






THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 4


Exercise-1	Grounded Breathing
	<ul style="list-style-type: none"> • Step 1: Take a breath in and let it out. • Step 2: Take a breath in through the ground letting it out through the ground. • Step 3: Breathe in love and breathe out forgiveness.


Exercise-2	Neck Hold
	<ul style="list-style-type: none"> • Step 1: Hold your neck and shoulders and go ahead and say to yourself, “I am loved. I support myself; I support all of me, and it is safe to support myself.” • Step 2: Just hold your neck, make sure your hands are light and loose and as you clasp your neck, let your hands relax and say to yourself, “I am safe, I am supported.” Breathe in and out and say, “I am safe, I am supported.” • Step 3: Free up your neck by just moving it from side to side, because sometimes the neck can tighten up when it does not feel supported.

Exercise-3	Cranium Hold
	<ul style="list-style-type: none"> • Step 1: Lean back and hold your neck. • Step 2: Breathe in through the nose and release your breath while saying “I am supported, I am loved, I am taken care of.” <p>(Repeat the above step, if needed)</p> <ul style="list-style-type: none"> • Step 3: Release the neck and continue to breathe in and out. Hold the soft spot at the back of your scalp (just above where the neck joins the head) and hold yourself up. • Step 4: Let yourself know that you are supported by saying, “I am supported, I am loved, and I am taken care of.” Relax back and rest while continuing to support your cranium.


Exercise-4	The Lymph Breathing
	<ul style="list-style-type: none">• Step 1: Breathe in through the nose and breathe out through the mouth. (Repeat the above step thrice)

Exercise-5	Crown Stretching
	<ul style="list-style-type: none"> • Step 1: Start by relaxing and gently moving your fingers. • Step 2: Breathe in by combing your hair inwards. Breathe out by combing your hair outward. Keep your thumbs near your ears and as you comb down your thumbs should also move downward to the back of your ears.

Exercise-6	Crown Stretching
	<ul style="list-style-type: none"> • Step 1: Apply medium pressure using your index and middle finger on your crown. • Step 2: Bring your awareness into your heart and bring into your heart what you are grateful for, who are you grateful for, and thank yourself for giving yourself this day. • Step 3: Breathe in and out tracing from the end of your hairline to just at your temples using your fingers.

Exercise-7	Forehead Pulling
	<ul style="list-style-type: none"> • Step 1: Put your little finger in the space between your eyebrows (this is your bladder meridian associated with your emotions) and stretch your fingers in such way that the index finger touches your crown. Breathe in and breathe out by moving both your little fingers along your eyebrows and move the rest of your fingers in a similar fashion on your forehead. • Step 2: Hold your fingers at the temple, make them (the fingers) have a connection with each other and say, "I release this worry, I let go of this worry, I surrender myself, I am open to love, I allow myself to be in the flow of life." Take another breath in and just relax with no thought of the past or the future, only this moment, focus only on this

	<p>millisecond.</p> <ul style="list-style-type: none">• Step 3: Breathe in and out with no thought of the past or the future, only this moment, focus only on this millisecond.
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Exercise-8	The Hugging Hold
	<ul style="list-style-type: none"> • Step 1: Hold yourself in a hug and say, “I am whole, I am complete, I am fully healed within myself.” Hug yourself and say, “I hug me, I love all of me, I am complete, I am whole, I choose to hug me, I choose to hug me.” • Step 2: Put your hand on your heart, close your eyes and imagine your hands are touching your heart. • Step 3: Imagine hugging all of you from the front, and if there is a loved one you would like to hug from this level of energy, someone who is in the ICU or someone who is in isolation, imagine hugging them. If you do not have someone to hug, bring into your mind all the orphaned children in the world and

make a prayer that they are safe and taken care of, may they be able to letgo of their grief and sadness and experience the joy of life, may their life be fullof happiness and abundance and may the Universe take care of them.