

# Your Daily Rhythm

The Second Fire Framework · A Blissfully U Program



Attune to your daily rhythm (Dinacharya) to align with your body. These simple rituals create consistent energy, restful sleep, and deep nourishment. Weave these habits into your morning, midday, and evening.

## Good Morning

**Wake early**, preferably with the sun. Urinate and defecate upon rising.

**Scrape your tongue** and brush your teeth.

**Hydrate**. Drink one litre of room-temp water (or warm), or 2 cups with lemon. Jumpstart digestive flow.

**Dry Brush** your body with a brush, gloves, or bare hands. Stimulate blood flow. Massage with oil before or after your shower.

**Sit in Silence**. Meditate for at least 5 minutes upon rising. Bonus: journal one page — gratitude and your daily intention.

**Exercise for 20 min** before you break-fast, breathing through your nose. (yoga, walk, jog, spin, swim...)

**Eat green**. Green smoothie or juice for breakfast. Still hungry? Add warm grains.

## Mid Day

**Eat your main meal** at midday in a quiet surrounding if possible.

**Enjoy your lunch**, then take a short walk before returning to work.

**Avoid rushing**, fretting and overeating.

## Grounded Evening

**Unplug**. Quit work by or before 6 pm.

**Earlier, lighter dinner**. Close the kitchen. Give your body room to digest food, thoughts, and experiences from the day.

**After dinner**, engage in something joyful — dance, walk, bike, garden, or play before settling in.

**Sit in Silence**. Process the day. Quiet the mind. Express gratitude.

**Retire early** — prep for bed and be down before or by 10 pm.