

## THE BOOSTED PROGRAM – EXERCISES WITH STEPS - DAY 10

### Exercise 1: Unblocking Sinusitis Pressing Different Points on Face

- Step 1: Put fingers underneath the eyes and place a bit of pressure, and then breathe in and out.
- Step 2: As you breathe in, apply the light pressure; as you breathe out, apply the firm pressure.



- Step 3: Apply light pressure on the nose as you breathe in and hard pressure as you breathe out.
- Step 4: Do the above step by pressing your chin. Place light pressure as you breathe in and hard pressure as you breathe out.



- Step 5: Massage the jaw area and as you massage the jawline area, breathe in gently and breathe out.
- Step 6: Pumping under the ear, gently.



## Exercise 2: Enhancing The Self-Esteem

- Step 1: Move your hand in a circular motion on the thymus area. Imagine your parents have put their hand and are moving it in a circular motion. In EFT, this circular motion here helps to increase the self-esteem.



### Exercise 3: Releasing Tension/Worry With “Aahh” Sound And Hair Combing

- Step 1: Massage your hair slowly in order to release any worry. Place your fingers in the scalp and breathe in through the nose and out through the mouth as you rub your fingers backwards in a combing fashion.



- Step 2: Put your fingers at the tip of your hairline and slowly pull it down outwards, while you breathe in and out.



#### Exercise 4: Relaxing By Doing The Forehead Pulling

- Step 1: Use all your fingers and gently press your forehead and pull outwards.



**Exercise 5: Rubbing The Nails, With Your Knuckles Touching And A Gentle Knock-On Head For Happy Healthy Hair.**





## Exercise 6: Astral Meditation For Health Concerns

- Step 1: Go ahead and take a gentle breath in and out.
- Step 2: As you take a breath in and out, slowly close your eyes. As you close your eyes, imagine a healing chemical or a liquid light (it could be of any colour) passing through you. I want you to imagine a healing colour entering from the toes.
- Step 3: This liquid light or healing colour, is going inside all the little cells and molecules in the body. It is going in the space between the spaces.
- Step 4: Just allow the light to go inside the cell because it is relaxing the cells in the soles of the feet.
- Step 5: This liquid light is going inside the ankles. It is so special, it can just flush out any physical, emotional, or mental toxicity.
- Step 6: This liquid light is going inside the calves, and it is going inside every single cell in the calves and it is just mopping up any and all toxicity.

- Step 7: This light leaves on its way health, and it goes vibrating and scintillating the cells.
- Step 8: And now it goes in through the knees and if there is any cartilage or debris in the knee, it is just swirling there and is washing it all out.
- Step 9: Now it enters the thighs and as it enters the thighs, it is washing all the toxicity out.
- Step 10: Going inside the bones and the bone marrows, this liquid love is going into your hip joints and flushing out all toxicity, getting all the mobility back in that part of the body.
- Step 11: Now it goes into the tailbone and coccyx region and is flushing out any and all tension there.
- Step 12: As this liquid light goes relaxing the lower back, relaxing the spinal column, allow this liquid love i.e., this liquid light to permeate the whole body now - the internal organs. It goes cleansing, clearing, and sucking up any and all toxicity.
- Step 13: This now passed clearing the lungs, the throat, the jaw, the head. This liquid love is flushing through the whole body now,



through the head, the hair, the aura, the face, the back of the neck, the neck, and the chest.

- Step 14: It flushes through the whole body now. The chest, the heart, the lungs, the diaphragm. The hips, the legs. The whole body now.

## Exercise 7: Hand On Heart Exercise

- Step 1: As you put your hand on your heart, breathe into your heart thanking yourself for giving yourself the gift of your 40 minutes of power today. It is giving yourself the gift of this time today.
- Step 2: As you breathe into your heart, send your gratitude to yourself. Send all of gratitude to yourself.