

CG Klock Wā-tapatoru

New-Age time-management



1 Atua wā hanga ki te mehua timatanga me te whakamutunga!

Kaitiaki Guardian Klock (CG Klock) mo te wā poto (Haora)

whakahaere-wā, whakakapi atu karaka katoa (Whakataurite 21h 24h v) :

kua he ra 21 haora> 1 haora e 21 meneti> e 21 hēkona 1 meneti
> E 1 te rua 21 kimo> e 21 nga mura 1 kemo> e 21 pakō 1 flash

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

Karaka me te tiaki whakamahi i te whakaatu 3 raina:

14h-12m-16s

Raina 1: te 14th haora, 12 meneti, 16 hēkona.

207 dy - 4 DW

Raina 2: 207th ra o te tau, 4th ra o te wiki

Y1 - M8 - W2 - D4

Raina 3: Tau 1 - Marama 8 -Week 2 - Day 4

ranei: Mid-wiki o te Wiki 2 i roto i te Jupiter-marama o Tau 1

te whakaingoa, wiki: Day Day 1

Day 2 Day 3 Mid-wiki Day 5 Week-

mutunga Fun-Day

1st Day 2nd Day 3rd Ariki Day 4th Day 5th Day 6th Day 7th Day

Rātapu * Rāhina * Rātū * Wednes-

ra * Rāpare * Rāmere * Rāhoroi *

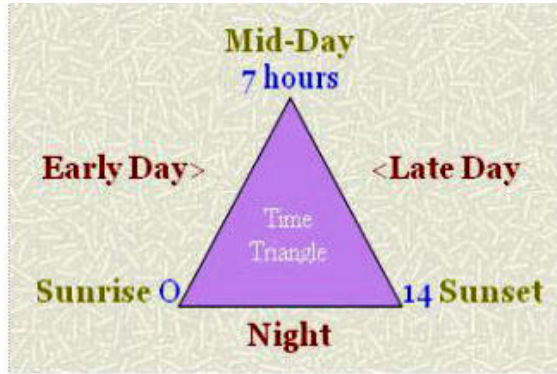
e hoki te mutu-tiaki whakaatu kimo, flash, me te pāwhiri wa ... Ko te
whakaaturia CG Klock e karaka, mataaratanga me mutu-tiaki. A ani i to koutou wati ki te tiki
koe 1 (21h karaka, mataaratanga, stopwatch, ..) .

whakaturia e haora te katoa tau i muri i te po poto i Sunrise. katoa 73

ra (5x te tau) 0 haora he tautuhi (Awatea-ora) . hiahiaia Daylight- whakaora te ki te tiki ake rite tata ki te putanga mai rite taea. Whiwhi ake i te putanga mai, ko te taiao, me te hauora.



Wā-tapatoru



tīmatanga Day : e haora Whitinga

Day Early Ko i 0 - 7 haora 7 haora ko **Mid-Day**

Day te mutunga o Ko i 7 - 14 haora 14

haora ko **Sunset**

Night Ko i 14 - 21 haora

Tauritenga 21h CG Klock / 24h karaka etene

Wā-Tapatoru

tīmata Day i **0 haora Whitinga** >

Day Early Ko i 0 - 7 haora >

7 haora he **Mid-Day** >

Day te mutunga o Ko i 7 - 14 haora >

14 haora Ko **Sunset** >

Night Ko i 14 - 21 haora.

Night pou rāhui i 14 - 21 haora.

* **24 haora karaka etene**

6 haora

6 - 12 **Morning**

12 **poutumarotanga**

12 - 18 **Afternoon**

18 - 22 **ahiahi**

22 - 24 + 1 - 6 **Night**

po **pou rāhui** 22 - 6

Po-pou rāhui



kihai i hangaia te tinana tangata ki te kia pō. Tangata tukinotia ana ratou kaha brain- ki te waihanga i tētahi āhua noho pō. e kore he painga ki te hauora pai tenei āhua.

hiahiaia te po-hora te mo te hauora pai.

He 7 haora Night-hora i 14-21 haora (22- 6 haora, 24 haora Pagan- karaka) He whakahauanga. Hoki hauora pai, whakaiti i roto i te'e consump- pūngao, whakaiti i roto i te parahanga me te tiaki o te kararehe. Whakaitinga i roto i te hara, whakaiti utu ki kāwanatanga, te akiaki i whakarea.