



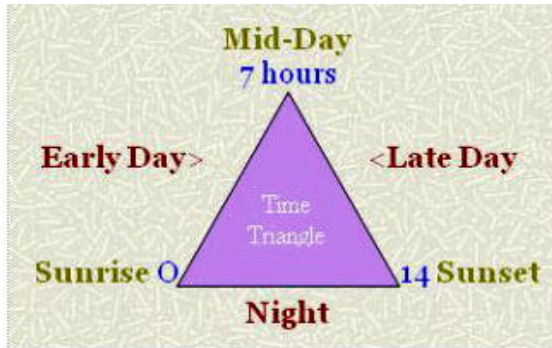
Lokaci triangle



Majibincin Majibincin dan gajeren lokaci Sabon Zaman Gudanar da lokaci: **CG Time triangle** (CG Klock, CG na yau da kullun, dokar hana fita dare, Barci) !

1 Allah Ya halicci lokaci don auna farawa da kare!

Lokaci triangle



Ranar farawa: Ya sa'o'i **fitowar rana**

Ranar Farko daga 0-7 hours

7 hours ne **Tsakar rana**

Late Day yana daga 7-14 hours

14 hours ne **Faduwar rana**

Dare yana daga 14-21 hours

Farashin CG

Klock mai gadin (CG Klock) na gajeren lokaci (**awa**) sarrafa lokaci, ya maye gurbin duk sauran agogo. rana tana da awanni 21> awa 1 yana da mintuna 21> minti 1 yana da dakika 21> dakika 1 yana da kyalli 21

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

Agogo da agogo suna amfani da nunin layi 3:

14 h-12 m-16 s

207 dy - 4 dw

Y 1-M 8-W 2-D 4

Layi 1: na 14th awa, mintuna 12, dakika 16. **Layi**

2: 207th ranar shekara, 4th ranar mako

Layi na 3: Shekara 1 - Wata 8 -Mako 2 - Rana ta 4 ko tsakiyar mako na mako na 2 a watan Jupiter na shekara ta 1

sati mai suna: **Rana**

Rana ta 1	Rana ta 2	Rana ta 3	Tsakar mako	Rana ta 5	Karshen mako	Ranar Nishadi
1 st Rana	2 nd Rana	3 rd Rana	4 th Rana	5 th Rana	6 th Rana	7 th Rana
Lahadi*	Litinin*	Talata*	Laraba - rana*	Alhamis*	Juma'a*	Asabar*

* kalendar arna

Ana saita sa'o'i a kowace shekara bayan mafi karancin dare a Rana. Kowane kwanaki 73 (shekara 5) An sake saita awa 0 (ajiye hasken rana). Ana bukatar adana hasken rana don tashi kusa da fitowar rana gwargwadon yiwuwa. Tashi a fitowar rana abu ne na halitta da lafiya.



Agogon tasha kuma zai nuna kiftawa, walkiya da danna lokacin... Ana nuna Klock na CG ta agogo, agogo da agogon tsayawa. Ka tambayi mai agogon agogon ka ya same ka 1 (Agogo 21, agogo, agogon gudu,...).

CG na yau da kullun

'Ayyukan yau da kullun' yana da mahimmanci don saduwa da 'Wajibi 2 (Kare jikin mutum)' kuma ku kasance a shirye don fuskantar kalubale masu zuwa. Tashi, da gilashin da aka tace ruwan sanyi kadan, tafi toilet, yi 'Daily Fit (motsa jiki)', ibada 'Addu'ar Kullum', wanke fuska da hannaye, yin karin kumallo, yi ado. Duba 'Mai Tsara' naku. Yanzu kun shirya don kalubale. Barka da rana, may **1 Allah** albarka'.

'Ayyukan yau da kullun' ya haɗa da tsabta da ciyarwa ba kawai na 'Ni' ba amma duk sauran mutane da halittu sun dogara da ku. Wanke hannu bayan kowace ziyarar bayan gida da kuma kafin kowace ciyarwa. A wanke fuska kafin kowane abinci. A goge hakora sannan a wanke dukkan jiki kafin a kwanta barci.



'Ayyukan yau da kullun' ya haɗa da kasancewa mai kyau da azabtar da Mugu. Kasance mai kyau ya kunshi yin **Bazuwar ayyukan alheri**'. Ka kyautata mini, ga mutanen da ke kusa da ku, da al'umma, da sauran halittu, da mazaunin... **1 Allah** yana son Random ayyukan alheri. Hukunci mugunta a duk lokacin da amfani da **'Bayar da Mai Ba da Doka'** a matsayin jagora.

Shekaru 1000 na 'Mugunta' suna zuwa karshe! **Kasance Mai Kyau! Cage Mugun!**

Kofari don 'Nemi, Sami da Aiwatar da Ilimi', 'Koyi da Koyarwa', kaddamar da 'Kwarewar Rayuwa'. Koyo, Koyarwar watsa abubuwan rayuwa suna da mahimmanci ga amfani **1 ALLAH** rayuwa mai dadi. Wadannan ayyukan suna taimakawa wajen 'daidaita' tare da mazaunin gida da kuma rayuwa



nau'in. Neman samun da amfani da Ilimi yana taimakawa wajen amsawa **1 Allah** Tambayoyin ranar kiyama.

Daidaitawar yau da kullun (motsa jiki)

Motsa jiki na yau da kullun dole ne lafiya mai kyau, wani bangare ne na ayyukan yau da kullun. Ana kammala su kowace safiya. Ayyukan motsa jiki na yau da kullun suna karuwa: duk yanayin jin dadi, zagayawa na jini, aikin kwakwalwa, narkewar abinci, sha'awar jima'i, toning tsoka, girman kai, karfafa tsarin rigakafi. Motsa jiki guda 7 sune: Kirji, Niƙa, Kofa, Dumbbell, Durkusawa, Kungiya, Swivel. Duk motsa jiki 7 na Shi ne, Ita kuma ana maimaita su.

Fara da maimaita 1, kara zuwa matsakaicin 21. Yi amfani da hankali kan yadda sauri don isa matsakaicin maimaitawa. Dagewa tare da maimaita kullun yana da amfani. Yin motsa jiki 21 yana maimaita kwana 1 kuma rashin motsa jiki na gaba ba shi da fa'ida. Bayan an gama atisayen a mike tsaye ku numfasa sosai sannan ku fitar da numfashi zuwa matsakaicin yin haka sau 3. Ci gaba da ayyukan yau da kullun. **A kula!** Rashin motsa jiki alama ce ta rashin kula da jiki gaba ɗaya, rashin girman kai, kasala,...

Kirji Darasi na 1: Tsaya dogayen hannaye a lankwasa a kwance zuwa babban yatsa na kasa suna taba kirji. Matsar da makamai baya gwargwadon iko (**Kada a karye**). Sannan matsar da hannaye zuwa matsayin lankwasa na asali. **Maimaita (21 max) !**

Injin iska Darasi na 2: Tsaya tsayi, hannaye a mike a kwance zuwa kasa (**t siffar**). Mai da hankali kan hangen nesa kan batu guda kai tsaye gaba. Fara juya agogon hannu (**hagu zuwa dama**). Mayar da hankali kan ma'anar hangen nesa har sai jujjuyawar jiki ta tilasta ku rasa shi. Ci gaba da juyawa da wuri-wuri. Ci gaba da juyowa zuwa wurin dizziness ko juya 21 duk wanda ya zo na 1st. Numfashi mai zurfi yana tafiya yan mataƙai yana tsayar da kanka. **A kula!** Mafari ko murmurewa daga rashin lafiya yana farawa da juyi 1 yana karuwa zuwa 21 yana juyawa max.

Gargadi, ko da yausha daina lokacin da aka fara jin jiri.

Kofar kofa Darasi na 3: Tsaya tsaye a budadden firam ɗin kofar tare da faɗin hips kafafu baya ga gwiwar hannu sun lankwasa sama a kusurwar dama (**90°, siffar trident**). Danna gwiwar hannu a gefen firam ɗin kofa har sai kun ji tashin hankali tsakanin ruwan kafada, rike (**kidaya 10**), saki tashin hankali. Bayan sakin tashin hankali shaka ta hanci daidai da cika huhu zuwa max, rike (**kidaya 3**), sannan a hankali fitar da numfashi ta baki zuwa max.

Dumbbell Darasi na 4: 1 dumbbell ana amfani dashi (**4 kg**), Iya (**2 kg**). **Kada ku yi amfani da 2 Dumbbells.** Tsaya tsaye tare da faɗin kafafu a baya baya da gwiwar hannu zuwa gefen dabino na fuskantar gaba. Dauki dumbbell tare da lankwasa hannun hagu



gwiwar hannu har sai da hannun gaba ya kasance a kusurwar dama (90°) Matse biceps a hankali, daga dumbbell sama zuwa rikon kafada (kidaya 3), sannan a hankali rage dumbbell zuwa wurin farawa. **maimaita** (1-7). Canza hannun dama, **maimaita** (1-7).

Durkusawa Darasi na 5: Durkusa akan tabarma a miqe, hannuwa dafe da gindi. Mayar da kai gaba har sai habo ya taba kirji. Yanzu sannu a hankali ja da baya har zuwa lokacin da zai tafi, a lokaci guda kuma karkatar da baya gwargwadon yuwuwar kiyaye hannayenka da karfi akan gindi. **Maimaita (21 max) !**

Kugiya Darasi na 6: Akan abin sallah (kare sanyi) kwanta a bayanka, mik'e hannun tafin hannu kasa da jiki. Yanzu a hankali karkata gaba mika hannu tafukan kasa da jiki. Yanzu sannu a hankali karkata kai gaba har kwankwasa ya taba kirji a lokaci guda daga kafafunka, gwiwoyi madaidaiciya, a tsaye(90°) rike (kidaya 3), sannan a hankali ya dawo(kai, kafafu) zuwa farawa. **Maimaita (21 max) !**

Swivel Eshafi na 7: Akan abin sallah (kare sanyi) kwanta a kan bayanka, mika hannu tafukan kasa. Yanzu sun durkusa diddige suna taba gindi. Tsayawa dabino akan tabarma suna karkatar da gwiwoyi zuwa dama har sai sun taba tabarma. Sannan gwiwoyi zuwa hagu suna taba tabarma. **Maimaita madaidaicin dama da hagu yana kirga kowane madadden hagu. ku 21!**

1 Allah yana jiran ya ji daga gare ku!

Kullum addu'a

Masoyi **1 Allah**, Mahaliccin mafi kyawun sararin samaniya Ka taimake ni zama mai tsabta, tausayi da tawali'u Amfani da **7** Gungurawa azaman jagora:

Zan kiyaye halittunka, in hukunta mugun aiki

Tsaya ga wadanda aka kai wa hari ba bisa ka'ida ba, marassa galihu, raunana da mabukata Ciyar da mayunwata, matsuguni da marasa lafiya shela:

1 Allah, Imani 1, Ikilisiya 1, Masu Kula da Duniya Na gode yau

Waliyinka mai tawali'u mafi kaskanci (1st suna) Domin daukaka **1 Allah** da Kyawun Dan Adam

Ana amfani da wannan addu'a ta yau da kullun na al'ada ta yau da kullun, kadai ko a cikin rukuni a duk inda kuke so, tare da rufe idanu masu fitowar rana. An karanta a wani Taro.



Abincin yau da kullun

Dole ne kullun ya kasance, ruwan sha ne. Ruwa yana sanyi, tace, sha a gilashin (0.2 l) 7 kums (safiya, karin kumallo, abun ciye-ciye a farkon rana, abincin rana, abun ciye-ciye na rana, abincin dare, dare) .Jimlar 1.4 l.



Za a iya kara gilashin ruwa guda 7 tare da wasu abubuwan sha na ruwa: Kofi na kasa, foda koko, shayi(baki, kore, ganye). Ana iya ba da wadannan zafi ko sanyi. Ruwan kayan lambu yana da kyau. Babu ruwan 'ya'yan itace, babu lemun tsami! Abincin 'mafi girma**A'a shine Fructose !**



Kowace ranar mako tana da jigo:

Rana ta 1: **Kayan lambu**; Rana ta 2: **Kaji**; Rana ta 3: Mai shayarwa; Tsakar mako: **Mai rarrafe**; Rana ta 5: **Abincin teku**; Karshen mako: **Kwayoyi, Tsaba**; Ranar Nishadi: **Kwari**.

Karin kumallo ya hada da, Gurasa, Zuma, Ganye, Kayan yaji, kwai, Albasa, ..

Abun ciye-ciye na farko ya hada da, Gurasa, Margarine, Ganye, Spices, cuku grated, albasa, ..

Abincin rana ya hada da, Salatin,...

Late Snack ya hada da, 'Ya'yan itace da ko Kwayoyi da ko berries.

Abincin dare ya kunshi, **Kayan lambu, Taken Ranar,...**



7 Abincin da ya kamata a ci kullum: Fungi (naman kaza), hatsi (manyan sha'ir, masara, hatsi, gero, quinoa, shinkafa, hatsin rai, dawa, alkama), barkono mai zafi, albasa (brown, chives, tafarnuwa, kore, leek, ja, spring), Faski, Capsicum mai zaki, Kayan lambu (bishiyar asparagus, wake, broccoli, karas, farin kabeji, sprouts, ...). Ji daɗin cin abinci lafiya! Kafin cin abinci ya zo Godiya!

1 ALLAH yana jiran ya ji daga gare ku!

na gode addu'a

Masoyi **1 Allah**, Mahaliccin Mafi Kyawun Duniya Na gode da ka wadata ni da abin sha da abinci na yau da kullun Rayuwa ta sabon sakonka

Ina kokari in zama abin da ya cancanci abinci mai gina jiki kowace rana

Zan iya a tsirar da ni mai tsananin kishirwa da rage radadin yunwar Majibincinku mai tawali'u mai aminci (1)st suna

Domin daukaka **1 Allah** da Kyawun Dan Adam



Yi amfani da wannan addu'a kafin kowane abinci!

Lokacin ciyarwa **kauce** Abinci mara lafiya: Barasa, kayan zaki na wucin gadi, fructose (**sukari, glucose**), Abincin da aka gyara kwayoyin halitta (**GM**), Abincin da aka kera,...**M**, gishiri, abinci mai sauri mai dadi. Abin sha mai dauke da Carbonated: Barasa, caffeine, kola, sodium, mai zaki!



Mai Tsara Kullum

Kayyadaddun bayanai

Tsarin Shafuka, umarni: Kullum: **Na yau da kullun, Sallah, Fit. Lambobin sadarwa .Gaggawa, Adireshe. Addu'a: Tsari, Mai tsarawa, Lokaci**

Mai tsarawa* shafi ya kasu kashi biyu: 'Tsarin' / 'Bincike'

* Mai Tsara Makowa: Shafuka 52 kawai. Mai Tsara Kullum: Shafuka 365 kawai.

Karin bayani na Shafuka, umarni:

Lokaci: **CG Klock, Shire Dare Curfew, CG Kalender, Jigogi Ranar Nishadi**

Idin Ketarewa-Mai tsarawa: shafi 1 kawai. Mai Tsare-tsaren Quattro: shafi 1

kawai7 Littattafai (**Bayyana**), Taswira, Ma'auniKari! Shafukan da ba kowa don rubuta 'Ideas'.

Amfani

Ranar Nishadi tana bincika ayyukanku akan shirin na yanzu kuma shigar da tsare-tsaren ku na kwanaki 6 masu zuwa (**kwanaki 1-6**).

Lokacin amfani da Mai tsara shirin ku a wurin aiki ko karatu kar a bar 'Lokaci' ya sarrafa ku!Ba za a yi amfani da lokaci don gaggawar mutane ba. **Ba a tsara jikin mutum don gaggawa ba.**

Kar a manta ko a rasa Ra'ayoyi. Kowace rana ana tunanin ra'ayoyi da yawa kuma a manta da sauri ko bacewa. Dalili kuwa shi ne ba a adana su ba, ba a rubuta ko rubuta su ba.**Mafi kyawun sun bace!**

Kwakwalwar ajiya ba abin dogaro ba ne idan ya zo ga adanawa da habaka sabbin dabaru. Dauki littafin rubutu (**mai tsarawa**) ko mai rikodin tare da ku kuma lokacin da ra'ayi ya tasowa, adana shi! Fayil na mako-mako ra'ayoyin ku!

Mai tsarawa Addu'a

Masoyi **1 Allah**, Mahaliccin mafi kyawun sararin samaniya Ka taimake ni shirya tsarin yau da kullun na Zan yi nazari da bitar shirina Zan karfafa wasu su yi amfani da Mai Tsara Na gode, don Mai tsarawa na

Ina kokarin yin amfani da shi don tsarawa na gajere da na dogon lokaci



Domin daukakar **1 Allah** da nagartar mutane

Ana amfani da wannan addu'ar a cikin sashin 'Daily Routine'!



Barci

Ana buƙatar hutawa don rayuwa da lafiya mai kyau. Babban sauran shine 'Barci'. Barci yana kare ayyukan yau da kullun. Ya kamata awa 1 ya wuce tun ciyarwa da tsaftacewa. Bauta 'Addu'ar Barci'. Don samun natsuwa mai farfado da barci dole ne dakin kwana ya kasance duhu sosai. Rashin hayaniyar ciki da waje dole ne. Dokar hana fita dare ta sa hakan ya yiwu. '**Shire**' aiwatar da' dokar hana fita na dare'.

1/3 na yau da kullun ana kashe shi a kwance, wani bangare na wannan ya hada da barci. Don tsira jikin mutum yana buƙatar Barci! 7 hours ya kamata a yi.

Akwai abubuwan da ake buƙata kafin a kwanta barci.

Ya kamata ya zama duhu, ya zama dare. Don samun natsuwa mai sake farfado da barci dole ne dakin kwana ya kasance duhu sosai. Rashin hayaniyar ciki da waje dole ne 'Shire' dole ne a aiwatar 'Dokar hana fita dare'.

Ya kamata awa 1 ta wuce tun ciyarwar karshe. A goge hakora sannan a wanke dukkan jiki kafin a kwanta barci. Bauta 'Addu'ar Barci'.

1 Allah yana jiran ya ji daga gare ku!

Addu'ar bacci

Masoyi **1 Allah**, Mahaliccin mafi kyawun sararin samaniya Kare ni lokacin da na fi rauni
Ka tsare ni daga matsi da mugun tunani Bari in samu natsuwa, waraka da farfadowar barci kada ka bari damuwa ta rushe mafarkina da barci.
Bari in tuna kawai mafarki mai dadi
Domin daukakar **1 Allah** da Kyawun Dan Adam



Ana amfani da wannan addu'a kafin a tafi Barci!



Yi gilashin sha (babu filastik) cika da 0.2 l na ruwa mai tacewa (babu wani abu da aka kara) akan kowane teburin gefen gado. Kowane dare kafin a kwanta barci sanya gilashi a kan teburin gado. **A kula!** Sha da daddare kowane lokaci bayan kun ziyarci bayan gida da kuma lokacin bushewar makogwaro, sha hutawa lokacin tashi da safe.

Kasance da kwanon gilashin sautin zinare 1 (1 kawai don ninki biyu) dauke da ganye concoction (maganin kamshi) kan teburin gefen gadon taga!

Yana da al'ada don yin barci 2 tare da hutu a tsakanin. Ya kamata ku tashi (to shiga toilet..), dawowa tayi tazauna gefen gadon, kasha ruwa. Yi ayyukan motsa jiki masu zuwa (Dukkan motsa jiki ana yin su ne yayin da suke zaune a kan gwiwoyin gefen gadon kafada fadi da juna). Duk lokacin da kuka tashi yi wani motsa jiki na daban.

1st Motsa jiki: Sanya dabino* na hannuwanku zuwa waje na gwiwoyi. Latsa hannaye ciki da gwiwoyi waje, riƙe 7 seconds (kuna jin tashin hankali a hannu, kafafu, kafada). Shakata, shan numfashi, babu maimaituwa, sha ruwa, kwanta, barci mai kyau. *bambance-bambancen amfani da fists.

2nd Motsa jiki: Yi dunkule* sanya su a cikin gwiwoyinku. Danna dunkule a waje da gwiwoyi a ciki, riƙe 7 seconds (Kuna jin tashin hankali a hannu, kafafu, ciki). Shakata, shan numfashi, babu maimaituwa, sha ruwa, kwanta, barci mai kyau. * bambancin amfani da lebur dabino.

3rd Motsa jiki: Lankwasa hannaye (90%) a matakin kirji juya hannun hagu zuwa sama masu lankwasa yatsunsu, juya hannun dama zuwa kasa. Matsa yatsu a matse. Yanzu ja hannaye a gaban gaba, riƙe 7 seconds (Kuna jin tashin hankali a cikin yatsu, hannaye, kirji). Shakata, shan numfashi, babu maimaituwa, sha ruwa, kwanta, barci mai kyau.

Darasi na 4: Lankwasa hannaye (90%) a matakin kirji juya hannun hagu zuwa sama, juya hannun dama zuwa dunkule. Sanya hannu a hannu kuma danna kasa a lokaci guda danna bude hannun sama, riƙe 7 seconds. Juya, riƙe 7 seconds (Kuna jin tashin hankali a hannu, hannuwa, wuya, kirji). Shakata, shan numfashi da shan ruwa, kwanta, barci lafiya. Babu maimaituwa.

Mutanen da ke da ciwon baya suna kara wannan darasi ga kowane motsa jiki: Sanya hannaye akan gwiwoyi. Mayar da kai baya jujjuya baya sannan ka yi gaba ba tare da rasa alaka da gwiwoyi ba (Kuna jin tashin hankali a hannu, baya, ciki). Shakata, shan numfashi, maimaita 7, sha ruwa, kwanta, barci lafiya.

A kula! Mutanen da suke zaune da yawa a lokacin rana-lokaci. Dole ne a yi 1 na motsa jiki na dare a juyawa kowane awa 2.

Da safe bayan 7 hours barci:

Tashi, da gilashin ruwa tace, tafi toilet, yi 'Daily Fit (motsa jiki)', bauta 'Sallar yau da kullum', wanke fuska, hannaye, yin karin kumallo, yi ado. Duba naku 'Mai tsarawa'. Yanzu kun shirya don abubuwan rayuwa. Lokacin fita waje, suturar kariya da kai, kariya ta ido da kafafu.

Hana barci azaba ce! Ba a yarda da azabtarwa azaman kayan aikin tambayoyi. Ana tuhumar masu azabtarwa: **MS R7**

Amfani da Mai Kulawa: CG NAs BS-1 (madadin kwanciya)! Bukatar rashin hayaniyar waje da dare (dare hana fita)!

Dokar hana fita dare

Ba a tsara jikin mutum don zama dare ba. Mutane sun yi amfani da karfin kwakwalwarsu don kirkirar salon rayuwa na dare. Wannan salon rayuwa ba shi da amfani ga lafiya mai kyau. Ana bukatar dokar hana fita dare don ingantacciyar lafiya.

Dokar hana fita ta dare ta awa 7 daga awanni 14-21 *wajibi ne. Don lafiya mai kyau, rage yawan amfani da makamashi, raguwar gurbataccen abu, kare namun daji. Rage laifuka, rage farashin gwamnati, karfafa habakawa. *(22-6 hours, 24 hours arna)

Babu wanda ke aiki (komai a rufe) sai dai mafi karancin gaggawa na sirri. Ba a amfani da makamashi sai ga gaggawa ko dumama! An ba da izinin tashar rediyo na jama'a 1 duk sauran nishadin an kashe! Babu masana'anta, ofis, ko dillali da zai yi aiki ko amfani da makamashi! Gidaje na iya amfani da dumama (tufafi dumi), sanyaya (launi tufafi) a cikin matsanancin yanayi.

Dokar hana fita dare ta zama tilas. Domin jin dadin jikin dan adam da mazaunin gida. Wani Shire ya tilasta dokar hana fita ta dare ta hanyar Gyaran Shire **MS R1**. Ana mika masu maimaita laifin zuwa Gyaran Lardi **MS R3**.



Dokar hana fita dare zuwa ceci duniya Duniya!