

## THE BOOSTED PROGRAM – EXERCISE WITH STEPS – DAY 21

The exercises done were:

### Exercise 1: Grounding Breathing

- Step 1: Make sure your foot is grounded 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: Make sure that your foot is grounded, and your hand is on your heart.
- Step 2: Breathe gently in from the ground and out from the mouth. Imagine that as it passes, it is connecting every cell.
- Step 3: Breathe in from the crown as if it is surrounded by all the stars and galaxies from the peak of the divine father.
- Step 4: This time do both at a time i.e. breathing in from the ground and up from the heavens as if we are taking in unconditional love from the ground and infinite confidence in one single instance.



### Exercise 3: Breathing In And Out For Six Counts

This is the start to the six exercises Dr Rangana gave the attendees to do as a daily routine.

- Step 1: Breathe in through the nose and breathe out through the mouth as if blowing a candle. Make sure you breathe in a breath out for six counts each.



#### Exercise 4: Tantrum Tapping

- Step 1: Find the area under the collar bone.
- Step 2: Stand up and tap the feet alternatively as in tantrum tapping and simultaneously tap on chest alternatively making “aaaahh” sounds. As we are tapping on the nervous system, we are freeing the toxicity in it.



## Exercise 5: Immune Boosting

- Step 1: Find the sternum on the chest which is the bony area and beat on it with twisted fists alternatively making “*aahhh*” sounds.
- Step 2: Breathe in and through the nose doing this.



## Exercise 6: The Three-Sequence-Exercises To Release Worries

### a. Hair Pulling

Find the scalp and place your fingers as if you are combing them and breathe in through in and out doing this.



### **b. Crown Stretching**

Place two fingers on the forehead against each other and pull the hairline on the forehead; breathe in and out as you do this.



### **c. Forehead Pulling**

Place all four fingers of each hand on the forehead against each other and pull the forehead. Breathe in and out as you do this.



## Exercise 7: Finger-Holding Exercises

### a. Releasing Fear With Thumb Finger-Hold

This is the energy of worry. Hold it to release all the powerhouse of worry and be worry-free. Remind yourself of all the things that really worry you from within and say to yourself, *“I release any and every worry from me and now I am free of all kinds of worries!”*



### **b. Releasing Fear With Index Finger-Hold**

Hold the index finger which is the storehouse of all sorts of fears within us.

Notice if there is any pulse.

Say to self, *"I choose to release any and all fear to do with the body.*

*There is no place of fear in my life at all. I choose to step into my power, divinity and confidence and do what needs to be done. I choose to take all action and care of my body, mind, soul and whole behaviour and let not any other action overpower me!"*



### **c. Releasing Anger With The Middle Finger-Hold**

Hold the middle finger which is the source of all anger aroused in us.

Anger is only way to win death and the gateway to passion and stillness as undermined anger causes unexpressed emotion.

*Say to self, "I choose to meet my anger. I have no longer fear. I want to be able to live life so fully and taste the juice of it and this passion consumes me. I feel alive, judging no more. I choose to be wild with passions and crazy with love. I choose to live and love."*



**d. Releasing Sadness With The Ring Finger-Hold**

Hold the ring finger which is the energy of sadness.

*Say to self, "I live life fully and completely and welcome all regrets as I let not any sadness come my way. I set forth on my path in life letting not the guilt of sadness overcome me!"*



**e. Too Much Effort With Little Finger-Hold**

Little finger is the sole reason which causes guilt for any wasted efforts.

Appreciate yourself for your efforts. Let no astrology overpower the efforts within you.

Say to self, *"I want to meet the conquering power in my life. I allow all that it is!"*



## Exercise 8: Palm-On-Palm Breathing

- Step 1: Place your hands one on the other as if they are promising one another. Breathe in through the nose and out through the mouth for nine counts.



## Exercise 9: Hand On Heart

- Step 1: Acknowledge yourself as you do this. Place your hands on your heart. Gently breathe in through the nose and out through the mouth.

