

## **THE BOOSTED PROGRAM – EXERCISE WITH STEPS – DAY 18**

The exercises done were:

### **Exercise 1: Breathing In And Out**

- Step 1: Go ahead and take a gentle breath in and out.
- Step 2: Close the eyes.
- Step 3: As you close the eyes, just bring into your awareness, what is it you want to let go of today. If you had a wish to let go of something today, what would it be?

## Exercise 2: Letting Go Of Toxicity And Negativity With EFT Tapping

- Step 1: As you tap on the Karate Chop say, *“Even though there are so many things I want to let go of, sometimes I don’t even know where to begin. Sometimes I get crippled by fear and inaction. I deeply and completely love and accept myself anyway.”*



- Step 2: As you tap on the Karate Chop say, *“Even though I have these obsessive, wasteful thoughts, these doubts and insecurities and they hold me back, I am open to the possibility of allowing myself to relinquish these thoughts anyway.”*

- Step 3: As you tap on the Karate Chop say, *“Even though there’s so much toxicity around me, there’s toxicity in me, there’s all this lethargic procrastination, so much worry. When will I rest? How will I rest? When is this all going to end? I’m just waiting for it to end. I love and accept myself anyway.”*
  
- Step 4: Tap on the following:
  1. Above eyebrow: *“When is it going to end?”*
  2. Side of the eye: *“When will this stop?”*
  3. Below the eye: *“It gives me a headache”*
  4. Above the lip: *“It makes me feel so sad”*
  5. Chin: *“I get so fearful”*
  6. Collarbone: *“It makes me feel so guilty”*
  7. Under the arm: *“All this negativity I just want to let go of”*
  8. Thumb: *“I’m so fed up with the procrastination”*
  9. Index finger: *“I just don’t like the procrastinating”*
  10. Middle finger: *“It’s so painful”*
  11. Little finger: *“It’s like I’ve become numbed out”*
  12. Karate chop: *“Even though I keep putting off letting go, suppose somehow, I could let go today, of everything I’ve been meaning to let go of”*
  13. Head: *I wonder what my life would be like,*
  14. Forehead: *When I’m able to let go of taking things personally.*
  15. Side of the eye: *When I’m able to let go of being triggered*

16. Under eye: *Just because an old program of mine got switched on*
17. Above lip: *An old program of fear*
18. Chin: *An old program of resentment*
19. Collarbone: *But I'm working so hard*
20. Under the arm: *I'm doing so much*
21. Thumb: *my own Cinderella program*
22. Index finger: *Got triggered*
23. Middle finger: *They just don't appreciate me*
24. Little finger: *They just don't acknowledge me*
25. Karate chop: *I'm doing this so hard. I'm working so hard. Can't they tell that I'm a fabulous victim?*
26. Head: *I'm such a good victim*
27. Above eyebrow: *Feeling sorry for myself*
28. Side of the eye: *If only they would love me*
29. Under the eye: *If only they would acknowledge me*
30. Above the lip: *It's all their fault*
31. Chin: *They should know better*
32. Collarbone: *They should be the one's taking care of me*
33. Under the arm: *Don't they know*
34. Thumb: *What I want*
35. Index finger: *How I want it*
36. Middle finger: *They should know this. It's not my job to tell them*
37. Little finger: *They really let me down*

38. Karate chop: *Even though I'm holding on to being a victim, and I am holding on to procrastinating because I find the fear much more delicious than the thought of taking action, than the thought of taking self-responsibility. I much rather live as the victim. There's too much drama in being the victim. It's like my own Bollywood movie, my own fantasy in my head. I never have to take responsibility then. I can be irresponsible. I love and accept myself.*

### Exercise 3: Forgiveness With EFT Tapping

- Step 1: Tapping on the Karate chop say, *“Even though I find it hard to forgive, and I find it hard to let go of my addictions and I have so much anger in me, and I’ve been holding on to these expectations. That’s why I have so much anger. Because you know these humans, they can’t fulfil my expectations. They have no idea how to fulfil my expectations. Even if I told them what they are, they are so resistant. They have zero ability to fulfil them. When I was born people should fulfil my expectations, but they’re not able to. I get so triggered. I get so annoyed. I love and accept myself anyway.”*
- Step 2: Hold the 9 gamut and breathe in and out.

#### Exercise 4: Letting Go Of Fear With EFT Tapping

- Step 1: Tap on the Karate Chop as you say, *“Even though I get so scared about money and I get scared about my health and I get scared about the unknown and I get scared about being alone, I love and accept myself anyway.”*
- Step 2: Tap on the facial, body and finger meridians while saying, *“I just get so scared. I get really scared. I get so scared of time management. I get so scared of the anxiety. I get so scared of my wavering mind. And my indecision. I’m so scared of getting it wrong. I’m so scared of being a failure. That I hesitate and I condemn myself. I just get so scared. All this fear in my life, it doesn’t serve me anymore. So much fear.”*
- Step 3: Tap on the Karate chop while saying, *“Even though I get really scared, maybe I don’t need to let go of the fear. What if I could just acknowledge it? what I fi could just embrace that far? What I fi could just allow it? and not push it away? I deeply and completely love and accept myself anyway.”*

## Exercise 5: Cleansing Meditation

- Step 1: Hold the 9-gamut and close the eyes.



- Step 2: Imagine a magical tree and you're sitting by this magical tree.
- Step 3: Invite a past you that felt scared and fearful. Welcome into the awareness a past you that felt scared. Give the past you, a voice
- Step 6: Say out loud to the past you, *"I'm so sorry you felt scared. I'm so sorry you didn't know what to do. I'm so sorry you felt crippled by inaction. I'm so sorry you got stuck with your financial worries and your health challenges. I'm so sorry I caused you to disconnect from life. I caused you to shut down and not believe in yourself, knowing you can do anything you want."*

- Step 7: Just invite a magical mentor here like archangel Michael or the universe energy a god or a goddess, someone whose wisdom you trust
- Step 8: Place in their hands a cleaning instrument.
- Step 9: Go ahead and let the mentor step inside the body of all the past versions of you that felt any and all fear
- Step 10: Go ahead and sweep clean from the inside, all the fear. Let the mentor clean every single cell in the body and sweep clean fear, insecurity, doubt, procrastination, inadequacy.
- Step 11: When you slept it all clean from every cell of the body, imagine offering it up to the universe and letting it be destroyed forever.
- Step 12: When there's no space for fear anymore, notice the expansion. Notice any and all tension just melting now.

## Exercise 6: Hand On Heart Meditation

- Step 1: Just welcoming this moment, this millisecond. Embracing this moment fully
- Step 2: Holding the 9-gamut - No thought of past, no thought of future. Only this moment. Only this millisecond.
- Step 3: As you take a long breath in and out, allow the eyes to open into this that you are, into this present moment and into this millisecond.