

muhimmai



index

Basic:

Sallolin Wuni, a kullum, CG Kalender, Daily Fit, Fun- Day jigogi, 7 Gungura Siffar, Adalci,, Time- Bamuda, Gurguzu, Kariya.

CG Concepts

Babu tashin hankali Concepts, Justice ra'ayi. Babu riba Concepts (**kuron**) ,

Tattalin arziki Concepts, Sarkar na cūta. yanayi (**Green**) Concepts, Survival

sarkar. lokaci management (**NA.tm.**)

Gama ɗaukakar 1 ALLAH da Good Adama!

Welcome to the wonderful world of worshipping 1GOD



1 ALLAH ne jira su ji daga gare ku!

Daily addu'a

Dear 1 ALLAH , Mahaliccin da ya fi kyau Universe Help ni zama da tsabta,
tausayi da kuma kaskantar da kai Amfani da 7 Littattafan kamar yadda jagora:



Zan kare halittun da kāmā Tir.

Tsaya ga rika farmaki, disadvantaged, rauni, kuma mabukata Hay da yunwa, tsara rashin gida da kuma ta'aziyya rashin lafiya Ka zayyana:

1GOD, 1FAITH, 1Church, Universe hidima wāto matsaranta gode yau

Your mafi m aminci wakili-wakili (1st sunan)

Gama dāukakar 1 ALLAH da kuma Good Adama

Wannan addu'a ne used yau da kullum wani bangare na yau da kullum na yau da kullum, shi kadai ko a cikin wani rukuni, a wani wuri-ka so, ta mafitar rānā da idanu rufe. Karanta a Gathering.



Na gode addu'a

Dear 1 ALLAH , Mahaliccin da ya fi kyau Universe gode da samar da ni da Daily sha da kuma abinci Living by your latest sako



Na ungiyar Endeavor a kan ya cancanci abubuwan gina jiki a kowace rana zan iya da za a kare radadin kishirwa & numbing Yunwar sha radadin Your mafi m aminci wakili-wakili (1st sunan)

Gama dāukakar 1 ALLAH da kuma Good Adama

Amfani da wannan addu'a kafin kowane abinci!



Kowane mako-rana yana bukatar a yi Dinner taken:

Day1: **kayan lambu**. Day2: **kaji**. Day3: **dabbobi masu shayarwa**.

Mid-mako: **dabbobi masu rarrafe**. Day5: **Seafood**.

Mako-karshen: **kwayoyi** , **tsaba**; **Fun-Day: Kwari**.



Daily Routine

A ' A kullum 'yana da muhimmanci ga sadu da' takalifi 2 (**Kare jikin mutum**) 'Da kuma zama shirye su fuskanci mai zuwa kalubale. Tashi, da gilashin dāuka da sauki chilled tace ruwa, je bayan gida, yi 'Daily Fit (**Darussan**) ', bauta 'Daily salla', wanke fuska da hannuwa, da karin kumallo, samun ado. Duba ka 'gināwa. " Yanzu ka shirya domin kalubale. 'Shin da wani Good-rana, may **1 ALLAH** Albarkace ku ' .

A ' A kullum 'ya hada da m kuma ciyar ba kawai na' I 'amma duk sauran mutane da halittu da kuma dangane da ku. Wanke hannu bayan kowane bayan gida ziyarar da kafin kowane abinci. Wanke fuska da kowane abinci. Brush hakora da kuma wanke dukan jiki kafin zuwa gado. Ciyar 5 sau a rana:

'Breakfast, Early rana abun ciye-ciye, Abincin rana, Late rana abun ciye-ciye, Dinner'. Da gilashin dāuka da sauki chilled tace ruwa da kowane abinci!

Note! Kafin kowane feed ku bauta wa: **Insha salla** _ _

Kowane weekday bukatar samun abinci taken: misali rana 1: **kayan lambu** ;
Day2 : **kaji** ; Day3 : **dabbobi masu shayarwa** ; Mid - mako : **dabbobi masu rarrafe** ; Day5 : **Seafood** ;
Week - karshen : **Kwayoyi & Tsaba** ; **Fun-Day** : **kwari** .

lokacin da ciyar da **guje wa** m abubuwan gina jiki: Barasa, Artificial abun zaki, fructose (**Glucose, sugar**) , Halitta modified food (**GM**) , Kerarre-abinci, ... M, gishiri, zaki azumi abinci. Carbonated sha dauke da: Barasa, Caffeine, Kola, sodium, abun zaki!



A ' A kullum 'ya hada da kasancewa mai kyau da kuma hukunta Tir. Da yake mai kyau ya shafi yin " **Bazuwar yin alheri** '. Zama irin wa I, to mutanen da suke kewaye da ku, da al'umma, da sauran halittu, da mazauninsu ... **1 ALLAH**

Yana son bazuwar yin alheri. Azabta Tir **KOWANE** amfani da ' **Law- mai bayarwa bayyanannu** ' kamar yadda mai shiryarwa.

1000 ta na da shekaru na 'Tir' suna zuwa ga wani karshen! **Zama Good! Cage Tir!**

E ndeavor zuwa 'Ku nēmi, riba da kuma amfani Ilimi', ' **Koyi & Koyarwa** ', _
auku a kan 'Life-gogewa'. Koyo da koyarwa wucewa a kan Life expe- riences suke da muhimmanci ga mai amfani **1 ALLAH** m rayuwa. Wadannan ayyuka taimako a cikin 'ayyukansu' tare da na gida mazauninsu da kuma rayuwa jinsunan. Neman samun da ake ji Ilimi taimaka tare da amsawa **1 ALLAH** ' s tambayoyi a kan Rānar jiyāma.

Sauran da ake bukata domin rayuwa da kuma kiwon lafiya mai kyau. Babban sauran ne ' **Barci** '. Barci kare a Daily yau da kullum. 1 hour kamata sun shude tun feed da tsarkakewa. Ku bauta wa ' **Barci da salla** '. Don samun m fasalin barci cikin gida mai dakuna dole ne a matsayin duhu kamar yadda zai yiwu. An babu ciki da waje amo ne dole ne. **Night-dokar hana fita da ke sa wannan zai yiwu. ' Shire ' yi 'Night-dokar hana fita'.**

H ints

A 7 hour Night-dokar hana fita daga 14-21 hours (**22- 6 hours, 24 hour Pagan- Agogon**) ne m. Ga kyau kiwon lafiya, akan rage a samar da makamashi consump- illolin, raguwa a gurbatawa & kariya daga namun daji,. **Raguwa a aikata laifi, Munā rage kudin da gwamnati, karfafa multiplication.**

Lokacin da za a waje ko da yausha sa m 'tufafin kariya' (**Babu wucin gadi zaruruwa**) . don kare (**Idanu, gashi, fata, feet**) da humanbody daga sauyin yanayi, da cutar da kuma gurbatawa. **Waje nudity ne trashy!**

Lokacin yin Daily Fit amfani commonsense kan yadda azumi isa iyakar maimata da ita. **Wajen yin 1 rana da ba na gaba shi ne ba da amfani. Yana da jikinka, ka kiyaye shi shige!**



Lokacin amfani da mai tanadi a wurin aiki ko nazari ba bari 'Lokaci' sarrafa Kai! **Lokaci ne ba za a yi amfani da su hanzarta mutane. A jikin mutum ba tsara don sauri.**

Kada ka bari Ideas za a manta ko rasa. **Kowace rana kuri'a na ideas ana zaton kashe da kuma sauri manta ko rasa. A dalilin zama da suka inda ba kiyaye su, rubuce ko rubutacce ne. A mafi kyau rasa!**

Memory ne unreliable lōkacin da ta je tsare da kuma nurturing sabon ideas. **Kawo wani rubutu (Tanadi)** ko rikodin tare da ku, kuma a lōkacin da wani ra'ayin tasowa, adana shi ya yi! Mako-mako fayil your ra'ayoyin!

Duba ka ideas. Kamar yadda ka duba ka ideas (**Kowane 4 makonni ne mai kyau**) . **Wasu ba za su sami darajar. Su ba su da daraja rataye a kan su. A jefar da su. Wasu ideas bayyana amfani a yanzu ko a wasu kwanan baya. Kiyaye wadannan, fayil su: 'Active', ko 'Daga baya'. Yanzu, kai da 'Active' fayil.**

Pick wani ra'ayin! Yanzu yin wannan ra'ayin girma. Tunani game da shi. Kulla da ra'ayin related ideas. Research, kokarin samun wani abu mai kama ko da jituwa tare da wannan ra'ayin. Gudanar da bincike a duk kusassari, yiwuwa. **Lokacin da ka yi tunanin ka ra'ayin shi ne ya shirya don amfani. Yin haka. Samun feedback, lafiya tune ra'ayin.**

Wakili Guardian Kalender

1. Star-wata

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

2. Sun-wata

3. Mercury-wata

W 1	1	2	3	4	5	6	7	CW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	S
W 3	1	2	3	4	5	6	7	FW 3	1	2	3	4	5	6	7	F
W 4	1	2	3	4	5	6	7	MW 4	1	2	3	4	5	6	7	F

4. Venus-wata

5. Duniya-wata

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

6. Moon-wata

7. Mars-wata

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

8. Jupiter-wata

9. Saturn-wata

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

10. Uranus-wata

11. Neptune-wata

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

12. Pluto-wata

13. Solar-wata

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. Idin Ketarewa-wata

1 Idin Ketarewa
Quattro-shekara
1 2 Quattro - Idin Ketarewa

Daily Fit (darussan)

Daily bada mai kyau kiwon lafiya dole ne, wani bangare ne na yau da kullum na yau da kullum. Suna kammala kowace safiya. Daily darussan kara: dukkan-zagaye alheri, jini wurare dabam dabam, kwakwalwa aiki, abinci narkewa, mating- tura, tsoka toning, kai girma, ruri na rigakafi da tsarin. **The 7 darussan ne:** Kirji, injin nika mai aiki da karfin iska, Door frame, Dumbbell, Durqusa, saro, Swivel . All 7 bada su ne domin SHI, SHE wani aka maimaita.

Fara tare da 1 sake, karuwa zuwa a kalla 21. Amfani commonsense kan yadda azumi isa iyakar maimata da ita. Ya ci gaba da kullum maimata da ita ne m. **Wajen yin 21** maimata da ita 1 rana kuma ba wajen yin gaba ba da amfani. Bayan kammala da darussan tsaya kafa da kuma numfashi a warai sa'an nan exhale zuwa iyakar yi wannan sau 3. Ci gaba da Daily yau da kullum. **Note!** Ba wajen, akwai āyā daga total watsi ga jiki, low kai girma, lalaci, ...

Chest Darasi na 1: Tsaya tsayi, makamai lankwasa kwance zuwa bene (T- siffar) yatsu m kirji. Matsar da makamai baya har zuwa yiwu (Ba karye) . Sa'an nan matsawa makamai ga asali lankwasa matsayi. maimaita (21 max) !

injin nika mai aiki da karfin iska Darasi na 2: Tsaya tsayi, makamai shimfidaddu ne a kaikaice hori- zontal zuwa bene (T-siffar) . Mayar da hankali ka fadi mafarkinka a kan wani guda batu mike. Fara juya kewaye iri na agogo (Hagu zuwa dama) . Mayar da hankali kan abin da ya gani batu har da juya jiki dakarun ka ka rasa shi. Ci gaba da juya refocusing maza maza. Ci gaba da juya zuwa ga batu na dizziness ko 21 jūya kōwane ḡayan adadin zo 1st. Numfashin warai tafiya 'yan mataki steadying kanka. **Note!** Mafari ko murmurewa daga rashin lafiya da za a fara da 1 nuna kara zuwa 21 jūya max.

Gargadi, ko da yausha dakatar a lokacin da suka fara zuwa jin jiri.

Door frame Darasi na 3: Tsaya kafa a bude kofa firam da kafa hip nisa baya magincirōri tankwara sama a dama kwana (90 °, Trident siffar) . Danna magincirōri da bangarorin na kofar frame har ka ji tashin hankali tsakanin kafada ruwan wukake, riƙe (Count 10) , Saki tashin hankali. Bayan sakewa tashin hankali zuka ta hanci a ko'ina ciko cikin huhu zuwa max, riƙe (Kidaya 3) , Sa'an nan sannu a hankali exhale ta bakinsa zuwa max.

Dumbbell Darasi na 4: 1 dumbbell da ake amfani SHI (4kg) , SHE (2kg) . Kada ka yi amfani 2 Dumbbells. Tsaya kafa tare da kafafunsu hip nisa baya magincirōri to your bangarorin dabino ta gaba. Karba dumbbell tare da hagu

lankwasawa your gwiwar hannu har hannu da dantse ne a dama kwana (90 °)

Sannu a hankali matsi bicep, dagawa Dumbbell har zuwa kafada rike (Kidaya 3) ,
Sa'an nan sannu a hankali runtse dumbbell zuwa fara matsayi, sake (1-7) . Canja
zuwa dama hannu, sake (1-7) .



durqusa Darasi 5: Durkusa a kan wani prayermat jiki kafa, hannuwa da tabbaci sanya da
buttock. Karkata shugaban gaba har Chin shāfe kirji. Yanzu sannu a hankali tip shugaban da
baya kamar yadda har zai tafi, a lokaci guda ramammu baya har zuwa yiwu kiyaye
hannuwanku m kan gindi.

maimaita (21 max) !

kugiya Darasi 6: A wani prayermat (Kare daga sanyi) karya lebur a kan baya, mika makamai
dabino saukar da jiki. Yanzu sannu a hankali karkata shugaban gaba Extended makamai dabino
saukar da jiki. Yanzu sannu a hankali karkata shugaban gaba har Chin shāfi kirji a lokaci guda
daga your kafafu, gwiwoyi mike, a tsaye (90 °) rike (Kidaya 3) , Sa'an nan sannu a hankali dawo (Shugaban,
kafafu) to farko. maimaita (21 max) !

Swivel E xercise 7: A wani prayermat (Kare daga sanyi) karya lebur a kan baya, mika makamai
dabino saukar. Yanzu lankwasa gwiwoyi sheqa touch- ing buttock. Tsayawa dabino m on mat
swivel gurfāne ga dama har sai sun shāfe mat. Sa'an nan swivel gurfāne zuwa hagu da taba da
mat. Maimaita dama da hagu swivel kirgawa kowane hagu swivel. Shin, 21! Bayan kammala
kullum Fit. Da gilashin (0.2i) na dāuka da sauki chilled tace ruwa.

Night-lokaci darussan

Shi ne na al'ada to dole 2 barci da hutu a tsakanin. Ya kamata ka tashi (Domin zuwa bayan gida
...) , A kan dawo zauna a kan gado ta baki, sha da wasu ruwa da kuma yi 1 daga cikin wadannan
darussan (All darussan da ake yi a zaune a kan gado ta gefen gurfāne kafada fadi baya) . Duk
lokacin da ka tashi yin wani daban-daban motsa jiki.

1st Darasi: Wajen da tafukan * hannuwanku da waje na gurfāne. Danna hannayensu ciki, da
Guiwoyi m, rike 7 seconds (Za ka ji tashin hankali a makamai, kafafu, kafada) . Huta, kai mai
numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau. * Bambancin amfani fists.

2nd Darasi: Make fists * sanya su a kan ciki na gurfāne. Danna fists m, gwiwoyi
ciki, rike 7 seconds (Za ka ji

tashin hankali a makamai, kafafu, ciki) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau. * Bambancin amfani lebur dabino.

3rd Darasi: Bend makamai (90%) a kirji matakin juya hagu zuwa sama lankwasawa yatsunsu, kunna hannun dama zuwa kasa lankwasawa yatsunsu.

Interlock yatsu m. Yanzu ja hannuwa a gaban shugabanci, riƙe 7 seconds (Za ka ji tashin hankali a yatsunsu, makamai, kirji) . Huta, kai mai numfashin, babu maimata da ita, SIP ruwa, kwanta, barci da kyau.

4th Darasi: Bend makamai (90%) a kirji matakin nuna bar hannunka bautawa- unguwanni, kunna dama da hannunka a cikin dunkulallen hannu. Place dunkulallen hannu cikin hannu latsa saukar a lokaci guda manema bude hannunka sama, riƙe 7 seconds. baya sequen

-AZ, riƙe 7 seconds (Za ka ji tashin hankali a hannuwansu, makamai, wuyansa, kirji) .

Huta, kai mai numfashin & SIP na ruwa kwanta, barci da kyau. Babu maimata da ita.

Mutane da siga da baya kara da wannan darasi ga kowane motsa jiki: Wajen da hannayensu a gurfāne.

Karkatar shugaban da baya lankwasa da baya sai rock gaba ba tare da rasa lamba tare da gwiwoyi (Za ka ji tashin hankali a makamai, baya, ciki) .

Huta, kai mai numfashi, 7 maimata da ita, SIP ruwa, kwanta, barci da kyau.

Note! Mutanen da suka zauna da yawa a lokacin rana-lokaci. Shin yi 1 na night- lokaci darussan a juyawa kowane 2 hours. Gama da gilashin (0.2l) na ɗauka da sauki chilled tace ruwa.

Ba yin darussan: sa ka m, m, m, blubbery, wani nauyi a kanka da iyalinka da abokai da kuma al'umma, da mummunan misali ga yara, raunanar, zama mafi rashin lafiya, m ma'abota, ya mutu junger.

Sashe na kullum fit ne abubuwan gina jiki! Yadda lafiya mu, yaushe muke rayuwa. Yana da yawa da ya yi tare da mu na cin al'ada.

Ciyar 5 sau a rana:

'Breakfast, hada da Ruwa, Ganye, Kayan yaji, Honey, Coffee, ..

Farkon Day-ciye ciye, hada da Ruwa, Fruit, Ganye, Tea, ..

Abincin rana, hada da Ruwa, salatin, kwai, Kofi, ..

Late Day-ciye ciye, hada da Ruwa, kwayoyi, Berries, da kayan yaji, Koko, ..

Dinner '. hada da Ruwa, Dinner theme, shayi ko kofi .. Kayan lambu.

7 Foods cewa ya kamata a ci abinci kullum: fungi (naman kaza) da Hatsi (Hatsin rai, da sha'ir, da lentil, masara, hatsi, gero, quinoa, shinkafa, dawa, alkama) , Hot chilies, da albasarta (Ruwan kasa, kore, ja, spring, chives, tafarnuwa, Leek) , Faski, Sweet-Capsicum, Kayan lambu (Bishiyar asparagus, wake, Broccoli, farin kabeji, karas, Peas, sprouts ..)

Fun-Day jigogi

C> Celebration-rana F> Fun-rana M> Memorial-rana S> Kunya-rana

Watan	rana	rana
star	New-Shekara Day 1.1.1	Shire Day 1.3.7
Sun	BlossomDay 2.1.7	Wadanda 'na Crime Day 2.4.7
Mercury	Multiplication Day 3.1.7	Wadanda 'na War Day 3.4.7
Venus	Yara Day 4.1.7	Gurbacewar Day 4.2.7
duniya	Ma'aikata Day 5.1.7	Iyaye mata Day 5.3.7
Moon	Ilimi Day 6.1.7	Defoliant Day 6.2.7
Mars	Kakaninki Day 7.1.7 abubuwan gina jiki da Rānar 7.3.7	
Jupiter	Universe Day 8.1.7	Holocaust Day 8.2.7
Saturn	Mazauninsu Day 9.1.7	Kuron Day 9.3.7
Uranus	Fathers day 10.1.7	Lebe mai kumbura Day 10.2.7
Neptune	Survival Day 11.1.7	Pet Day 11.3.7
Pluto	Good-kiwon lafiya Day 12.1.7	Addictions Day 12.2.7
Solar	Shrub Day 13.1.7	Tree Day 13.3.7
Idin Ketarewa	Idin Ketarewa Day 14.1.7	Quattro Day 14.0.2

Fun-Day jigogi shirya domin al'umma bukatar a yi bikin kunyata tuna. halartar a bikin , Memorial , kunya , Day ta duk shekara ne mai muhimmanci, muhimmanci na al'umma mai rai. Socializing da sauran mutane yana da muhimmanci ga sirri wani tunanin da kwanciyar hankali.

Mun bi 1 ALLAH ! Aiki 6 kwanaki & make rana 7 a Fun-Day.

Socialize, zama m, ku raira, rawa, ci, sha (maras-giya) , Dariya amma kuma addu'a da yin tasbihi neman ciki jituwa, da farin ciki. Ziyarci wani Gathering. Support Fun-Day jigogi.



1 ALLAH ne jira su ji daga gare ku!

Fun-Day addu'a

Dear 1 ALLAH , Mahaliccin da ya fi kyau Universe Your mafi m aminci wakili-wakili (1st sunan)

Godiya 'ka ga wannan makonni kalubalantar na kokarin rayuwa Daily-Addu'a

Yau na yi tasbihi & bauta wa tare da iyali & abokai ina neman shiriya a kan zuwan Week gama daukakar 1 ALLAH da kuma Good Adama



A theme rana ke a dacewa da salla da aka yi amfani da + da Fun-Day addu'a!

7 Siffar Littafan

Gungura 1: **imani** affirmation salla

Akwai **1 ALLAH** wanda shi ne duka SHI, kuma SHE!

1 ALLAH halitta **2** sāsanni da kuma zabi Adam ya zama hidima ga jiki Universe!

Human rai ne alfarma daga ganewa da kuma akwai wani wajibi a ninka!

Adama shi ne domin neman & riba ilmi sa'an nan tambaya shi!

The Law-mai bayarwa bayanannu maye gurbin duk gabata sakonnin **1GOD** aika!

Lambobin suna da muhimmanci da kuma lambar 7 ne Allah!

Akwai wani afterlife kuma akwai Mala'iku!

Gungura 2: **wajibai wajibi** salla

bauta **1 ALLAH**, jefar da duk sauran gumaka

Kare, jikin mutum daga ganewa

Rayuwa dogon, nema, riba da kuma amfani da ilimi

Mate ninka da kuma fara nasu iyali

Karimci, ya tsarkaka, Ka girmama iyaye da kuma kakaninki

Tsare da muhalli da kuma dukan rai siffofin

Yi amfani da '**Dokar mai bayarwa bayanannu** ', yada da sakon kare

dabbobi daga mugunta da kuma nau'i nau'i

Tsaya ga rika farmaki, disadvantaged, rauni da mabukata

Ciyar da yunwa, tsara rashin gida da kuma ta'aziyya da lafiya

Rashin amincewa zālunci, amorality, da kuma muhalli da halin rushewa

Shin sāka aiki, babu loafing

Guje wa da tsabta har gurbatawa

Za a Good kāmā Tir

Kone, kusa graveyards

Ku yi ādalci, kuma ba cancanta da girmamawa **Vote** a duk Zabe!

Gungura 3: **gata request** salla

Breathable, tsabta iska

Da tashin hankali free al'umma

Za iya shan, tace ruwa

Sakamako, lafiya da abinci

M, araha tufafi

Hygienic, araha tsari

Ku bauta wa da kuma yi īmāni da **1 ALLAH** Sami adalci Free

Speech da halin kirki Dakatar Sāka aikin Mate, farkon iyali

Da Pet

free ilimi

Free magani a lokacin da rashin lafiya

sami girmamawa

Da yardar kaina zabe gwamnati

Karshen da mutunci

Gungura 4: **kurakuransu**

kurakuransu da salla

Addiction

cin naman mutane hassada

rantsuwar kafara

ganima

m

rushewa

Gungura 5: **falalan falalolin da salla**

bauta wa kawai **1 ALLAH** kuma ko da yausha azabta mugunta

1st Koyi, sa'an nan Koyarwa da Ilimi a ci gaba

Kare muhalli da kuma daidaita da mazauninsu

M, m, kuma masu aminci Tsabta da kuma shirya juriya

Rashin tsoro, tausayi, Just, Sharing

Gungura 6: **Khronicle Heritage salla**

Creation

kusa Past - 700 zuwa - 70 shekaru

Ancient Times to - 2,100 yrs

yanzu Times - 70 zuwa 0 shekaru

m Past - 2,100 zuwa - 1,400 yrs New Age daga 0 shekaru tun da:

Medium Past - 1,400 zuwa - 700 yrs

annabci

Gungura 7: **afterlife**

rai da salla

bakin ciki da salla

Relive Bad salla

Relive Good salla

konawa

Ranar Shari'a Tsarki sikēli

Angel



Adalci,

1 ALLAH riqe da lissafi! Mutane, jama'a, kungiyoyi, 'yan kasuwa da gwamnatin ne don yin wani kasa. Wakili Guardian support hisabiba. Adalci, shi ne kafuwar, 'Justice'!

Adalci, shafi na ayyukan da halayyar. Lokacin da wani abu ke damun, al'umma dokoki da ka'idoji an rushe, al'umma da kuma rayuwa mai kyau civility tsammanin ba su hadu, ba da lissafi da ake amfani.

Dokar-mai bayarwa da adalci dogara ne a kan hisabiba. An accusation an sanya. Tsaro, la'anta da judi- ciary collude samu, 'Gaskiya'. A accusa- illolin da aka samu ya zama gaskiya. A m + taru a shekaru tushen jumla yana amfani. Result: gyaran fuska da kuma diyya. (Ganin 7 Lardunan, Justice)



Adalci, a kan alhakin! A ma'aurata shiga cikin auren. Dukansu suna alhakin yin auren aiki! A kasa aure yana da jam'iyyun biyu da lissafi ga su mataki ko sakaci da cewa kawo game da gazawar.

A aiki na iya unsa da wata tawagar wanda ke da alhakin aiwatar da shi.

Duk da haka mutum daya (**heluma**) za a gudanar da lissafi. A com- mittee ko kungiya ne m alhakin da kuma lissafi.

Adalci, a kan gafara! Bayan da lissafi da aka kafa, da gāfara soke sakamakon hisabiba. A shari'a sharuddan wani laifi da aka yafe. Wasu mugunta} in **ALLAH** kungiyoyin asiri. Da zarar wani mako dukan munanan mugunta mutane an gafarta. Sauran mako suna bad mugunta. Mako da suka an gafarta (**Zagayowar na sake mugunta**)

Wakili Guardian hamayya da gāfara. Gāfara ne m, Tir!



1 ALLAH a kan sakamako rana riko da kōwane rai da lissafi! **1 ALLAH** ba Ya gāfarta.

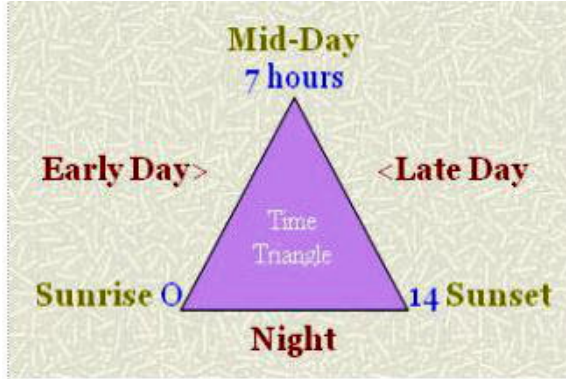
Kurakuranmu da sakamakon!

(Ga Gungura 7 afterlife)



Lokaci - Bamuda

Wakili Guardian New Age-lokaci-management!



rana farko : Ya sa'o'i Fitowar

farkon yini ne daga 0 - 7 hours 7 hours ne **Mid-Day**

Late Day ne daga 7 - 14 hours 14 hours ne **Sunset**

dare ne daga 14 - 21 hours

M Night-dokar hana fita: daga 14-21 hours. **tilasta da Shire** .

Wakili Guardian KLOCK (CG Klock) domin gajere (Hour)

lokaci-management, ya maye gurbin duk sauran agogo (Kwatanta 24h v 21h) :

a rana yana da 21 hours> 1 hour yana da minti 21> 1 minti 21 seconds yana

> 1 biyu yana da 21 blinks> 1 kyaftawar yana da 21 filasha> 1 flash yana da 21 akafi

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 kuma agogon amfani da 3 line nuni:

14h-12m-16s

207 DY - 4 DW

Y1 - M8 - W2 - D4

Layin 1: da 14th hour, 12 minutes, 16 seconds.

Layin 2: 207th ranar shekara, 4th ranar mako

Layin 3: Shekara 1 - Watan 8 -Week 2 - Day 4 ko:
Mid-mako na Week 2 a Jupiter-watan Shekara 1

Ya sa'o'i da aka kafa a kowace shekara bayan guntu dare a Fitowar. Kowane 73 kwana (5x a shekara) 0 hour ne sake saiti (Hasken rana-ceto) . Hasken Rana-ceto ake bukata don samun up a matsayin kusa da fitowar rana kamar yadda zai yiwu. Samun har a lōkacin hūdōwar rānā ne na halitta da kuma lafiya.

zabe

Zaben wani halin kirki, kungiyoyin wajibi. Tsira da al'umma dogara a kan iyakar da goyon baya da sa hannu daga membobinta. Mutane ba kada kuri'a ne a gaskiya suppor- Ting mutane cewa kafa Tyrannies. Su ba da damar haraba kungiyoyin to m Shugabanci. **Dole ne ka zabi! Non yarda, MS R1**



YADDA zuwa Vote

Wakili Guardian kuri'a a duk zaben da cewa su ne m for.

Wane ne wani dan takarar da za a iya goyon?

A da ya ko ta wani karamin sa'an nan 28 ko mazan sa'an nan 70. Is ko ya kasance mai iyaye.

Shin wani ma'aikaci ko sa kai ko ritaya. Shin wajen tunani da kuma jiki Fit. Yana da wani University ilimi.

Bai kammala wani caged Gyaran wurin samun ruwa. Yana da babu jima'i tawaya (Wannan jinsi, rikita batun jinsi, yaro molesting) . Yana amfani da 'Dokar-mai bayarwa bayyanannu' kamar yadda su jagora. Shin wata hidima Guardian

Wakili Guardian Magoya bayan da Klan dattawan iya gabatar, sup- tashar jiragen ruwa, yarda, kuma ku nīsanci 'yan takara a zaben. **Wakili Guardian Members (Zenturion, Praytorian, Proclaimer)** ba zai iya taimaka, gabatar da ko yarda 'yan takara a waje da 1 Church gwamnati.

Mutane ne zamantakewa halittun. Suna son su rababbe. Da yardar kaina zabe kwamitocin cika wannan bukatar. Leadership ta 1 ne danniya. Leadership ta kwamitin ne adalci. CG tallafawa daidai misali na SHI, kuma SHE.



A dan takarar (SHI, SHE) tare da kuri'u mafi an zabe. Wannan adadin kuri'u da mafi m shi ko ita zabe. An zabi mutum ba kammala ajalinsu. Ana maye gurbinsu da mutum cewa ya zo 2nd.

kariya

Don tsira da jikin mutum yana bukatar Cimate kariya!

Climate-tsoratawa: Sun (**Radiation**) , da zazzabi (**Zafi, sanyi**) , Rigar (**Sanyi, hypothermia**) , Wind (**Kuna, sanyi, kura**) . Climate-kariya kunshi Head-kariya, kariya-tufafi, kariya-tsari.

Barazana ga mutum-jiki danda-fata (**Nudity**) gittar da abubuwa.

E-P1 (Eye-kariya) ne zuwa kashi 2 sassan: Practical: guda ruwan tabarau (**Visor**) . fashion: 2 ruwan tabarau (**Tabarrau**) .

Eye-kariya ne ko da yaushe sawa a lokacin da waje!

V-kwalkwali kai-da kariya a kan darkāke. Gashi kuma Head bukatar Climate Kariya daga sanyi, rigar, matsananci radiation da kuma gurbatawa.

A kai ma bukatar kariya daga darkāke: wani V-kwalkwali da inbuilt GPS-tracker, waya, video-rakoda ..

A **V- Kwalkwali** yana cikin fata padding. Saka a cikin padding ne earpieces. A **Balaclava (Beanie)** ko **K-wuya** za a iya sawa a karkashin kwalkwakinmu. Don ci gaba da ciki rufi na kwalkwali tsabta daga gumi, dandruff da man shafawa. Waje m: mai haske-haske, infra-ja haske fitila. wani camcorder.

Balaclava (Beanie) rufe dukan shugaban fallasa kawai idanu. An knitted daga ulu ko da mix na auduga da ulu (**Ba roba fiber**) . Iya zama wani launi, ko kwaikwaya iya samun ado pom-pom a saman. Lokacin da babu fuska da wuya kariya ake bukata Balaclava za a iya yi birgima up da kuma zama 'Beanie'.



K-wuya iya rufe dukan shugaban fallasa kawai idanu (**Matsakaicin kariya**) . Yana abubuwa a matsayin shugaban murfin kuma wani shāmaki. An knitted daga ulu ko da mix na auduga da ulu (**Ba roba fiber**) . Iya zama wani launi, ko kwaikwaya.

Balaclava ko **K-wuya** biyu kare ta rufe hanci da baki.

Inhaling gurbatawa, m m cututtuka da kuma harbin kwari suna kauce masa. Rage sakamako na bushe da sanyi iska. Nasaba da fuka an rage. Ya kunshi yada cuta mai yaduwa.

Head-kariya ne ko da yaushe sawa a lokacin da waje!

M-tufafi don kare jiki daga sauyin yanayi, da cutar da kuma gurbatawa. Babban jiki sassa kare da kariya tufafi ne kai, fata da kuma kafafunsu. **M-tufafi ne ko da yaushesawa a waje.**

Skin bukatar kuri'a na kariya, daga cizon (**Dabbobi, mutum**) , stings (**Kwar, needles**) , cututtuka (**Kwayoyin cutar, fungi, germs, Virus**) , radiation (**Heat, Solar, nukiliya**) , Exposure (**Acid, wuta, Frost, kaifi-gefuna, jika**) .



Clothing an yi ta da halitta zaruruwa: dabba-boyewa, siliki, plantfiber, auduga ko ulu. **Artificial-zaruruwa** ba su yi amfani da tufafi da wani abu m adam-fata. **Production na wucin gadi-zaruruwa for tufafi iyakar, data kasance stock aka sake yin fa'ida ga sauran dalilai.**

kafafunsu kariya (**Safa, takalma**) daga sauyin yanayi da kuma darkāke. Skin, yatsun kafa da idānun sāwu biyu ne a hadarin. **Outside ko da yaushesawa sa kafar kariya.**

safa ana sanya daga Cotton, ulu, ko a auduga, ulu mix (**Ba synth-etic zaruruwa**) wani launi da wani abin kwaikwaya. **Safa da m azurfa barbashi (Babu gami)** saka a cikin, bada anti-kwayan, anti-da ake dasu kuma anti-canzawa Properties, Munā rage kamshi. **Safa rufe kafāfunku zuwa idānun sāwu biyu 7cm sama.**



Boots da babba m fata (**Ba synthetics**) , Ciki taushi fata (**Ba synthetics**) , Tafi fata, ko roba (**Iya sake yin fa'ida**) . Boots ne don kare kafāfunku zuwa 7 cm sama idānun sāwu biyu. **Note! Kafar kariya cewa ba kare (Sandal, silifa, Thongs) kafafunsa da wuyan sawunsa ne mara amfani. Kafar kariya kamata ko da yaushesawa a waje. Tafiya m waje ne m.**

Hand- kariya a cikin nau'i na Guanto aka sawa! Guanto ake yi na Fata, Cotton, ulu, ko a auduga, ulu mix (**Ba roba zaruruwa**) wani launi da wani abin kwaikwaya.



M-tufafi ne ko da yaushesawa a lokacin da waje.



M-Tsari (gida, rayuwa, aikin) wani mutum bukata. Kariya daga laifi (**Tsaro**) , abubuwa (**Weather**) , Wuta, kwari da kuma gurbatawa . **Araha kariya-Tsari ne mai 1 ALLAH ba dama! Wakili-Guardian fi son Cluster hou- raira waka (Al'umma-rai) . Homeless, a Shire gazawar!**

M-Tsari ga Survival, Tsaro, Comfort ..