

## THE BOOSTED PROGRAM – EXERCISES WITH STEPS - DAY 12

### Exercise 1: Crown Tapping To Embed Positivity

- Step 1: Go ahead and breathe in through you nose and breathe out from your mouth.
- Step 2: We will just do a gentle tap on the top of the head, in a circular motion.



- Step 3: As you do that, you can say out loud, *“I’m so happy, I can’t stop smiling”, “I’m so happy, I can’t stop laughing”, “I’m so happy, I can’t stop being”, “I’m so happy, I can’t stop laughing.”*

## Exercise 2: Releasing Negativity With Tantrum Tapping

- Step 1: Bring the hand under the collarbone.



- Step 2: If there is any irritation, any annoyance, any let-down, any frustration let them out by doing this. Breathe in and out, making an “Aaaah” sound while tapping continuously on your collarbone.
- Step 3: Make an “Aaaah” sound while you stomp your feet at the same time as tapping your collarbones.

### Exercise 3: Immune Booster

- Step 1: Make your fist and tap on your chest, while making the “Aaaaah” sound.



## **Exercise 4: Releasing Worry With Hair Combing**

### **Step 1:**

Open your fingers in a curve and slowly brush/comb your hair back from the crown as you breathe in and out.

## **Exercise 5: Releasing Worry With Crown Stretching**

- Step 1: Slowly push down two fingers from the top of your forehead to the sides as you breathe in and out.

## **Exercise 6: Releasing Worry With Forehead Pulling**

- Step 1: Hold the little finger where the eyebrow is and the index finger where the hairline is.
- Step 2: Breathe in and breathe out as you move outwards from the top of the eye.

## Exercise 7: Relaxing With Hand On The Forehead

Placing the hand on the head and making an electro-magnetic connection will allow the blood flow to be back in the head.

- Step 1: Place your left palm on your forehead and gently breathe in and breathe out as you make a connection.



- Step 2: Place your right palm on your forehead and as you make a connection, gently breathe in, and breathe out.

## Exercise 8: Claspng The Neck

- Step 1: Clasp the hand where the neck is – the point is known as the 11.



- Step 2: Gently rest the neck on your hand.
- Step 3: Just let the neck fall into the hands and gently breathe in and breathe out.



- Step 4: Ease the hand softly while you say, *“I choose to let go of any excess baggage.”*

Excess baggage also includes people in your life who no longer serve you and are just hanging on but are not meeting you vibrationally.

- Step 5: Clasp your hand at the back of your neck again, softly and say, *“I choose to release anything and everything that is no longer vibrating at the highest and best of my soul. I choose to let go of any and all people and situations that are no longer vibrating at the highest and best of my soul. I release you now.”*

## Exercise 10: Coming Into Power Cupping The Base Of The Skull

- Step 1: Interlace your hand and put it on the base of your skull as if you were on the beach.
- Step 2: Just rest back calmly.
- Step 3: Recite, *“Coming into my power now, coming into my sacred energy. I am coming into my sacred energy.”*

## Exercise 11: EFT Tapping For Letting Go Of Resistance

- Step 1: Tap on the Karate Chop while reciting, *“Even though I resist letting go of what is no longer serving me; even though I resist letting go of what is not best for my highest and best interest, because I hold on sometimes, because I don’t want to be the mean person. I want to be a nice person and I want to make it work, I love and accept myself anyway.”*



- Step 2: Keep tapping on the Karate Chop as you recite, *“Even though I resist letting of situations in my life because I get really scared, I love and accept myself anyway. Even though I get hard when I resist and I get irritated and I get frustrated. What if I could soften my body now? What if I could soften my tone? And what if I could let go in my life what is no longer serving me?”*

- Step 3: Tap on your facial meridians, your collarbone, fingers and under the arm while reciting, *“Maybe it’s anxiety, maybe it’s worry, maybe It’s worry over my future, maybe it’s the people in my life. Letting go of situations, letting go of people, letting go of connections that are no longer serving me. Letting go of work situations that are no longer serving me, letting go of difficult people that are no long serving me. That I have been trying to rescue and save. That I have been trying to fix and correct. And it is not going to happen. I am not able to fix anybody. I can just for myself.”*



- Step 4: Tap on your head while reciting, *“Suppose somehow, I could just release all resistance of doing the highest and best with so much love, with*

*so much acceptance, with so much surrender, with so much trust. Knowing when I come and sit in my place of patience, free from any stress of anxiety, all that I desire comes lovingly towards me, comes patiently towards me, beyond anything I could ever imagine, beyond anything I had ever dreamed of. “*



- Step 5: Hold the 9 gamut and just breathe in through the nose and say, *“Freeing myself from myself, to be myself. Freeing myself from myself.”*



### **Exercise 11: Connecting With Freedom With Your Hand On Your Heart**

- Step 1: Just place your hand on your heart and connect with yourself, connect with your own freedom and just silently breathe in and out.



- Step 2: Open the awareness, sky like above and ocean like below and spacious to all sides and just rest.

## **Exercise 12: Closing With Peace In The Heart Meditation**

- Step 1: Go ahead and take a long breath in and letting it out.
- Step 2: Taking another long breath in, knowing same same peace on the inside and same same peace on the outside. Go ahead and open the eyes.