

THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 8

Exercise- 1: Grounding Breathing

- Step 1: Take a breath in and let it out.
- Step 2: Imagine your feet on the ground.
- Step 3: Take a breath in through the ground and out through your mouth.
- Step 4: Close your eyes.
- Step 5: Connect with all of you and do a little temperature check. Connect with yourself, breathe in and release it out.



Exercise- 2: Hands On Neck, Breathe In And Out Into The Body Part

- Step 1: Hold your neck gently.
- Step 2: Breathe into it and breathe out.



Exercise- 3: Holding Body Part, Welcoming The Emotion

- Step 1: Hold and breathe into the body part where you are feeling emotional.
- Step 2: Hold that body part and say, “It is okay, I am okay, it is only an emotion, it is not who I am, it is okay, I am okay, it is only an emotion.”
- Step 3: Hold yourself, wherever you are feeling that emotion and let yourself know, “It is okay, I am okay.”
- Step 4: Notice what you are feeling there; is it burning, fluttering, throbbing, pulsating, tingling or something else?
- Step 5: Just hold that part of your body and say, “I am okay, it is okay.” Allow the emotions and breathe into the body part.

- Step 6: Say to it, “This emotion is welcome too, you are welcome too, I welcome this emotion, you are a part of me, it is okay, everything is welcome, it is okay.”
- Step 7: Take a deep breath in and let it out through the mouth.



Exercise- 4: Nervous System Balancer With Knock On Head

- Step 1: Shake your finger and relax them, (you can call them sparkly fingers.)
- Step 2: Start knocking on the top of your head.
- Step 3: Breathe in and breathe out as you go down from your crown.
- Step 4: Start knocking on the top of your head.
- Step 5: Breathe in and breathe out as you go down from your crown and say, "Every day and in every way, I am getting healthier and healthier." (Repeat thrice.)



Exercise- 5: Worry Release

- Step 1: Move your hands through your hair as if you are combing and styling your hair.
- Step 2: Breathe in and out.



Exercise- 6: Energizing Health With Ear Pulling

- Step 1: Pull your ears.
- Step 2: Say to yourself, “You are wonderful, you are delicious, you are wonderful, you are delicious, you are wonderful, you are delicious. You are so wonderful, you are really wonderful, I love you, and you are just amazing.”
- Step 3: Breathe in and let it out, while pulling the ear down.



Exercise- 7: Release Through Long Breathing, 'Hahhhhh', Through The Mouth

- Step 1: Breathe in a long breath.
- Step 2: Breathe out by saying a long 'haah.' (repeat thrice)



Exercise- 8: Programming I Am Happy/ I Am Good With Index Finger Shaking

- Step 1: Say to self, “I am happy, I am good; happy, happy, happy, happy, happy, good, good, good, good, good”. Say this while shaking the Index fingers of both of your hands. (Repeat thrice)



Exercise- 9: Immunity Booster

- Step 1: Make a gentle fist.
- Step 2: Find the spot below your collarbone.
- Step 3: Tap gently on it.
- Step 4: Breathe in through your nose and breathe out by making an 'aah' sound.



Exercise- 10: Re-balancing The Lymph System

- Step 1: Breathe in through your nose and out through your mouth.

(Repeat this 3 times)



Exercise- 11: Releasing Despondency With Palm-On-Palm Breathing

- Step 1: Put your hand on your other hand, connecting both palms.
- Step 2: Imagine it to be the hand of your mother or father or the Divine Mother or Father, or of someone who you wished to be your mother or father, maybe an Angel.
- Step 3: Make a hand-head connection, as you do that, you will notice these lines (demonstrated by Dr Rangana) vanishing away from your head. When we hold worry, it gets all contorted here.

- Step 4: Imagine the motherly/fatherly figure soothing your head and saying to you, “I love you, and you are so lovable, I am so lucky to have you in my life, I really love you.”
- Step 5: Release the hold of your hand from your head.
- Step 6: Repeat the steps with both the hands on your forehead.



Exercise- 12: Hand On Heart Connecting And Thanking

- Step 1: Put your hand on your other heart
- Step 2: Breathe in 9 times.
- What happens here is that you start to open to an ocean of love.



Exercise- 13: Heart Meditation- Love

- Step 1: Put your hand on your heart.
- Step 2: Close your eyes.
- Step 3: Make a connection with yourself and thank your being, thank the gift of self-love, of gratitude.
- Step 4: Breathe in and breathe out.

