

Essentials



Index

Basic:

Daily Prayers
Daily Routine
C.G. Kalender
Daily Fit
Fun-Day themes
7 Scroll overview
Accountability
Time-Triangle
Voting
Protection

C.G. Concepts

No violence concepts
No profit economic concepts
Environment concepts



1 GOD is waiting to hear from you !

Daily Prayer

Dear **1 GOD**, Creator of the most beautiful Universe
Help me be clean, compassionate and humble
Using the 7 Scrolls as guide:
I will protect your creations and Punish Evil.



Stand up for the unfairly attacked, disadvantaged, weak and needy
Feed the hungry, shelter homeless and comfort sick
Proclaim:
1GOD, 1FAITH, 1Church, Universe Custodian Guardians
Thank you for today
Your most humble faithful custodian-guardian (**1st name**)
For the Glory of **1GOD** and the Good of Humankind

This prayer is used everyday part of a daily routine, alone or in a group in any-place you like, facing the rising sun eyes closed.
Recited at the Gathering.



Thank You Prayer

Dear **1 GOD**, Creator of the most beautiful Universe
Thank you for supplying me with Daily drink & food
Living by your latest message
I endeavor to be deserving nourishment every day
May I be spared agonizing Thirst & numbing Hunger pains
Your most humble faithful custodian-guardian (**1st name**)
For the Glory of **1 GOD** and the Good of Humankind



Use this prayer before every feed!



Every week-day needs to have a Dinner theme:
Day1: **Vegetables**; Day2: **Poultry**; Day3: **Mammal**;
Mid-week: **Reptile**; Day5: **Seafood**;
Week-end: **Nuts, Seeds**; **Fun-Day**: **Insects**.



Daily Routine

A 'Daily routine' is essential to meet 'Obligation 2 (Protect the human body)' and be ready to face upcoming challenges. Get up, have a glass of lightly chilled filtered water, go toilet, do 'Daily Fit (exercises)', worship 'Daily Prayer', wash face and hands, have breakfast, get dressed. Check your 'Planner'. Now you're ready for challenges. 'Have a Good-day, may 1 GOD Bless you'.

A 'Daily routine' includes cleanliness and feeding not only of 'I' but all other people and creatures depending on you. Wash hands after every toilet visit and before every feed. Wash face before every feed. Brush teeth and wash whole body before going to bed. Feed 5 times a day: 'Breakfast, Early day snack, Lunch, Late day snack, Dinner'. Have a glass of lightly chilled filtered water with each feed!

Note! Before every feed You worship: **Thank You Prayer**

Every weekday needs to have a food theme: e. g. Day 1: Vegetables; Day2: Poultry; Day3: Mammal; Mid-week: Reptile; Day5: Seafood; Week-end: Nuts & Seeds; Fun-Day: Insects.

When feeding **avoid** unhealthy Nourishment: Alcohol, Artificial sweetener, Fructose (glucose, sugar), Genetic modified food (GM), Manufactured-food,... Greasy, salty, sweet fast food. Carbonated drink containing: Alcohol, Caffeine, Kola, sodium, sweetener!



A 'Daily routine' includes being good and punishing Evil. Being good involves doing '**Random acts of Kindness**'. Be kind to I, to people around you, the community, other creatures, the habitat... 1 GOD loves Random acts of Kindness. Punish Evil everytime use the '**Law-Giver Manifest**' as guide.

1000's of years of 'Evil' are coming to an end! **Be Good! Cage Evil!**

Endeavor to 'Seek, gain and apply Knowledge', '**Learn & Teach**', pass on 'Life-experiences'. Learning, Teaching passing on Life experiences are essential to a useful 1 GOD pleasing life. These activities help in 'harmonizing' with the local habitat and survival of species. Seeking gaining and applying Knowledge helps with answering 1 GOD's questions on Judgment-Day.

Rest is needed for survival and good health. The main rest is '**Sleep**'. Sleep ends a Daily routine. 1 hour should have passed since feed and cleansing. Worship '**Sleep Prayer**'. To get restful revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must. Night-Curfew makes this possible. '**Shire**' implement 'Night-curfew'.

H i n t s

A 7 hour Night-curfew from 14-21 hours (**22- 6 hours, 24 hour Pagan-clock**) is mandatory. For good health, reduction in energy consumption, reduction in pollution & protection of wildlife. **Reduction in crime, reducing cost to government, encouraging multiplication.**

When going outside always wear suitable 'Protective clothing' (**no artificial fibers**). To protect (**eyes, hair, skin, feet**) the humanbody from climate, disease and pollution. **Outside nudity is trashy!**

When doing Daily Fit use commonsense on how fast to reach maximum repeats. **Exercising 1 day and not the next is not beneficial. It's your body, keep it fit!**



When using your Planner at work or study don't let 'Time' control You! Time is not to be used to hurry people. **The human body is not designed for hurrying.**

Don't let Ideas be forgotten or lost. Every day lots of ideas are thought off and quickly forgotten or lost. The reason being they where not preserved, recorded or written down. **The best are lost!**

Memory is unreliable when it comes to preserving and nurturing new ideas. Carry a notebook (**planner**) or recorder with you and when an idea develops, preserve it! Weekly file your ideas!

Review your ideas. As you review your ideas (**every 4 weeks is good**). Some will have no value. They are not worth hanging on to. Discard them. Some ideas appear useful now or at some later date. Keep these, file them: 'Active', or 'Later'. Now, take the 'Active' file.

Pick an idea! Now make this idea grow. Think about it. Tie the idea to related ideas. Research, try to find anything akin or compatible with this idea. Investigate all angles, possibilities. **When you think your idea is ready to be applied. Do so. Get feedback, fine tune idea.**

Custodian Guardian Kalender

1. Star-month

W 1	1 C	2	3	4	5	6	7 F
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

2. Sun-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 F
W 4	1	2	3	4	5	6	7 M

3. Mercury-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 F
W 4	1	2	3	4	5	6	7 M

4. Venus-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 S
W 3	1	2	3	4	5	6	7 F
W 4	1	2	3	4	5	6	7 F

5. Earth-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

6. Moon-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 S
W 3	1	2	3	4	5	6	7 F
W 4	1	2	3	4	5	6	7 F

7. Mars-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

8. Jupiter-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 S
W 3	1	2	3	4	5	6	7 F
W 4	1	2	3	4	5	6	7 F

9. Saturn-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

10. Uranus-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 S
W 3	1	2	3	4	5	6	7 F
W 4	1	2	3	4	5	6	7 F

11. Neptune-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

12. Pluto-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

13. Solar-month

W 1	1	2	3	4	5	6	7 C
W 2	1	2	3	4	5	6	7 F
W 3	1	2	3	4	5	6	7 C
W 4	1	2	3	4	5	6	7 F

14. Passover-month

1	Passover
Quattro-years	
1	2 Quattro-Passover

Daily Fit (exercises)

Daily exercises a good health must, are part of the daily routine. They are completed every morning. Daily exercises increase: all-round well-being, blood circulation, brain activity, food digestion, mating-urge, muscle toning, self-esteem, stimulation of immune system. The 7 exercises are: Chest, Windmill, Door frame, Dumbbell, Kneeling, Hook, Swivel. All 7 exercises are for HE, SHE and are repeated.

Start with 1 repeat, increase to a maximum of 21. Use commonsense on how fast to reach maximum repeats. Persisting with daily repeats is beneficial. Exercising 21 repeats 1 day and not exercising the next is not beneficial. After finishing the exercises stand erect and breath in deeply then exhale to the maximum do this 3 times. Continue with your Daily routine. **Note !** Not exercising is a sign of total disregard for the body, low self-esteem, laziness,...

Chest Exercise 1: Stand tall, arms bent horizontal to the floor (t-shape) thumbs touching chest. Move arms back as far as possible (don't snap). Then move arms to the original bent position. Repeat (21 max) !

Windmill Exercise 2: Stand tall, arms outstretched sideways horizontal to the floor (t-shape). Focus your vision on a single point straight ahead. Start turning clockwise (left to right). Focusing on the vision point until the turning body forces you to lose it. Keep turning refocusing as soon as possible. Keep turning to the point of dizziness or 21 turns whichever comes 1st. Breath deeply walking a few steps steadying yourself. **Note!** Beginner or recovering from illness begin with 1 turn increasing to 21 turns max.

Warning, always stop when starting to feel dizzy.

Door frame Exercise 3: Stand erect in open door frame with feet hip width apart elbows bend upwards at right angle (90°, trident shape). Press elbows against sides of door frame until you feel tension between shoulder blades, hold (count 10), release tension. After releasing tension inhale through the nose evenly filling the lungs to max, hold (count 3), then slowly exhale through mouth to max.

Dumbbell Exercise 4: 1 dumbbell is used HE (4kg), SHE (2kg). Do not use 2 Dumbbells. Stand erect with feet hip width apart elbows to your sides palms facing forward. Pick up dumbbell with left hand

bending your elbow until the forearm is at right angle (90°) Slowly squeeze bicep, lifting dumbbell up towards shoulder hold (count 3), then slowly lower dumbbell to starting position, **repeat** (1-7). Change to right arm, **repeat** (1-7).



Kneeling Exercise 5: Kneel on a prayermat body erect, hands firmly placed against buttock. Incline head forward until chin touches chest. Now slowly tip head back as far as it will go, at the same time lean back as far as possible keeping your hands firm on the buttocks. **Repeat (21 max) !**

Hook Exercise 6: On a prayermat (protect from cold) lie flat on your back, extended arms palms down against body. Now slowly incline head forward extended arms palms down against body. Now slowly incline head forward until chin touches chest at the same time lift your legs, knees straight, vertical (90°) hold (count 3), then slowly return (head, legs) to beginning. **Repeat (21 max) !**

Swivel Exercise 7: On a prayermat (protect from cold) lie flat on your back, extended arms palms down. Now bent knees heels touching buttock. Keeping palms firm on mat swivel knees to the right until they touch mat. Then swivel knees to the left touching the mat. Repeat right and left swivel counting each left swivel. **Do 21!**

After completing daily fit. Have a glass (0.2l) of lightly chilled filtered water.

Night-time exercises

It is normal to have 2 sleeps with a break in between. Should you get up (to go to the toilet...), on returning sit on the bed's edge, drink some water and do 1 of the following exercises (All exercises are done while sitting on the bed's edge knees shoulder wide apart). Every time you get up do a different exercise.

1st Exercise: Place the palms* of your hands against the outside of your knees. Press hands inward, knees outward, hold 7 seconds (You feel tension in arms, legs, shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use fists.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward, knees inward, hold 7 seconds (You feel

tension in arms, legs, stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use flat palms.

3rd Exercise: Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

4th Exercise: Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand press down at the same time press open hand upwards, hold 7 seconds. Reverse sequence, hold 7 seconds (You feel tension in hands, arms, neck, chest). Relax, take a breath & sip of water lie down, sleep well. No repeats.

People with a tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (You feel tension in arms, back, stomach). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

Note! People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours. Finish with a glass (0.2l) of lightly chilled filtered water.

Not doing exercises: makes you unfit, lazy, unhealthy, blubbery, a burden to yourself your family friends and community, a bad example to children, depressed, be more sick, awkward mating, die younger.

Part of daily fit is nourishment! How healthy we are, how long we live. Has a lot to do with our eating habit.

Feed 5 times a day:

'Breakfast, include Water, Herbs, Spices, Honey, Coffee,...

Early Day-snack, include Water, Fruit, Herbs, Tea,...

Lunch, include Water, salad, egg, Coffee,...

Late Day-snack, include Water, Nuts, Berries, Spices, Cocoa,...

Dinner'. include Water, Dinner theme, Tea or coffee.. Vegetables.

7 Foods that should be eaten daily: Fungi (mushroom), Grains (rye, barley, lentil, maize, oats, millet, quinoa, rice, sorghum, wheat), Hot Chilies, Onions (brown, green, red, spring, chives, garlic, leek), Parsley, Sweet-Capsicum, Vegetables (asparagus, beans, broccoli, cauliflower, carrots, peas, sprouts..)

Fun-Day themes

C > Celebration-day **F** > Fun-day **M** > Memorial-day **S** > Shame-day

Month	Day	Day
Star	New-Year Day 1.1.1	Shire Day 1.3.7
Sun	Blossom Day 2.1.7	Victims' of Crime Day 2.4.7
Mercury	Multiplication Day 3.1.7	Victims' of War Day 3.4.7
Venus	Children Day 4.1.7	Pollution Day 4.2.7
Earth	Workers Day 5.1.7	Mothers Day 5.3.7
Moon	Education Day 6.1.7	Defoliant Day 6.2.7
Mars	Grandparents Day 7.1.7	Nourishment Day 7.3.7
Jupiter	Universe Day 8.1.7	Holocaust Day 8.2.7
Saturn	Habitat Day 9.1.7	CRON Day 9.3.7
Uranus	Fathers Day 10.1.7	Blubber Day 10.2.7
Neptune	Survival Day 11.1.7	Pet Day 11.3.7
Pluto	Good-health Day 12.1.7	Addictions Day 12.2.7
Solar	Shrub Day 13.1.7	Tree Day 13.3.7
Passover	Passover Day 14.1.7	Quattro Day 14.0.2

Fun-Day themes cater for a community need to celebrate be shamed remember. Participating at Celebrations, Memorial, Shame, Day's all year is an important, essential part of community living. Socializing with other people is important for personal emotional stability.

We follow 1 GOD! Work 6 days & make day 7 a Fun-Day. Socialize, be merry, sing, dance, eat, drink (non-alcoholic), laugh but also pray and meditate seeking inner harmony, happiness. Visit a Gathering. Support Fun-Day themes.



1 GOD is waiting to hear from you !

Fun-Day Prayer

Dear 1 GOD, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (1st name)
Thanks' you for this weeks challenges
I tried to live the Daily-Prayer
Today I celebrate & worship with family & friends
I ask for guidance over the coming Week
For the Glory of 1 GOD and the Good of Humankind



On theme day's a relevant prayer is used + the Fun-Day prayer!

7 Scrolls overview

Scroll 1: **Belief** Affirmation Prayer

There is **1 GOD** who is both HE and SHE!

1 GOD created **2 Universe** and selected humankind to be Custodian of the physical Universe!

Human life is sacred from conception and there is an obligation to multiply!

Humankind is to seek & gain knowledge then apply it!

The Law-Giver Manifest replaces all previous messages **1GOD** sent!

Numbers are important and number 7 is divine!

There is an Afterlife and there are Angels!

Scroll 2: **Obligations** Obligation Prayer

Worship **1 GOD**, discard all other idols

Protect, human body from conception

Life long, seek, gain and apply knowledge

Mate to multiply and start own family

Honor, respect your parents and grandparents

Guard the Environment and all its life forms

Use the '**Law Giver Manifest**', spread its message

Protect animals from cruelty and extinction

Stand up for the unfairly attacked, disadvantaged, weak and needy

Feed the hungry, shelter homeless and comfort sick

Protest injustice, amorality, and environmental vandalism

Do rewarded work, no loafing Avoid and clean up Pollution

Be Good Punish Evil Cremate, close graveyards

Be just and give deserved respect Vote in all Elections!

Scroll 3: **Privileges** Request Prayer

Breathable, clean air

Have violent free community

Drinkable, filtered water	Have a pet
Eatable, healthy food	Free education
Protective, affordable clothing	Free treatment when sick
Hygienic, affordable shelter	Receive respect
Worship and Believe in 1 GOD	Receive justice
Free Speech with moral restrains	Rewarded work
Mate, start family	Have freely elected government
End with dignity	

Scroll 4: **Failings** Failings Prayer

Addiction	Cannibalism	Envy	Perjury
Plunder	Selfish	Vandalism	

Scroll 5: **Virtues** Virtues Prayer

Worshipping only **1 GOD** and always punish evil
 1st Learn, then Teach and Knowledge continuity
 Protect the Environment and Harmonize with Habitat
 Loving, Dependable and Faithful Clean and Tidy Perseverance
 Courage, Compassion, Just, Sharing

Scroll 6: **Khronicle** Heritage Prayer

Creation	Near Past -700 to -70 years
Ancient Times to -2,100 yrs	Current Times -70 to 0 years
Distant Past -2,100 to -1,400 yrs	New Age from 0 years onward's:
Medium Past -1,400 to -700 yrs	Prophecy

Scroll 7: **Afterlife** Soul Prayer

Grief Prayer	Relive Bad Prayer	Relive Good Prayer
Cremation	Judgment Day	Purity Scales Angel



Accountability

1 GOD holds accountable! Individuals, community, organizations, businesses and Government is to do no less. Custodian Guardian support accountability. Accountability is the foundation of, 'Justice'!

Accountability applies for acts and behaviors. When something goes wrong, community rules and regulations are breached, community morals and civility expectations are not met, accountability is applied.

Law-Giver justice is based on accountability. An accusation has been made. Defence, prosecution and judiciary collude to find, 'Truth'. The accusation is found to be true. A mandatory + accumulations on age based sentence is applied. Result: Rehabilitation and compensation. (see 7 Provinces, Justice)



Accountability versus responsibility! A couple enter into a marriage contract. Both are responsible to make the marriage work! A failed marriage has both parties accountable for their action or inaction that brought about the failure.

A task may involve a team who are responsible for implementing it. However one person (team leader) will be held accountable. A committee or gang are inclusive responsible and accountable.

Accountability versus forgiveness! After accountability is established, forgiveness cancels the consequences of accountability. In judicial terms a criminal is pardoned. Some evil Anti-GOD cults. Once a week all the bad evil people are forgiven. The rest of the week they are bad evil. Next week they are forgiven (cycle of repeat evil)....

Custodian Guardian oppose forgiveness. Forgiveness is corrupt, Evil!

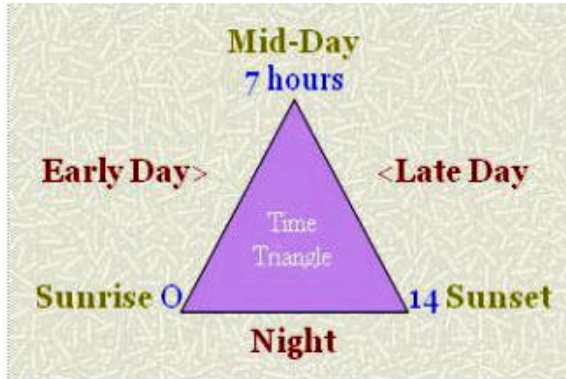


1 GOD on Judgment day holds every soul accountable! **1 GOD** does not forgive.
Wrongs have consequences!
(see Scroll 7 Afterlife)



Time - Triangle

Custodian Guardian New-Age time-management!



Day start: 0 hours **Sunrise**

Early Day is from 0 - 7 hours

7 hours is **Mid-Day**

Late Day is from 7 - 14 hours

14 hours is **Sunset**

Night is from 14 - 21 hours

Mandatory Night-Curfew: from 14-21 hours. Enforced by Shire.

Custodian Guardian KLOCK (C.G. Klock) for short-term (hour) time-management, replaces all other clocks (Compare 24h v 21h):
a day has 21 hours > 1 hour has 21 minutes > 1 minute has 21 seconds
> 1 second has 21 blinks > 1 blink has 21 flashes > 1 flash has 21 clicks

C-G Klock			D	h	m	s	b	f	c
1	D	Day	1						
21	h	hour	1	21					
21	m	minute	1	21	441				
21	s	second	1	21	441	9,261			
21	b	blink	1	21	441	9,261	194,481		
21	f	flash	1	21	441	9,261	194,481	4,084,101	
21	c	click	1	21	441	9,261	194,481	4,084,101	85,766,121

Clock and watch use a 3 line display:

14h-12m-16s **Line 1:** the 14th hour, 12 minutes, 16 seconds.

207 dy - 4 dw **Line 2:** 207th day of year, 4th day of week

Y1-M8-W2-D4 **Line 3:** Year 1 - Month 8 -Week 2 - Day 4 or:
Mid-week of Week 2 in Jupiter-month of Year 1

0 hours is set every year after the shortest night at Sunrise. Every 73 days (5x a year) 0 hour is reset (daylight-saving). Daylight-saving is needed to get up as close to sunrise as possible. Getting up at sunrise is natural and healthy.

Voting

Voting a moral, civil duty. Survival of a community relies on maximum support and participation from its members. People not voting are in fact supporting people that establish Tyrannies. They allow lobby groups to corrupt Governance. **You Must Vote! Non compliance, MS R1**



HOW to VOTE

Custodian Guardian vote in all elections that they are eligible for.

Who is a candidate that can be supported?

A HE or SHE no younger then 28 or older then 70.

Is or has been a parent.

Is an employee or volunteer or retired.

Is mentally and physically fit.

Has no University education.

Has not completed any caged Rehabilitation.

Has no sexual disability (same gender, confused gender, child molesting).

Uses the 'Law-Giver Manifest' as their guide.

Is a Custodian Guardian

Custodian Guardian Supporters and Klan Elders may nominate, support, endorse and SHUN candidates in elections. Custodian Guardian Members (**Zenturion, Praytorian, Proclaimer**) cannot support, nominate or endorse candidates outside the 1 Church administration.

Humans are social creatures. They like to belong. Freely elected committees fulfill this need. **Leadership by 1 is Tyranny. Leadership by committee is fair. C.G. support equal representation of HE and SHE.**



The candidate (**HE, SHE**) with the most votes is elected. Same amount of votes the more senior HE or SHE is elected. **An elected person not completing their term. Are replaced with the person that came 2nd.**

Protection

To survive the human body needs Climate protection!

Climate-Threats: Sun (radiation), Temperature (hot, cold), Wet (chill, hypothermia), Wind (burn, chill, dust). Climate-protection consists of Head-protection, Protective-clothing, Protective-shelter. Threat to human-body bare-skin (nudity) exposed to elements.

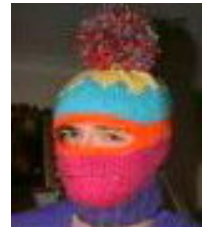
E-p1 (Eye-protection) is divided into 2 sections: Practical: single lens (visor). Fashion: 2 lenses (spectacles).

Eye-protection is always worn when outside!

V-Helmet head-protection against knocks. Hair and Head need Climate Protection from cold, wet, extreme radiation and pollution. A head also needs protection from knocks: a V-Helmet with inbuilt GPS-tracker, phone, video-recorder..

The V-Helmet has inside leather padding. Embedded in the padding are earpieces. A **Balaclava (Beanie)** or **K-Scarf** can be worn under a helmet. To keep inner lining of the helmet clean from perspiration, dandruff and grease. Outside accessory: bright-light, infra-red light lamp; a camcorder.

Balaclava (Beanie) cover the whole head exposing only the eyes. Is knitted out of wool or a mix of cotton and wool (no synthetic fiber). Can be any color or pattern may have a decorative pom-pom on top. When no face and neck protection is needed Balaclava can be rolled up and become a 'Beanie'.



K-Scarf may cover the whole head exposing only the eyes (maximum protection). It acts as a head cover and a veil. Is knitted out of wool or a mix of cotton and wool (no synthetic fiber). Can be any color or pattern.

Balaclava or **K-Scarf** both protect by covering the nose and mouth. Inhaling pollution, deadly contagious diseases and stinging insects are avoided. Reduces the effect of dry and cold air. Allergies and Asthma are reduced. Contains spreading contagious disease.

Head-protection is always worn when outside!

Protective-clothing to protect the body from climate, disease and pollution. The main body parts protected by Protective clothing are head, skin and feet. Protective-clothing is always worn outside.

Skin needs lots of protection, from Bites (animals, human), Stings (Insects, Needles), Infections (Bacteria, Fungi, Germs, Virus), Radiation (Heat, Solar, Nuclear), Exposure (Acid, Fire, Frost, sharp-edges, wet).



Clothing is made out of natural fibers: animal-hides, silk, plantfiber, cotton or wool. Artificial-fibers are not used for clothing and anything touching human-skin. Production of artificial-fibers for clothing ends, existing stock is recycled for other purposes.

Feet protection (socks, boots) from climate and knocks. Skin, Toes and Ankles are at risk. Outside always wear foot protection.

Socks are made out of Cotton, Wool, or a cotton, wool mix (no synthetic fibers) any color any pattern. Socks have pure silver particles (no alloy) woven in, giving anti-bacterial, anti-microbial and anti-static properties, reducing odors. Socks cover Feet up to 7cm above Ankles.



Boots have upper protective leather (no synthetics), inner soft leather (no synthetics), soles leather or rubber (may be recycled). Boots are to protect feet up to 7 cm above Ankles. **Note!** Foot protection that does not protect (Sandal, Slippers, Thongs) feet and ankles are useless. Foot protection should always be worn outside. Walking barefoot outside is unhealthy.

Hand-protection in the form of Gloves is worn! Gloves are made of Leather, Cotton, Wool, or a cotton, wool mix (no synthetic fibers) any color any pattern.



Protective-clothing is always worn when outside.



Protective-Shelter (home, living, work) a human need. Protection from crime (Security), elements (Weather), fire, insects and Pollution. Affordable Protective-Shelter is a 1 GOD given right! Custodian-Guardian prefer Cluster housing (community-living). Homeless, a Shire failure!

Protective-Shelter for Survival, Security, Comfort..