

## THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 9

### Exercise- 1: Grounding Breathing

- Step 1: Take a breath in and let it out.

(Repeat the above step thrice)



## Exercise- 2: Increasing Lung Capacity By Blowing The Candle

- Step 1: Take a breath in and let it out like you are blowing the candles on your birthday cake. (Increases lung capacity)
- Step 2: Keep your feet on the ground.
- Step 3: Take a breath in through the ground and out through the ground.



### **Exercise- 3: Releasing The Grief by Upper Chest Tapping**

- Step 1: Relax your fingers and find a spot beneath the collar bone
- Step 2: Breathe in and let it out.
- Step 3: Gently tap with your fingers on the spot beneath your collar bones. (Flat Hand Tapping)
- Step 4: Make an 'aah' sound.
- Step 5: Breathe in through the nose and out through the mouth.



#### **Exercise- 4: Dissolving Karmic Contracts With The Vow Change**

- Step 1: Breathe in and out
- Step 2: Close your eyes.
- Step 3: Invite in your imagination a past version of you that made a conscious vow to someone, that is not true anymore, for example, a marriage vow; or a vow in your previous life- a celibacy vow, a poverty vow, because you were so disheartened by life, maybe you made a promise to your friend, to always be together, be there for each other but it is no longer true, work vow, vow to an institution, organization, a family member, familial vow, unconscious vow to your children, karmic contract with them, someone who falsely accused you, betrayed you or hurt you. Just invite them all in. If you don't know who they are, just invite the contract or the sense of it.
- Step 4: Imagine the negative energy of the cord between you and them. Sometimes, it could be heart- to- heart the head, base 'chakra', reproductive organs, or any other part of the body. Invite a high power, a saint, a sage, Buddha, Angel, God, Goddess, your own higher self, or whoever you believe in.
- Step 5: Place into your hand, a magical cutting instrument like a laser, sword, scissor, knife, etc. that can set you free from all the negative attachments. Cut the cord between you and all the other people.

- Step 6: As you place this cord in the hand of your high power, imagine cutting this cord and it sets you free from any and every negative attachment and it leaves unconditional positivity and love.
- Step 7: Seal the ends with love and light.
- Step 8: If there is any residue, any energetic residue, we will cut it.
- Step 9: Breathe in and take your power back, and breathe out and say out loud, "I relinquish fear, I live from truth, I take my own power back, I step into my own power and potential, I awaken myself to my highest wisdom with compassion, and love and support. It is so, so it is."
- Step 10: If there is a cord hanging out, put it out of your body first and imagine offering it up to the magical fire.
- Step 11: Imagine doing the same with the cord of the other(s). Imagine this fire to destroy the cord and transform and transmute it into powerful love.
- Step 12: Focus on the Universal energy now. Bring into your awareness all of the humanity, bring into your awareness the cord with which we are connected to this virus, knowing there were lesson to be learned.

- Step 13: Bring the energy of mother earth here and bow down to her and ask her for forgiveness and ask her to be a witness to freedom from fear, greed and lacking.
- Step 14: Notice the cord between humanity and any and all negativities.
- Step 15: Imagine placing a heavenly sword in the hands of the heavenly mother and let these swords cut forever, thereby setting humanity free from all the negative karma.



### Exercise- 5: Protection With Violet Flame

- Step 1: Breathe in a white light from the crown and down the spinal column into the ground, sending back a violet flame transforming, transmuting, and protecting. (To invoke the violet flame that is healing and protects us.
- Step 2: Repeat the step twice.



## **Exercise- 6: Connecting And Blessing By Expanding Awareness**

- Step 1: Put your hand on the heart space.
- Step 2: Let yourself know that you are free from this karmic contract now.
- Step 3: We are all free, freedom is here, shower yourself with a beautiful white light and cleansing your aura. With a golden flame, knowing you are healed.
- Step 4: Let your angels be around you and send you their blessings now.
- Step 5: Breathe in and out and know that you will only be open your eyes when all parts of you are integrated.
- Step 6: Open the awareness into an open-eyed meditation, notice everything around you, notice your body, your breath, the stillness of time, how time can stand still, all the fragrances around you, the taste in your mouth, hold of your finger, become aware of all your senses.



- Step 7: Breathe in and out and imagine your awareness expanding, knowing wherever you sit now, you can travel this instant, your whole physicality can be in presence with any being now, let your being travel to all your loved ones.

