

THE BOOSTED PROGRAM – EXERCISE WITH STEPS – DAY 19

The exercises done were:

Exercise 1: Grounded Breathing

- Step 1: Make sure your foot is stamped on the ground firmly and then breathe in through the nose and out through the mouth gently.
- Step 2: 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: Heaven And Earth Breathing

- Step 1: Have the feet grounded on the floor and gently breathe in and out.
- Step 2: While you are breathing from the heavens, imagine the head to be in the galactic system.
- Step 3: This time, imagine you are breathing from the ground.
- Step 4: This time, when you are breathing from both the ends at a time, imagine the union of divine father and earthly mother.

Exercise 3: Tantrum Tapping

- Step 1: Turn your hands into fists twisting them around and find the sternum below the collarbone.
- Step 2: Beat in a rhythmic way on the point you have found making “*aaahhh*” sounds.

Exercise 4: Releasing Frustration And Its Opposite With EFT Tapping

- Step 1: Do a progressive tapping, shifting from point to point saying the respective to self
 - Gamut -9 : *Even Though I get frustrated*
 - Forehead : *sometimes*
 - Eyes : *I don't get it*
 - Nose : *with so much impatience*
 - Chin : *without any pulse whatsoever*



- Collarbone : *I feel like losing patience*
- Elbow : *But that's okay*
- Thumb : *It is all going to be fine*
- Index Finger : *I love you so much*
- Middle Finger : *I am valued*
- Little Finger : *I am calm*



- Step 2: Repeat the above step in the reverse order and telling the same to self.
- Step 3: End this exercise by taking a deep breath in the end.



Exercise 5: Immune Boosting

- Step 1: Find the sternum, the bony area at the chest.
- Step 2: beat it with fists alternatively making “aaaahhhh” sounds.

Exercise 6: Circular Tapping On Chest

- Step 1: Find the sternum on the chest which is the bony area on the chest and tap it regularly with alternative fists making “aaaahhh” sounds. Do this with moving the tapping from left to right over the chest saying “I am healthy, healthy healthy healthy healthy...” “I am healthy, I can’t stop smiling! I am healthy, I can’t stop breathing!”
- Step 2: For those who do morning walk. Touching all the fingers with the thumb saying the above words.
- Step 3: Add a louder genuine laugh in between and later resume with the tapping.
- Step 4: End with breathing in through the nose and out through the mouth.

Exercise 7: Increasing Energy With Finger-Tip Tapping

- Step 1: Tap the four fingers of the two hands with the respective thumbs in the order from index finger to little finger, with breathing in and out through the nose.
- Step 2: Repeat the above step in an order reverse to the first step with deep breathing in and out through the nose.

Exercise 8: Releasing Worry With Hair Pulling

- Step 1: Place the thumbs behind the ears and fingers in the scalp and breathe in and let it out.

Exercise 9: Releasing Worry With Crown Stretching

- Step 1: Placing two fingers on the forehead opposite to each other and rubbing them down the forehead with breathing in and out to release worries down anything they intended to be explored by all with them at once.

Exercise 10: Releasing Worry With Forehead Pulling

- Step 1: Place all your fingers on your forehead in a pulling manner and breathe in and out through the nose.
- Step 2: Have the same posture as in the first step and breathe in through the nose and out through the mouth.

Exercise 11: Hand On Heart Breathing

Step 1: Place your hand on your heart and breathe in through the nose for six counts and out through the mouth for six counts.

Exercise 12: 9-Gamut Hold

- Step 1: Hold the 9-Gamut behind the palm near the little finger and breathe in and out to release any trauma from the past.
- Step 2: Repeat the above step with breathing in through the nose and out through the mouth.



Exercise 12: Empty Vessel Meditation

- Step 1: Place the hand on the heart and open it up as wide as the skies and deep as the ocean.
- Step 2: Focus on the meditation so much as to empty everything from the heart and the soul to be refreshed. The thoughts of past and future, all anxieties and worries will start melting away.
- Step 3: Gently release your hands thereby opening your hands even wider.
- Step 4: Steadily and calmly, open your eyes and ears to tranquillity.