

Do-it-yourself Exercise "The Booster"

- Are you feeling bad?
- Do you feel like doing nothing?
- Does everything seem black and hopeless?

The Booster will relaunch you and put you to such a level of action that you will be able to emerge and no longer be trapped in your environment.

This is by far the best therapy!

Finish as many cycles of actions as possible, complete anything that is incomplete, i.e.:

- Wash the dishes, put them away.
- Tidy up the apartment or the garden.
- Put everything back in its place.
- Clean, do the laundry, wash the windows, bath tub, etc.

In the office or at work:

- Take everything you left behind and work it out accordingly.
- Do not leave anything that is not done, unfinished.
- Do not be distracted by anything.
- Stay alert.

Learn where pains are coming from! Auditing can eliminate pain.

*Erase or nullify the physical pain, the losses of a lifetime, and vitality returns.
– L. Ron Hubbard*

If you have any questions or need more information please contact us.