

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 7

Exercise- 1: Heart Opening breathing

- Step 1: Open your heart.
- Step 2: Take very gentle breaths in and release.
- Step 3: Hand on your heart space. Open your heart and allow it to completely open.
- Step 4: Close your eyes and open your awareness.
- Step 5: Keep breathing in and out, holding the heart space. Release the hand, breathe in and breathe out.



Exercise- 2: Forgiveness Exercise

- Step 1: Close your eyes.
- Step 2: Invite into your awareness anyone and everyone you shut down from (or you shut down as you were grieving as you did not know how to make sense of your emotions).
- Step 3: As you close your eyes, bring these people or this person in your awareness (it could be a friend, colleague, or family member with whom you had a fight and you were stuck in how you were really feeling).
- Step 4: Go ahead and say out loud to them, “I am sorry I shut down, I am so sorry I closed myself off, I closed myself off to you, I closed myself off to myself as I felt the need to protect myself, and I felt confused and lost and scared, would you please forgive me for any hurt or pain caused, I love your soul, I love your heart, I love all of you, It is just that I got scared and I shut down and I put up a defence or a barrier to keep myself safe, and I convinced myself that I was okay, holding on to my point, holding on what was right and what was wrong, and instead if I could allow my heart to open and I could welcome the complexities of all the emotions, the intense overwhelm, the confusion, and if I could welcome it all and surround it with all my love and acceptance, I love you, I forgive you.”

- Step 5: Allow yourself to receive a shower of forgiveness, forgive yourself to receive a shower of forgiveness, forgive yourself for anything and everything, and you can say out loud what you need to be forgiven for, (for example, I need to be forgive myself for reacting, for not being patient enough, for hurting myself, for hurting others) and say to yourself, “I forgive you, life forgives you, all forgiveness is here.”
- Step 6: Hug yourself and continue saying, “I love you the way you are, you are amazing the way you are, thank you for being in my life, thank you for all the blessings.”



Exercise- 3: Letting go With Pulling High Nineteen Meridian

- Step 1: Put your hands in a cross position touching the area just at the shoulder tip.
- Step 2: Breathe in and breathe out by sliding down your hands to the spot just above your elbow and let out all that is needed to let out.



Exercise- 4: Pat On Shoulder- Being Kind To Self

- Step 1: When you open the energy of forgiveness, it needs some time, forgiveness needs time, be kind to yourself, say, “I still love you, it is okay.”



Exercise- 5: EFT Tapping Sequence

- Step 1: Tap on side of the hand (Karate Chop Point) and say, “Even though I have these regrets, so many regrets, if only, what if, suppose I didn’t do that, they didn’t do that, it didn’t happen, I deeply and completely and wholeheartedly love and accept all of me anyway.”
- Step 2: “Even though I regret I never valued myself, and finally when I stood up for myself, they did not understand, I felt I was being punished, it was really hard to keep trusting myself, it was really hard to keep true to myself and I had this little regret in the background and yet in the background, I had this part of me that kept saying TRUST, open further, it is okay, it is going to be okay, you are going to be okay, they are going to be okay, the situation is going to be okay, just trust, and give yourself the space, give all the situation in your life space, let there be breathing room, knowing when you sit in the seat of patience all the universe wants to give you, comes flooding freely, suppose somehow I could surrender efforts, I could release all efforts, and I could surrender all the regrets; and I could trust this is the way, this is the will, this is what is to be, what if I could trust just that and keep opening my heart and I could just keep stripping away all the doubt, all the confusion, and all the super analysis, and I could just be myself, and I could come in to my calm, and let all the tension melt away, knowing regret can come, and regret can go, it is not who I am, who I am is powerful beyond measure, who I am is innocence, and openness, and trust, and life itself, and if I could just trust and just rest,

without trying too hard, release all efforts, I could just relax, and I could just surrender regret, what if I deserve all of health, I deserve all abundance, I deserve people in life who can be true to themselves and who can be together in this dance together, this dance called life, and just rest, knowing people come in and people come out, knowing children come in and out, knowing friends and family come in and out, what if I could relinquish control now, I could release the need for security, I could release all control, I could let myself surrender and trust in the play of life, the illusion of life, what if I could just trust it now”.



Exercise- 6: Release trying Too Hard Or Effort By Holding The Little Finger

- Step 1: Hold your little finger and check whether there is a pulse.
- Step 2: Feel the pulse and breathe in and out.
- Step 3: Say to yourself, "I release all effort, I let any effort release now, I let go off perfectionism."
- Step 4: Closing the eyes, surrender to overwhelm now.
- Step 5: Take a breath in and breathe out.



Exercise- 7

Nervous System Balancer With Knock On Head

- Step 1: Breathe in and knocking the side of your head and breathe it out.
- Step 2: Breathe in and breathe out.
- Step 3: Say to yourself, "I love you, I really love yo, you are so lovable, I love you so much, and pull down your ears.



Exercise- 8

Energizing Health Through Ear Pulling

- Step 1: Pull your ear and thank your teachers, parents who may have pulled your ears.
- Step 2: Say “I love you, you are so lovable, I love you so much.”
- Step 3: Pull down your ears.



Exercise- 9: Opening With Hand on Heart

- Step 1: Put the hand on the heart and feel gratitude.
- Step 2: Breathe in through the nose and out through the mouth our of grateful attitude

