

## THE BOOSTED PROGRAM - EXERCISES WITH STEPS – DAY 14

### Exercise 1: Knock On Head

- Step 1: Knock on your head using your fingertips from the forehead, going straight to the base of the head.



## **Exercise 2: Stimulating The Nervous System With Ear Pulling**

- Step 1: Pinch your ear right at the top and work little-by-little, all the way down.
- Step 2: As you come to the bottom of the ear, pull it down a little.

### **Exercise 3: Energising The Lungs With Gentle Stimulation Of The Lung Meridian**

- Step 1: Make a fist and gently tap on the other hand – starting from the top of the arm to the start of your hand.

#### Exercise 4: Immune Booster

- Step 1: Make a soft fist and find the bony area on your chest.
- Step 2: Tap on this area while you make the “Aaaah” sound.



## Exercise 5: Healing Light Meditation

- Step 1: Go ahead and take a breath in and out.
- Step 2: As you close your eyes, you can bring into your awareness whatever it is you want to explore today.
- Step 3: Close your eyes and begin by just relaxing the toes and the soles of the feet. Relaxing the ankles; allow the calves to relax. Allow the knees to relax. Allow the thighs to relax. Allow the groin to relax. allow the bladder to relax, the urethra. Allow the kidneys to relax. Allow the liver to relax. Allow the gall bladder to relax. Allow the intestine to relax. Allow the stomach to relax. Allow the pancreas to relax. Allow the chest to relax. Allow the lungs to relax. Now the heart. Allow the throat to relax. Allow the face to relax.
- Step 4: Allow the whole body to relax now. Allow all the organs to relax now.
- Step 5: Just imagine from above, a very healing light – a very sacred healing light.
- Step 6: Allow that light to enter through the crown of the head.
- Step 7: This healing light is just mopping up any and all toxicity.
- Step 8: Allow it into the brain, into the eyes, the sinuses. Allow this healing light into the jaw, to the back of the throat, the chest, the heart, the lungs, the diaphragm, the abdomen, the internal organs, the spinal column, the back muscles, the hip joints, the knee joints, the legs.

- Step 9: Allow this healing light in every single part of the being. To the body, the mind, the space between the selves, knowing that with every breath you take, you are getting healthier and healthier.
- Step 10: Just pull all your energy in. Into yourself, into your very being, knowing you will be able to open your eyes as soon as all parts of you are fully integrated, ready to carry on the healing process perfectly, automatically, on its own. Without you having to do a thing. Just like the part of you that makes your eyes shine.
- Step 11: You may open your eyes now, knowing it's the same, eyes open or eyes closed, whether your mind wandered or not, it doesn't matter.