





THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 19


Exercise-1	Grounded Breathing Exercise
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • 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	Hair Combing Exercise
	<ul style="list-style-type: none"> • Step 1: Do a progressive tapping, shifting from point to point saying the respective to self <ol style="list-style-type: none"> 1. Gamut -9: <i>Even Though I get frustrated</i> 2. Forehead: <i>Sometimes</i> 3. Eyes: <i>I don't get it</i> 4. Nose: <i>with so much impatience</i> 5. Chin: <i>without any pulse whatsoever</i> 6. Collarbone: <i>I feel like losing patience</i> 7. Elbow: <i>But that's okay</i> 8. Thumb: <i>It is all going to be fine</i> 9. Index Finger: <i>I love you so much</i> 10. Middle Finger: <i>I am valued</i> 11. Little Finger: <i>I am calm</i>

	<ul style="list-style-type: none">• Step 2: Repeat the above step in the reverse order and telling the sameto self.• Step 3: End this exercise by taking a deep breath in the end.
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Exercise-5	Immune Boosting
	<ul style="list-style-type: none">• 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
	<ul style="list-style-type: none"> • 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 hitting 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 themouth.
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<p style="text-align: center;">Exercise-7</p>	<p style="text-align: center;">Increasing Energy With Finger-Tip Tapping</p>
	<ul style="list-style-type: none"> • Step 1: Put your right hand on your heart. Make a connection with your heart. Thank it for being there for you. • Step 2: Breathe in and out through the nose while having a connection with your heart. (Heart-centered breathing) • Step 3: Breathe in through the nose and breathe out through the mouth to calm the nervous system. • Step 4: Now, put both the hands on the heart, breathe in through the nose and breathe out through the mouth. This time just breathe naturally focusing fully on the heart. Breathe in through the nose and out through the mouth while focusing your knowledge on


	your heart and allow all the gratitude to go inside your body.
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Exercise-8	Releasing Worry With Hair Pulling
	<ul style="list-style-type: none">• 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
	<ul style="list-style-type: none"> • 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 atonce.

<p style="text-align: center;">Exercise-10</p>	<p style="text-align: center;">Releasing Worry With Forehead Pulling</p>
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none">• 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
	<ul style="list-style-type: none"> • 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
	<ul style="list-style-type: none"> • Step 1: Place the hand on the heart and open it up as wide as theskies 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 pastand future, all anxieties and worries will start melting away. • Step 3: Gently release your hands thereby opening your hands evenwider. • Step 4: Steadily and calmly, open your eyes and ears to tranquillity.