

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – Day 3

Exercise- 1: The Six Count Heart-Centered Breathing

- Step 1: Put your hand on your heart.
- Step 2: Breathe in for six counts and breathe out for six counts.
- Step 3: Close your eyes, notice your hand and make a connection with your heart.
- Step 4: Focus your attention on your heart (heart centered breathing) and breathe in for 6 counts and breathe out for 6 counts.



Exercise- 2: The Finger Holding Exercise- The Index Finger

- Step 1: Hold your Index finger and feel your pulse.
- Step 2: Imagine your hand to be a safe blanket, which is holding your finger and imagine it saying to you, “You are safe, everything is safe, there is no need to worry, and I love you.” (Like you are an unconditional mother or father)
- Step 3: Close your eyes while holding your finger and notice how it feels to be held by the hand; it is like your hand is holding you and you are embraced, loved, nourished, and taken care of. Say to yourself, “Everything is okay, life is okay, I am okay, and everything will be okay.”
- Step 4: Keep holding your finger and feel the stillness.
- Step 5: You can release the finger now and take a breath in and let it out.



Exercise- 3: Blowing In The Balloon To Release Trauma (Taichi And Trauma Release Therapy)

- Step 1: Imagine a balloon in front of you.
- Step 2: Imagine taking a breath in through the nose and blowing it out into the balloon.
- Step 3: Hold the balloon with the other hand and notice it getting bigger. Breathe in and out and imagine that what you are breathing out in the balloon is your past trauma, anxiety, and grief.
- (Repeat the steps, if needed)
- Step 4: This time hold the balloon with both the hands and breathe in and release out by filling the balloon with any past anxiety, trauma and grief.
- Step 5: Now, move the balloon round and round and breathe in and breathe out.



- Step 6: Now, move the balloon up and down and breathe in and breathe out.
- Step 7: Now, move the balloon alternatively; round and round and up and down, and breathe in and breathe out.
- Step 8: Now, shake your hands out as if you are releasing your trauma through them.
- Step 9: Open up your shoulders and rotate them clockwise by opening your chest.
- Step 10: Shake your body to let go of the trauma or anxiety from your body.

Exercise- 4: The Immune Boosting Exercise

- Step 1: Shake your fingers and close your hands into a gentle fist and gently tap on the spot underneath the collarbone.
- Step 2: Breathe in through the nose and breathe out by making a gentle 'aah' sound.
- Step 3: Shake off your body and laugh, silliness is a part of the healing process and laughter is a great healer.



Exercise- 5: Blow Out The Balloon (To Feel Free)

- Step 1: Put your hand on your heart and close your eyes.
- Step 2: Bring the balloon we worked with previously into your awareness, blow it away, let it roam free and say to it, "I free myself from you, I free myself from my past."



Exercise- 6: Meditation

- Step 1: Put your hand on your heart and close your eyes.
- Step 2: Bring your awareness into your heart and bring in to your heart what you are grateful for, who are you grateful for, and thank yourself for giving yourself this day.
- Step 3: Say to yourself, "I am healthy, I am well; healthy, healthy, healthy, well, well, and well."

