








THE BOOSTED PROGRAM – EXERCISES WITH STEPS – DAY 11

Exercise-1	Grounded Breathing
	<ul style="list-style-type: none"> • Step 1: Make a connection with the ground. • Step 2: Breathe in through the nose from the ground and notice what kind of silent-ness is going in. • Step 3: Gently breathe out from the mouth and welcome all gods, goddesses, sages as pertaining to respective faiths, into your veins. Let your whole place be filled with the scintillating presence of grace of infinite energy. • Step 4: Let your heart rest in the assurance of the gracious embrace of the angels. End with a deep calm breathe in and letting it out.

Exercise-2	Six-Count Breathing
	<ul style="list-style-type: none"> • Step 1: Breathe in through the nose for six counts and out through the nose for six counts. • Step 2: Breathe in through the nose for six counts and out through the mouth for six counts. <p>Do this embracing your emotions and releasing past emotional trauma.</p>

Exercise-3	Hand On Heart Breathing
	<ul style="list-style-type: none"> • Step 1: With the hand placed on the heart, breathe in through the nose and out through the nose. • Step 2: With the same posture, breathe in through the nose and out through the mouth. <p>(Hand which represents body is connecting the heart which is the soul and mind. Therefore, it is a union of the three essential elements of a person.)</p> <ul style="list-style-type: none"> • Step 3: Remember of the things which your heart loves and let them into your being.

Exercise-4	9-Gamut Hold
	<ul style="list-style-type: none"> • Step 1: Find the 9-Gamut point behind the palm near the little finger which is a meridian and hold it with two fingers. By doing this, you release a cell comprising of past negative memories in the brain. • Step 2: Breathing in and out for six counts holding the 9-Gamut. • Step 3: Place the hand on the heart, hold the 9-Gamut and breathe in for six counts through the nose and out through the mouth for six counts. <p>Go ahead and take a sip of water because you would be flushing out so many toxins!</p>

<p style="text-align: center;">Exercise-5</p>	<p style="text-align: center;">Tapping On Different Points In A Cyclic Manner</p>
  	<ul style="list-style-type: none"> • Step 1: Tap under the palm saying to self <i>“even though, this past memory happened, and I was hurt very badly. It was such a tough time, I was insulted so badly, and I have so much apprehension now of approaching them, because a part of me feels abandoned. I love and accept myself anyway.</i> • Step 2: <ol style="list-style-type: none"> 1. Then shift the tapping to other points with saying, 2. On the forehead: <i>I felt so rejected</i> 3. On the side of right eye: <i>I felt so ignored</i> 4. Under the right eye: <i>I felt so guilty</i> 5. Under the nose: <i>I felt so hurt</i> 6. Under the lips: <i>My</i>



expectations were shattered

7. On the heart: *I really miss them*

8. Under the elbow: *Having lost them was so hard*

9. Thumb: *I felt like such a payriya*


10. Index: *It is so hard*

11. Middle: *It was really hard*


12. Ring: *It was so hard*


13. Little: *It was really hard*


- Step3: Repeat the above process starting from tapping under the palm.

Exercise-6	9-Gamut Breathing
	<ul style="list-style-type: none"> • Step 1: Hold the 9-Gamut and breathe in through the nose and out through the mouth. • Step 2: Imagine sending new strength into the old memory. • Step 3: Breathe in the resource of strength and let it out. • Step 4: Tell yourself, <i>“sending the resource, everything is going to be okay.”</i> • Step 5: Sending the resource of self-power and breathe in self-power. Send the current-you into that old-you and as you do this, go ahead and hug the old-you and tell them, <i>“I love you, you don’t need to hold this anymore, you simply let this be. I am so proud of you. You have come so far. Sometimes. You are so hard on yourself being judgmental and</i>

	<p><i>critical, and taking unnecessary burdens. Don't try to be others but be yourself!"</i></p>
--	--

Exercise-7	Hugging Hold
	<ul style="list-style-type: none"> • Step 1: Hold yourself like a child and let the oxygen come in. • Step 2: Breathe in through the hold and breathe out and thereby flush out the lungs. • Step 3: Hold tight to yourself. This has to be done as the hold stimulates the adrenal glands. By doing this, you release all the baggage you were holding onto, make best decisions and be the best energetic you could be.

Exercise-8	Immune Boosting
	<ul style="list-style-type: none"> • Step 1: Gets the fists folded and twisted. • Step 2: Find the sternum under on the chest which is the bony area. • Step 3: Hit it with alternative fists in repeated rhythmic way making “aaahhhh” sounds.

Exercise-9	Hand On Heart Breathing
	<ul style="list-style-type: none"> • Step1: Make connection with the whole self and say to self, <i>“I choose to open up myself and I choose to achieve one of my dreamstoday!”</i>