I am good, happy, happy, happy, happy, good, good, good"* as you move your index finger back and forth (5 times).
- Step 2: Breathe in through the nose and out through the mouth.

Exercise 10: Tantrum Tapping For Negative Release

- Step 1: Find the collar bone and just beneath the collarbone, keep tapping gently as you scream, “Aaaaah”.

Exercise 11: Dream Visualisation & Dream Connection

- Step 1: Tap on the top of the head and facial meridians while saying,
*“Suppose somehow, I could just flow
What if I could just flow right now?
Suppose somehow, I could just relax
What if all of me could relax
Suppose somehow, I could just calm down
And I could allow myself to just feel at peace”*
- Step 2: Tap on the collarbone and under the arm while saying,
*“To feel so energetically calm
To just enjoy every moment”*
- Step 3: Tap on the finger meridians while saying,
*“To be happy no matter what
To feel peaceful no matter what
To feel content no matter what
To just surrender to the flow of life
Facial:
Suppose somehow, I could just surrender
To the flow of life
And to just go with it
To just relax completely”*

- Step 4: Tap on the collarbone and under the arm while saying,
*“And to feel so safe
And so content
Where I can do anything”*

- Step 5: Tap on the finger meridians while saying,
*“I can conquer any limits
And I can realize any dream
Conquering all limits
And realizing any dream.”*

Exercise 12: Releasing Effort With The Little Finger Hold

- Step 1: Just hold the little finger and breathe in and out releasing any and all effort.
- Step 2: Closing the eyes, as you hold the little finger.
- Step 3: Bring into your awareness any dreams that you have for yourself (maybe it's clarity of decision making, or perhaps it's financial abundance or it's health dream or a relationship dream).
- Step 4: Whatever that dream is for yourself, go ahead and bring it into your awareness.
- Step 5: Notice every single thing about the dream – the colour, the texture, the size, the shape.
- Step 6: Notice the dream to be so real and just keep visualizing the dream.
- Step 7: Notice how it makes you feel.

Exercise 13: Heart Meditation

- Step 1: Put the hand on the heart and bring the feeling associated with the dream, into the heart. Feel that emotion in your heart.



- Step 2: As you feel this emotion in your heart, notice that emotion spreading everywhere in your body.
- Step 3: Just connecting with the vibration – feeling it, being it and breathing into it. let it amplify in every single cell in the body and let it radiate from your heart, into the room that you're in; into the house that you live in; into all the houses in the world; the stars, the galaxies, the cosmos and back into your heart.
- Step 4: When that feels completely complete for you, you can open your eyes.