





THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 5


Exercise-1	Breathing Exercise
	<ul style="list-style-type: none"> • Step 1: Breathe in through your nose and breathe out through your mouth. • Step 2: Make a connection with the ground and breathe in and breathe out.


Exercise-2	Heart Focused Breathing
	<ul style="list-style-type: none"> • Step 1: Breathe in and let it out. • Step 2: Place your hand on your heart and as you do that, take a deep breath in, and breathe out. • Step 3: Take another breath in and let it out. • Step 4: Make a connection with yourself. Connect with your own intuition, intuitive guidance. • Step 5: Breathe into your heart and let it out. • Step 6: Feel the heartbeat by breathing in through your nose and out through your mouth making a connection with yourself. • Step 7: Breathe in for 6 counts and breathe out for 6 counts. • Step 8: Repeat the six-count breathing thrice and say to


	<p>yourself," I trust my intuition, I trust myself, I trust my intuition wholeheartedly."</p>
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Exercise-3	The Middle Finger Hold (To Release Anger)
	<ul style="list-style-type: none"> • Step 1: Close your eyes for a moment and think of the last time, you felt frustrated and irritated was. • Step 2: Hold your middle finger and harmonize the energy of anger. • Step 3: Hold the finger of the past you and let that past you know that, "Irritation is welcome, annoyance is welcome, frustration is welcome, you are welcomed. I accept you; I love you; I accept you; I love you, you are lovable just the way you are." • Step 4: Release the finger and hold yourself and say, "I am so sorry you felt this way, and that you got hurt."

Exercise-4	The Negativity Release
	<ul style="list-style-type: none"> • Step 1: Relax your fingers and find a spot beneath your collar bone • Step 2: Breathe in and let it out. • Step 3: Gently tap on the spot beneath your collar bone to release the negativity. • Step 4: Make an 'aah' sound.

Exercise-5	Immune Boosting
	<ul style="list-style-type: none"> • Step 1: Open your chest, move your shoulders back, and make a gentle fist with your hands. • Step 2: Tap on the spot underneath the collarbone. • Step 3: Make an 'aah' sound. • Step 4: Tap on the area below your collarbone. • Step 5: Use the power of your chest to make the 'aah' sound. (You just released so many immune cells.) • Step 6: Now, let us open up the lungs and tap gently on the entire chest area by rotating our fist in a circular fashion.

Exercise-6	Elbow Cress Pressing
	<ul style="list-style-type: none"> • Step 1: Breathe in deeply and release your breath, holding the spot at the crease in your elbow (releases the chemical toxicity from the body.) • Step 2: Dig into this spot with the thumb and breathe in and breathe out deeply

Exercise-7	The High Nineteen Point
	<ul style="list-style-type: none"> • Step 1: Put your hands in a cross position touching the area just below the shoulder. • Step 2: Breathe in and breathe out by sliding down your hands to the spot just above your elbow.

Exercise-8	Meditation
	<ul style="list-style-type: none"> • Step 1: Close your eyes. • Step 2: Put your hand on your heart and bring in gratitude to it. • Step 3: Say to your heart, “I choose to let go of anything and everything that is no longer serving me and, my higher purpose. I free myself from myself, to experience infinite joy, awakening and freedom.” (Repeat twice.) • Step 4: Thank yourself, awareness, consciousness, and life itself.