

THE BOOSTED PROGRAM – EXERCISE WITH STEPS – DAY 16

The exercises done were:

Exercise 1: Expressing Gratitude

- Step 1: Bring into your awareness anyone you feel grateful for. Go ahead and acknowledge them. It could be your family, something that happened to you, someone who helped you; it could even be your pet.
- Step 2: Send all the people that you have gratitude for, your thanks at the level of vibration. Maybe it's people whom you're not in touch with, but they were so instrumental in your life; so even thank the people who have become estranged and you're no longer in touch with.
- Step 3: Go ahead and take another breath in through the nose and out through the mouth. Taking another breath in and letting it out.

Exercise 2: Six Count Breathing

- Step 1: Go ahead and breathe in through the nose for six counts and out through the nose, for six counts. (Repeat this 4 times)
- Step 2: Now breathe in through the nose for six counts and breathe out from the mouth for six counts. Breathe out as if blowing out a candle. (Repeat this 3 times)



Exercise 3: Hand On The Heart Breathing

- Step 1: Place your hand on the heart area.
- Step 2: Breathe in through the nose for six counts and breathe out through the nose for six counts.
- Step 3: Now, breathe in through the nose for six counts and out through the mouth for six counts.



Exercise 4: Releasing trauma with 9 Gamut hold

- Step 1: Place the fingers on the 9-Gamut which is the meridian for releasing trauma. It helps to release the fight, flight and freeze response.



- Step 2: Place your hand on the heart area and place the fingers on the 9-Gamut.



- Step 3: Go ahead and breathe in through the nose for six counts and out through the nose for six counts.
- Step 4: Now breathe in through the nose for six counts and out through the mouth for six counts.



Sometimes, emotions can naturally come up because when you're holding the 9-Gamut, so if emotions come up, just let them. Just let it all come out. It's okay to feel emotional. Let yourself breakdown if you have to. Sometimes, we feel we need to have it all together, but actually, it's okay to let loose.

- Step 5: Make a silent prayer that if there's any suppressed emotions in the body, may this process help to allow all of this to come out and let it out.

Exercise 5: Freeing Suppressed Emotions With Circular Breathing

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- Step 1: Hold the 9-Gamut and really allow and welcome any and all suppressed emotions to be free.
- Step 2: Just keep breathing in through the nose and out through the mouth and say to yourself, *"I welcome any and all emotion."*
- Step 3: Now breathe in through the nose and out through the mouth and just keep welcoming any and all emotions. If tears come, let them. If they body is tired, let it. Just stay wide open.
- Step 4: Just allow any emotion to be free. The circular breath opens up all the cells and tightness in the body. Just welcome any suppressed emotion.
- Step 5: Breathe in through the mouth and breathe out through the mouth. The jaw might quiver and this happens when shock is getting relieved. Light headedness is also okay. Just keep going. You can keep your eyes open or closed, it's completely okay. Welcome everything.

- Step 6: Just keep saying to yourself, *“I welcome any and all emotion. You might even find that you are falling into a deep relaxed state, because the nervous system is now beginning to relax. There’s nothing to hold on to. There’s no one to hold on to. Just let your body do its own thing – whether it’s light or heavy or thick or thin. Just let the body do its own thing, coming into a state of deep relaxation.*
- Step 7: Say to yourself, *“I can surrender everything and anything”, “I allow everything”, “I welcome everything.”*
- Step 8: Closing the eyes and say out loud, *“I open my being to free myself from any and all emotion. I allow any and all emotion to free itself now.”*
- Step 9: Just imagine the emotions are like droplets coming out of the being and merging with the light. Any and all tension freeing itself now. Allow the body to just move in its own way.

- Step 10: Place the hand on the head, move the hands down the back, as if being touched by the universe. Ever so gently.



Exercise 6: Hugging Hold

- Step 1: Hug yourself and say, *"I embrace you wholeheartedly."*



Exercise 7: Grounding With White Light And Violet Flame

- Step 1: Stomp your feet on the ground as you hug yourself.
- Step 2: Imagine a bright, white light going down the crown, down the spinal column, into the ground and sending back up a violet flame. Transforming, transmuting, protecting. A bright white light, down the crown, down the spinal column, into the ground, sending back up a violet flame. Transmuting, transforming, protecting. A bright white light, down the crown, down the spinal column, down into the ground, sending back up a violet flame. Transmuting, transforming, protecting.

Exercise 8: Shaking The Body To Shake Out Any And All Emotions

- Step 1: Put some music on to get the body shaking.
- Step 2: Just shake the body, let yourself loose and groove to the music.