



# SIMPLE DAILY PRACTICES

For Steadiness, Clarity, and Strength



**SEAN COREY**

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Breathe. Move. Connect.

# WELCOME

# THE SHIFT STARTS HERE.

Many of us move through life on autopilot, reacting to stress, struggling with focus, and pulled in different directions.

When you bring **awareness to your energy**, attention, and **daily actions**, something shifts. You begin to notice what supports you and what depletes you.

This guide offers simple practices to help you work with your energy.

It's about establishing a daily practice that **steadies the mind**, **strengthens the body**, and **brings a sense of alignment**.

Little by little, it becomes a way of life.

 Small actions done consistently over time in strategic places bring massive progress. Trust in the process of your unfolding.

# CONSIDER THIS:

# DAILY PRACTICE =

# ENERGY ALIGNMENT

- We are shaped by what we repeatedly do.
- Each breath, each movement, each thought influences our energy.
- Without a regular practice, energy often scatters into stress, dullness, and reaction.
- With consistent practice, you learn to work with your mind, your breath, and your life force energy (prana). You feel more alive and present.

## WHAT HAPPENS WHEN YOU WORK WITH YOUR ENERGY?

1. **Your mind becomes steadier.** Clarity begins to emerge.
2. **Your emotions stabilize.** You're more able to respond rather than react.
3. **Your body strengthens.** You learn to work with life force energy rather than against it.

💡 Daily practice isn't just another task to check off. It's an opportunity to come back to yourself and align with what supports you.

# 6 SIMPLE DAILY PRACTICES

These practices are interconnected. Strengthening one supports the others.

The aim isn't to perfect them, but to work with them daily in a way that feels natural and sustainable.

In the beginning, this takes effort and consistency. Over time, it becomes part of how you live.

Through this practice, you cultivate clarity, steadiness, and strength.



**BREATH**



**MOVEMENT**



**MEDITATION**



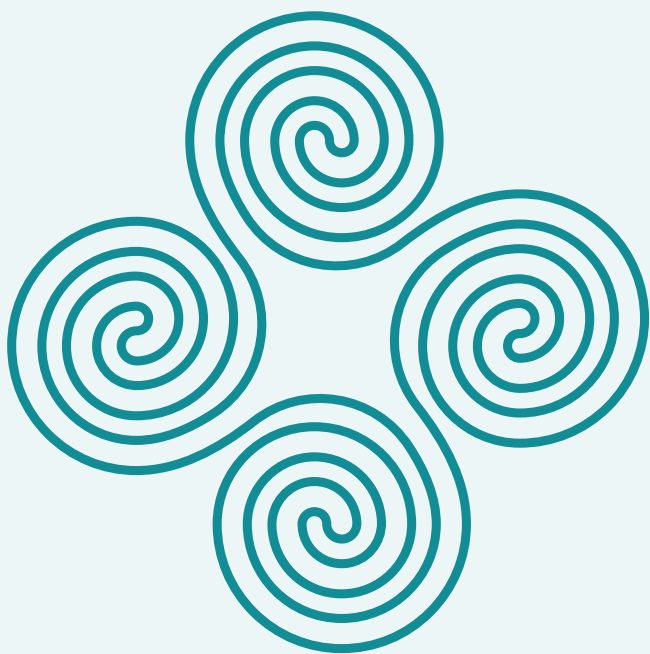
**DIET**



**NATURE**



**COMMUNITY**



# BREATH

Regulating Your Energy & Mental State

# 1. BREATH

- Breath connects your body and mind.
- Most of us breathe shallow and erratic without realizing it, which can reinforce instability.
- Conscious breath is one of the most accessible tools for working with your energy. It can shift your state, support clearer thinking, and build the steadiness needed to meet life's changes.

## DAILY PRACTICE:

Learn to **cultivate these five qualities of healthy breathing** to refine your breath and steady your mind.

*(Always breathe through the nose)*

1. **Breathe Deeply:** Let your breath originate from the low belly, expanding the abdomen more than the chest.
2. **Breathe Smoothly:** Release any roughness or tension, allow the breath to flow with ease.
3. **Breathe Evenly:** Balance the length and quality of each inhale and exhale.
4. **Breathe Continuously:** Maintain a steady, unbroken stream of breath without force or pauses.
5. **Breathe Quietly:** Keep your breath soft and subtle, letting it reflect a calm, focused mind.

 With practice, these qualities naturally bring greater ease, awareness, and steadiness to your breath.

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# MOVEMENT

Awakening the Body & Pranic Flow

## 2. MOVEMENT

- Your body is the vessel of your prana (life force energy).
- Tension in the body can block the natural flow of this energy.
- A movement practice helps you become more sensitive to subtle breath, prana, and the space within your body.
- Through breath, movement, and stillness, you work with your energy and begin to notice patterns that no longer serve you.

### DAILY PRACTICE:

**Breath-aligned movement supports your energy.** Try this Prana-Awakening Yoga Sequence, or [follow my free 15-minute class on Insight Timer](#).

1. **Crocodile Pose:** Deepen breath awareness, relax fully.
2. **Cat-Cow:** Synchronize breath and movement, awaken the spine.
3. **Seated Spinal Twist:** Support pranic circulation.
4. **Warrior I:** Build strength, expand breath.
5. **Forward Fold:** Release tension, settle your energy.

💡 Yoga postures aren't just exercise. They're a way of working with energy and deepening awareness. Strength and flexibility follow naturally as a result.

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# MEDITATION

Cultivating Inner Stillness & Mental Clarity

# 3. MEDITATION

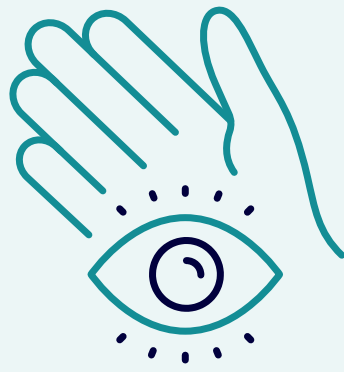
- The mind shapes your experience of life.
- Without training, it often fuels distraction, worry, and attachment.
- Training the mind is a practice. You return your attention again and again to its natural clarity and steadiness.
- Through consistent meditation, you begin to shift from reactive to responsive, from scattered to more centered.

## DAILY PRACTICE:

This **5-step meditation** can be practiced anytime. Start with just 10 minutes a day and gradually extend to 30+ minutes. *(Morning is often the most powerful time to practice.)*

1. **Find Stillness (2 min):** Sit comfortably with a steady spine. Let your body settle.
2. **Relaxed & Effortless Breathing (2 min):** Allow your breath to flow effortlessly, deep and relaxed through your nose.
3. **Systematic Relaxation (1 min):** Mentally scan your body, letting go of any gripping, tension, or tightness.
4. **Focus on Breath (2 min):** Gently rest your awareness on the breath at your nostrils.
5. **Rest in Mantra (3 min+):** Introduce a sacred mantra, letting it flow naturally, or focus awareness on your breath.

💡 Mental clarity emerges when the mind settles into its natural state. Meditation is like a shower for your mind.



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*Simple Daily Practices*

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# DIET

Fuel Your Life, Support Your Energy

# 4. DIET

- Food is energy. What you eat either supports vitality or depletes it.
- Prioritize whole, fresh, seasonal foods.
- Fresh ingredients carry the highest pranic value.
- Hydrate consistently. Water supports every function in your body. Drink clean water throughout the day.
- Listen to your body. Notice what energizes you and what leaves you feeling heavy or scattered.

## DAILY PRACTICE:

1. **Embrace the 80/20 rule.** Nourish your body with whole, nutrient-dense foods most of the time while allowing space for foods you enjoy. *Balance is key.*
2. **Eat your largest meal at midday.** According to Ayurveda, this is when your digestive fire (Agni) is strongest, allowing your body to process nutrients more efficiently.
3. **Avoid eating at least 3 hours before bed.** This supports digestion and promotes deeper, more restful sleep.
4. **Create a mindful eating environment.** Choose a peaceful setting free from distractions to support digestion and awareness.

 Your body is a temple. Choose foods that nourish your body and mind. Limit alcohol and processed foods when possible.

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# NATURE

Connection and Alignment with Source Energy

# 5. NATURE

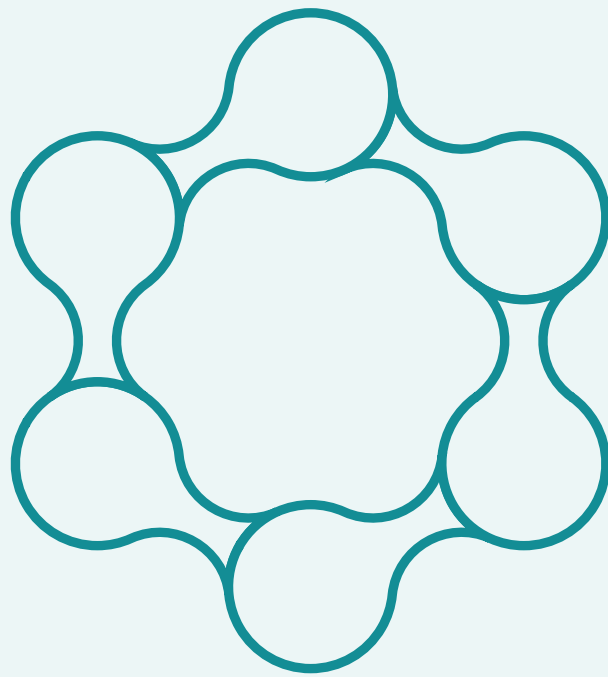
- Nature offers balance and renewal.
- Spending time outdoors can reset the nervous system, clear mental fog, and support vitality.
- We're part of nature's rhythms. Just as the seasons shift, so do our internal cycles. Aligning with natural patterns supports resilience and well-being.
- The body's capacity to heal is supported by time in nature. Forests, mountains, and water enhance prana, support immune function, and cultivate a calm, steady mind.

## DAILY PRACTICE:

1. **Start your day with nature.** Step outside first thing in the morning, breathe deeply, and absorb natural light.
2. **Sync your schedule with natural rhythms.** Align waking, eating, and sleeping with the cycles of the sun and seasons.
3. **Observe the elements.** Feel the sun's warmth, listen to the wind, spend time near water, notice the changing seasons.
4. **Spend time in natural spaces regularly.** Whether it's a park, a river, or a quiet garden, make it a habit to be in nature.

 Nature is a living teacher. Listen, observe, and align with its wisdom.

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# COMMUNITY

Connect to the Energy of Good Company

# 6. COMMUNITY

- Growth happens within, but connection supports the journey.
- Personal practice is individual work, but transformation often deepens in community.
- Energy is shared. The people around you influence your mindset, emotions, and your ability to stay present.
- Surrounding yourself with conscious, grounded people can strengthen your practice.
- Your path is yours to walk, but you don't have to walk it alone. Support and shared wisdom can accelerate healing and growth.

## DAILY PRACTICE:

1. **Notice how you feel after interactions.** Do they uplift and strengthen you? Or do they scatter and drain your energy?
2. **Surround yourself with people who align with your growth.** Seek out people who encourage depth, self-inquiry, and honesty.
3. **Give freely.** Offer your presence, support, and kindness without expecting anything in return.
4. **Balance solitude and community.** Make time for self-reflection and time spent in supportive company.

 Energy flows where attention goes. Nurture connections that support who you're becoming.

# THANK YOU

I hope this guide has offered you something useful, whether it's a shift in perspective, a new practice, or a clearer sense of what supports you.

If something didn't resonate, I'd genuinely like to hear your thoughts. Your feedback helps me create better resources.

If this guide has been helpful, you're welcome to share it with someone who might benefit. Sometimes a simple resource can support someone at just the right time.

You can share this guide using the button below.

Thank you for your time and for showing up to this practice.



I wish you steadiness and clarity  
on your path 🙏

**Sean Corey**

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