

Essentials



Inkomba

Basic:

Imithandazo Daily, Asebenza Daily, CG Kalender, Daily Fit, Fun- Day izingqikithi, 7 Pheqela Uhlolajikelele, nokuziphendulela, Ziningi Triangle, Ukuvota, Ukuvikelwa.

CG Concepts

Ayikho imiqondo ubudlova, umqondo Wezobulungiswa. Ayikho imiqondo inzuzo (**cron**) ,

Imiqondo kwezomnotho, Chain Wobubi. imvelo (**green**) imiqondo, Ukusinda chain.

ukuphathwa isikhathi (**NA.tm.**)

Ukuze Inkazimulo 1 NKULUNKULU Good of Humankind!

Welcome to the Wonderful World of Worshipping 1GOD



1 NKULUNKULU ulinde ukuzwa kuwe!

Daily Nomthandazo

Sawubona 1 NKULUNKULU , UMDali womhlaba wonke kanye nezulu enhle kakhulu
Ngisize abe ohlanzekile, onozwela futhi ethobekile Ukusebenzisa 7 Imiqulu njengoba
umhlahlandlela:
I uyobavikela okudaliwe kwakho Ujezisa Nokubi.



Ukumelela dedengu ehlaselwa, kwabahluphekayo, ababuthakathaka nabaswele Okuphakelayo abalambile,
indawo yokuhlala abangenamakhaya nenduduzo Memezela ogulayo:

1GOD, 1FAITH, 1Church, Umkhathi Umgcini ababheki Siyabonga
namuhla

ethobekile kakhulu abathembekile umgcini-umnakekeli wakho (1st igama)

Ukuze Inkazimulo 1 NKULUNKULU Omuhle of Humankind

Lomthandazo isetshenziswa ingxenye kwansuku isimiso sansuku zonke, eyedwa noma iqembu kunoma
iyiphi indawo lapho uthanda, zibheke rising sun uvale emehlo. Hlabelela ngesikhathi Ukuhlanguana.



Ngiyabonga Nomthandazo

Sawubona 1 NKULUNKULU , UMDali womhlaba wonke kanye nezulu enhle kakhulu
Siyabonga kokunikeza kimi nge isiphuzo Daily nokudla Ukuphila ngomlayezo wakho
wakamuva
Ngizama ukuba ukondliwa lifanelwe nsuku Ngingayibona bangabulawa okubuhlungu
Ukoma & numbing Hunger ubuhlu- ethobekile kakhulu abathembekile
umgcini-umnakekeli wakho (1st igama)
Ukuze Inkazimulo 1 NKULUNKULU Omuhle of Humankind



Sebenzisa le ngomthandazo ngaphambi kokuba wonke okuphakelayo!



Njalo-usuku ngesonto kudingeka ibe Dinner indaba ephathwayo:

Day1: imifino; Day2: Izilwane zasekhaya; Day3: Isilwane esincelisayo;

Mid-sonto: sezilwane ezihuquzelayo; Day5: kwaselwandle;

Isonto ekupheleni: Nuts , Imbewu; Fun-Day: Izinambuzane.



Asebenza Daily

A ' isimiso sansuku zonke 'kubalulekile ukuhlanguana' Isibopho 2 (**Vikela umzimba womuntu**) 'Futhi sikulungele ukuba ubhekane nezinselele oluzayo. Sukuma, ube ingilazi yamanzi kancane chilled elicwengekileyo, iya endlini encane, do 'Daily Fit (**Umzimba**) ', zokukhulekela zibe 'Umthandazo Daily', ukugeza ubuso nezandla, sidle ukudla kwasekuseni, ugqoke. Hlola 'Planner' yakho. Manje yakho isilungele izinselele. 'Yiba-Sawubona, kwangathi **1 NKULUNKULU** Busisiwe' .

A ' isimiso sansuku zonke 'kuhlanganisa nokuhlanzeka nokondla hhayi kuphela' mina 'kodwa bonke abanye abantu futhi izidalwa kuncike kuwe. Geza izandla njalo ngemva ukuvakashelwa yangasese futhi phambi yonke okuphakelayo. Geza ubuso phambi zonke feed. Ukuxubha amazinyo futhi ugeze umzimba wonke ngaphambi kokulala. Okuphakelayo 5 izikhathi ngosuku:

'Ukudla kwasekuseni, Early usuku isidlo, ilantshi, Late usuku isidlo, Dinner'. Have ingilazi yamanzi kancane chilled elicwengekileyo nge feed ngayinye!

Qaphela! Ngaphambi zonke ukondla Nina nikhulekela: **Thank You Nomthandazo** _

Njalo phakathi nesonto kudingeka ibe ukudla indaba ephathwayo: **isib Usuku 1: imifino** ;

Day2 : Izilwane zasekhaya ; Day3 : Isilwane esincelisayo ; Mid - ngesonto : sezilwane ezihuquzelayo ; Day5 : kwaselwandle ;

Iviki - ukuphela : **Nuts & Imbewu ; Fun-Day : izinambuzane** .

Iapho Udla **ukugwema** Ukudla okungenamsoco: Utshwala, Sweetener Artificial, fructose (**I-glucose, ushukela**) , Izakhi zofuzo Ushintshe ukudla (**GM**) , Manufactured-ukudla, ... Okunamathelayo, okunosawoti, ukudla okusheshayo amnandi. isiphuzo carbonated equkethe: Utshwala, Caffeine uKola, sodium, Sweetener!



A ' isimiso sansuku zonke 'okuhlela ezinhle futhi ezezisa Nokubi. Ukuba olungile kuhlela ukwenza ' **izenzo okungahleliwe Somusa** '. Yiba nomusa mina, nabantu abaseduze nawe, umphakathi, nezinye izidalwa, olwenzeka endaweni ... **1 NKULUNKULU**

nothanda izenzo okungahleliwe Somusa. Ujezisa everytime Ububi usebenzise ' **EMthethweni- uMuphi manifest** ' njengoba umhlahlandlela.

1000 zeminyaka 'Omubi' kuthiwa usezofika ekupheleni! **Uziphathe kahle! Cage Ububil**

E ndeavor ukuba 'Ngifuneni, sithole futhi zisebenza Ulwazi', ' **Funda & Fundisa** ', _ adlule 'Ukuphila-nakho. Ukufunda, Ukufundisa badlulisela riences Life expe- bubalulekile ukuze a ewusizo **1 NKULUNKULU** impilo ejabulisa. Lemisebenti ukusiza e 'Harmonising' nge ndawo lendawo futhi basinde zilwane. Ukufuna ukuthola nokusebenzisa Ulwazi kusiza yokuphendula **1 NKULUNKULU** ' imibuzo s Lokwahlulela-Day.

Phumula kuyadingeka ukuze siphile futhi impilo yakho isibuthaka. Zonke ezinye main kuyinto ' **Ukulala** '.
Ukulala esiqeda isimiso Daily. 1 li-awa kufanele sele idlulile solo okuphakelayo kanye nokuhlanza. Ukukhulekelwa ' **Ukulala**
Nomthandazo '. Ukuze uthole elizolisayo ekuvuseleleni ubuthongo ekamelweni kumele kube njengoba amnyama
ngangokunokwenzeka. Kokungadlali umsindo zangaphakathi nezangaphandle uyisidingo. Ebusuku-Ukubekelwa
isikhathi kwenza lokhu kwenzeke. ' **Shire** '
nokuqalisa 'Ubusuku-isikhathi somthetho wewashi.

H ints

A 7 ihora Ebusuku-isikhathi somthetho wewashi kusukela amahora 14-21 (22- 6 amahora, yamahora angu-24
iwashi Pagan-) Kuphoqelekele. Ukuze sibe nempilo enhle, nokuncipha amandla THI consump-, nokuncipha
ukungcola & Ukuvikelwa yasendle. Ukuncishiswa ubugebengu, ukunciphisa izindleko zikahulumeni, ekhuthaza
ukubuyabuyelela.

Lapho uya ngaphandle njalo ukugqoka 'izingubo zokuzivikela' ofanele (Akukho Imicu yotshani
yokufakelwa) . ukuvikela (Amehlo, izinwele, isikhumba, izinyawo) the humanbody kusukela sezulu, isifo
nokungcola. ubunqunu ngaphandle trashy!

Lapho enza Daily Fit ukusetshenziswa commonsense fast kanjani ukufinyelela
eziphindaphindiwe esiphezulu. Usebenzisa usuku 1 hhayi elilandelayo Akuzuzisi. Kuyinto
umzimba wakho, ugcine ilingane!



Lapho usebenzisa i-Planner yakho emsebenzini noma isifundo ungavumeli control
'Isikhathi' Wena! Isikhathi akufanele sisetshenziselwe ukushesha abantu. Umzimba
womuntu asakhelwanga washesha.

Ungavumeli imibono ziyolibaleka noma ilahleke. Nsuku zonke kuqukethe imibono kucatshangwa off futhi
ngokushesha ukhohlwe noma ilahleke. Isizathu kokuba lapho engafakwanga, eqoshiwe noma okubhalwe
phansi. The best balahlekile!

Memory kungathembeki uma kuziwa ekulondolozeni nasekondleni imibono emisha. Phathani
notebook (Incwajana) noma rekhoda nawe futhi lapho umbono eba, balilondoloze! ifayela Masonto
onke imibono yakho!

Buyekeza imibono yakho. Njengoba ubukeza imibono yakho (Njalo emavikini 4 muhle) . Abanye ngeke ube
ngalutho. Ababona kuwufanele benamathele. Lahla kubo. Abanye imibono avele ewusizo manje noma
esikhathini esithile kamuva. Gcina lezi, beka kubo: 'okusebenzayo', noma 'kwesikhathi'. Manje, thatha
'okusebenzayo' ifayela.

Khetha umbono! Manje wenze lo mbono zikhule. Cabanga ngalokhu. Tie umqondo imibono ahlobene.
Ucwaningo, zama ukuthola lutho lifana noma iyahambisana lo mbono. Phenya zonke engele, amathuba. Lapho
ucabanga umqondo yakho isilungele ukusetshenziswa. Ukwenza kanjalo. Thola impendulo, emihle tune
umqondo.

Umgcini Guardian Kalender

1. ngenyanga Star-

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

2. ngenyanga Sun-

3. ngenyanga Mercury-

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

4. ngenyanga Venus-

5. ngenyanga Earth-

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

6. ngenyanga Moon-

7. ngenyanga Mars-

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

8. ngenyanga Jupiter-

9. ngenyanga Saturn-

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

10. ngenyanga Uranus-

11. ngenyanga Neptune-

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

12. ngenyanga Pluto-

13. ngenyanga Solar

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. ngenyanga iPhasika-

1 iPhasika
Quattro-iminyaka
1 2 Quattro - iPhasika

Fit Daily (umzimba)

umzimba nsuku zonke i-impilo enhle kumele, bayingxenywe ukuphila kwansuku zonke. **Basuke** kuphelile njalo ekuseni. umzimba Daily ukwandisa: wonke-round inhlalakahle, kwegazi, umsebenzi ubuchopho, ukudla ukugaya, nesifiso sokufuna mating-, imisipha toning, ukuzethemba, ukukhuthazwa izivikeli mzimba. Izivivinyo 7 yilezi: **Chest, Windmill, Umnyango Uhlaka, Dumbbell, ukuguqa Hook, swivel** . Zonke umzimba 7 zingezokunikeza **YENA, SHE** i aphindaphindwe.

Qala nge 1 uphinda, ukwandisa lungene 21. Sebenzisa commonsense fast kanjani ukufinyelela eziphindaphindiwe esiphezulu. Ukuphikelela kanye eziphindaphindiwe nsuku zonke kuyazuzisa. Usebenzisa 21 eziphindaphindiwe usuku 1 hhayi obonisa olandelayo Akuzuzisi. Emva kokuphothula umzimba ukuma aqonde futhi umoya kakhulu bese exhale kumkhawulo wenze lokhu izikhathi 3. Qhubeka endleleni yakho Daily. **Qaphela!** Hhayi obonisa kuwuphawu ukungahloniphi ngokupheleleko umzimba, ukuzenyeza, ubuvila, ...

Chest Isifundo 1: Yima ubude, nezingalo ovundlile kusontwe ukuze phansi (Umumo t-) izithupha ngokuthinta esifubeni. Move izingalo emuva ngangokunokwenzeka (Musa ngesankahlu) . Khona-ke ukunyakazisa izingalo kwindawo yasekuqaleni insaliwe. **Phinda (21 max) !**

Windmill Isifundo 2: Ami ubude, nezingalo eyeluliweyo emaceleni hori- zontal kwisitezi (T-ukuma) . Gxila umbono wakho ku iphuzu elilodwa ngqo phambili. Qala turning ngokwewashi (Kusukela kwesobunxele kuya kwesokudla) . Ukugxila embonweni iphuzu kuze ukuvula umzimba amabutho ukuba yikho. Gcina turning refocusing ngokushesha ngangokunokwenzeka. Gcina ephendukela iphuzu isiyazi noma ematfuba 21 kuye ngokuthi ikuphi okufika 1st. Breath uhamba ngokujulile izinyathelo ezimbalwa steadying ngokwakho. **Qaphela!** Beginner noma kokululama ekuguleni uqale nge 1 ithuba landa 21 uphendulela max.

Isexwayiso, njalo ayeke uma ukuzizwa isiyazi.

umnyango Uhlaka Isifundo 3: Ukuma aqonde e umnyango ovulekile ifreyimu izinyawo ububanzi hip ngaphandle izindololwane goba phezulu ngesikhathi engela kwesokudla (90 °, Trident ukuma) . Cindezela izindololwane ngokumelene izinhlangothi umnyango Uhlaka uze uzizwe ukungezwani phakathi izindwani ehlombe, bamba (Ukubala 10) , Ukunciphisa uvalo. Emva kokukhipha ukungezwani donsa ngokusebenzisa ekhaleni ngokulinganayo ngokugcwalisa emaphashini ukuba max, bamba (Ukubala 3) Ke kancane exhale ngomlomo ukuze max.

dumbbell Isifundo 4: 1 dumbbell isetshenziswa YENA (4kg) , SHE (2kg) . Ungayisebenzisi 2 Dumbbells. Yima yimani niqonde ngezinyawo ububanzi hip ngaphandle izindololwane ukuze ezinhlangothini zenu izintende zibheke phambili. Sithathe dumbbell ngesandla sesancele

eguqa ingcoza kuze ibhodi lemisindo isezingeni engela kwesokudla (90 °)

Kancane ngawakhamela bicep, ephakamisa dumbbell up maqondana ukubambelela
ehlombe (Ukubala 3) Ke kancane dumbbell ephansi ukuqalisa isikhundla, uphinda (1-7) .
Guqulela nasengalweni, uphinda (1-7) .



siguqile Ukuzivocavoca 5: Guqa kwi uqonde prayermat umzimba, izandla ezibekwe ngokuqinile buttock.
Thambekisela ikhanda phambili kuze kwesilevu ethinta esifubeni. Manje kancane enika ikhanda emuva kuze
kufike-ke ngizoya, ngesikhathi esifanayo ukuncika emuva ngangokunokwenzeka ngibeke izandla zenu
zinqine ezinqeni.

Phinda (21 max) !

hook Ukuzivocavoca 6: Ku-prayermat (Ukuvikela amakhaza) amanga flat ngomhlane, enwetshiwe izingalo
izintende phansi owakhe umzimba. Manje kancane bayithambekise ikhanda phambili enwetshiwe izingalo izintende
phansi owakhe umzimba. Manje kancane bayithambekise ikhanda phambili kuze kwesilevu ethinta esifubeni
ngesikhathi esifanayo phakamisa imilenze yakho, amadolo ame ngokuqondile, mpo (90 °) ubambe (Ukubala 3) Ke
kancane ukubuyela (Ikhanda, izinyawo) ekuqaleni. **Phinda (21 max) !**

swivel E xercise 7: Ku-prayermat (Ukuvikela amakhaza) amanga flat ngomhlane, enwetshiwe izingalo izintende
phansi. Manje amadolo bent izithende yipha ing buttock. Ukugcina izintende eqinile mat swivel ngamadolo
ngakwesokudla baze uthinte mat. Khona-ke swivel ngamadolo kwesobunxele ngokuthinta mat. Phinda
kwesokudla futhi swivel kwesokunxele ngokubala ngamunye swivel kwesokunxele. **Ingabe 21! Emva kokuqeda**
i-kufanelekile nsuku zonke. Have ingilazi (0.2l) ka kancane chilled amanzi elicwengekileyo.

Ebusuku-isikhathi ukuzivocavoca

Kuyinto evamile ukuba 2 uyalala nge break phakathi. Kufanele uvuka (Ukuya ethoyilethi ...) Lapho ebuyela Hlala
emphethweni embhedeni sika, kungcono uphuze amanzi abanye wenze 1 izivivinyo ezilandelayo (Wonke
umzimba kwenziwa ngesikhathi ehlezi embhedeni sika onqenqemeni ngamadolo ehlombe ububanzi
ngaphandle) . Ngaso sonke isikhathi uma uvuke ukwenza umsebenzi ohlukile.

Ukuzivocavoca 1st: Beka izintende * yezandla zakho ngokumelene ngaphandle kwe emadolweni. Cindezela izandla
ukukhungatheka kwangaphakathi, amadolo kwangaphandle, bamba 7 imizuzwana (Uzizwa ukungezwani imikhono,
imilente, ehlombe) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, amanzi imphumulo, ulale, ulale kahle.

* Ukushintshashintsha ukusetshenziswa ngezibhakela.

Ukuzivocavoca 2nd: Yenza ngezibhakela * uyibeke ngokumelene ingaphakathi emadolweni. Cindezela
ngezibhakela kwangaphandle, amadolo ukukhungatheka kwangaphakathi, ubambe 7 imizuzwana (Uzizwe

ukungezwani imikhono, imilente, isisu) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, amanzi
imphumulo, ulale, ulale kahle. * Ukushintshashintsha ukusetshenziswa izintende flat.

Ukuzivocavoca 3rd: Bend izingalo (90%) ngesikhathi esifubeni ezingeni isandla sobunxele phezulu eguqa
iminwe, ujike ngakwesokunene phansi eguqa iminwe.

iminwe Interlock ezihambisanayo. Manje ukudonsa izandla kolunye uhlangothi, ubambe 7 imizuzwana (Uzizwa
ukungezwani iminwe, izingalo, esifubeni) . Nethezeka, ngidonsa umoya, akukho eziphindaphindiwe, amanzi
imphumulo, ulale, ulale kahle.

Ukuzivocavoca 4th: Bend izingalo (90%) ngesikhathi esifubeni ezingeni ujike ngesandla sokunxele izigceme up-,
ujike ngakwesokunene ku isibhakela. Beka isandla esandleni cindezela phansi ngesikhathi esifanayo cindezela
isandla evulekile phezulu, bamba 7 imizuzwana. sequen obuyela emuva

- ce, bamba 7 imizuzwana (Uzizwa ukungezwani izandla, izingalo, entanyeni, esifubeni) .

Relax, ngidonsa umoya & phuza amanzi belala, ulale kahle. Ayikho eziphindaphindiwe.

Abantu ne sesento emuva ungeze lokhu umsebenzi umsebenzi ngamunye: Beka izandla ngamadolo.

Nyakazisa ikhanda emuva goba emuva ke rock phambili ngaphandle kokulahlekelwa contact amadolo (Uzizwa
ukungezwani izingalo, emuva, isisu) .

Nethezeka, ngidonsa umoya, 7 eziphindaphindiwe, amanzi imphumulo, ulale, ulale kahle.

Qaphela! Abantu abahlezi eziningi phakathi nosuku-time. Ingabe ukwenza 1 we night- isikhathi ukuzivocavoca
ngokushintshana njalo emahoreni 2. Uqeda ingilazi (0.2l) ka kancane chilled amanzi elicwengekileyo.

Hhayi ngokwenza izivivinyo: kukwenza langakufanelekela, ukuvilapha, okungenampilo, blubbery, umthwalo kuwe
abangane nomndeni wakho umphakathi, isibonelo esibi izingane angaphilile kahle, acindezelekile, sigule
ngaphezulu, kokuzalela ungakhululekile, afe junger.

Ingxenye kufanelekile nsuku zonke ukondliwa! Unempilo enhle kangakanani, isikhathi esingakanani siphila. Has
a lot ukwenzani yokudla yethu umkhuba.

Okuphakelayo 5 izikhathi ngosuku:

'Ukudla kwasekuseni, zihlanganisa Water, Amakhambi, Izinongo, Honey, Coffee, ..

Early Day-isidlo, zihlanganisa Water, Fruit, Amakhambi, Tea, ..

Isidlo sasemini, zihlanganisa Water, isaladi, amaqanda, Coffee, ..

Late Day-isidlo, zihlanganisa Water, Nuts, Amajikijolo, Izinongo, Ukhokho, ..

Dinner '. zihlanganisa Water, Dinner indaba ephathwayo, Tea noma ikhofi .. Imifino.

7 Ukudla kufanele kudliwe nsuku zonke: fungus (ikhowe) , Izinhlamvu (Rye, ibhali nesitshulu, ummbila,
i-oats, amabele, quinoa, irayisi, amabele, ukolo) , Zezihlambane afika nopelepele, Anyanisi (Onsundu,
oluhlaza, obomvu, entwasahlobo, chives, garlic, leek) , Parsley, Sweet-Capsicum, Imifino (Asparagus,
ubhontshisi, broccoli, cauliflower, izaqathe, uphizi, amahlumela ..)

Fun-Day izingqikithi

C> Umkhosi wosuku F> Fun wosuku M> Usuku lwesikhumbuzo S> Shame wosuku

Inyanganga	Usuku	Usuku
Star	New-Unyaka Day 1.1.1	Shire Day 1.3.7
Sun	BlossomDay 2.1.7	YaboNgazimbi Yobugebengu Day 2.4.7
mercury	Ukubuyabuyelela Day 3.1.7 YaboNgazimbi kweMpi Day 3.4.7	
Venus	USuku Lwezingane 4.1.7	Kwemoya Day 4.2.7
Umhlaba	Usuku Abasebenzi 5.1.7	Mothers Day 5.3.7
Moon	Usuku Ezemfundo 6.1.7	Defoliant Day 6.2.7
Mars	Ogogo nomkhulu Day 7.1.7	Ukudla Day 7.3.7
Jupiter	Umkhathi Day 8.1.7	Usuku ukuQothulwa Kwesizwe 8.2.7
Saturn	Habitat Day 9.1.7	Cron Day 9.3.7
Uranus	Fathers Day 10.1.7	Amanoni Ezilwane Day 10.2.7
Neptune	Ukusinda Day 11.1.7	Pet Day 11.3.7
Pluto	Good Day-impilo 12.1.7	Injwayelo Day 12.2.7
Solar	Shrub Day 13.1.7	Isihlahla Day 13.3.7
iPhasika	IPhasika Day 14.1.7	Quattro Day 14.0.2

Fun-Day izindikimba ezibhekele umphakathi kudingeka ukugubha bangahlazeka ukukhumbula. Ukubamba iqhaza ngesikhathi Imigubho , Memorial , Shame , Usuku sika unyaka kuyinto, ingxenywe ebalulekile ebalulekile emphakathini. Ukuchitha nabanye abantu Kubalulekile ukuzinza siqu ngokomzwelo.

Silandela 1 NKULUNKULU ! Sebenza izinsuku 6 & ukwenza usuku 7 Fun-Day.

Zizihlanganise nabantu, bajabule, bacule, umdanso, udle, uphuze (akunawo utshwala) , Ukuhleka, kodwa kumelwe uthandazele futhi uzindle efuna kuvumelana kwalo, injabulo. Vakashela Ukuhlangana. Sekela Fun-Day izingqikithi.



1 NKULUNKULU ulinde ukuzwa kuwe!

Fun-Day Nomthandazo

Sawubona 1 NKULUNKULU , UMDali womhlaba wonke kanye nezulu enhle kakhulu ethobekile kakhulu abathembekile umgcini-umnakekeli wakho (1st igama)
Siyabonga 'kuwe lokhu amasonto izinselele ngangizama
ukuphila iDaily-Nomthandazo
Namuhla mina ukugubha & nokukhulekela umndeneni nabangani ngicela
isiqondiso phezu Isonto uyeza Ukuze Inkazimulo 1 NKULUNKULU Omuhle
of Humankind



On indaba ephathwayo usuku yini umthandazo olufanele isetshenziswa + umthandazo Fun-Day!

7 Imiqulu Uhlolojikelele

Pheqela 1: Ukukholelwa

Nomthandazo isiqinisekiso

Nakhu **1 NKULUNKULU** ngubani kokubili YENA futhi SHE!

1 NKULUNKULU wadala **2 Umkhathi** akhethiwe isintu ukuba Umgcini of the Universe ngokomzimba!

ukuphila komuntu kungcwele kusukela ekuhlaleni kwesisu kanye kukhona isibopho ukwanda!

Humankind iwukufuna & bathole ulwazi bese sikwenze!

I-mthetho manifest uthatha indawo yabo bonke dlule biko **1GOD** wathumela!

Izinombolo ezibalulekile kanye nenombolo 7 saphezulu!

Kukhona Afterlife futhi kukhona Angels!

Pheqela 2: izibopho isibopho Nomthandazo

Ukukhulekela **1 NKULUNKULU** ukulahla zonke ezinye izithombe

Vikela, umzimba womuntu kusukela ekuhlaleni kwesisu

Ukuphila isikhathi eside, ukufuna, inzuzo iwazi

Mate ukuphindaphindeka futhi uqale umkhaya siqu

Ukuhlonipha, ukuhlonipha abazali bakho nogogo nomkhulu

Gcina Imvelo nokuphila zonke izinhlobo

Sebenzisa ' **Umthetho uMuphi manifest** ', siwufakaze umyalezo walo Vikela

izilwane ezivela unya nokuqothulwa

Ukumelela dedengu ehlaselwa, kwabahluphekayo, ababuthakathaka nabaswele

Okuphakelayo abalambile, indawo yokuhlala abangenamakhaya nenduduzo ogulayo

Ukubhikisha nabulungisa, amorality, futhi phansi kwemvelo

Yenza umsebenzi umvuzo, akukho loafing

Gwema nokuhlanza ukungcola

Be Good Ujezisa Ububi

Ukulothisa, amathuna eduze

Yiba nje futhi ahlonipha esizifanele **Vota zonke Ukhetho!**

Pheqela 3: amalungelo Cela Nomthandazo

Esiwuhogelayo, umoya ohlanzekile

Have enobudlova umphakathi khulula

Drinkable, amanzi elicwengekileyo

Have isilwane

Ezidliwayo, ukudla okunempilo

Abafunde mahhala

Avikelayo, izingubo ezingabizi

ukuphathwa Mahhala lapho ogulayo

Yokuhlanzeka, indawo yokuhlala ezingabizi

Thola mayelana

Ukukhulekela Kholwa 1 NKULUNKULU Thola ubulungiswa Inkulumo Mahhala nge

ukhuza zokuziphatha Ngavuzwa umsebenzi Mate uqale umndeni

uhulumeni Ingabe akhethwe ngokukhulekela

Qeda ngenhlonipho

Pheqela 4: Ukuhluleka

Ukuhluleka Nomthandazo

Umlutha

ubuzimu Umona

amanga

empangweni

Ubugovu

Ukucekela phansi impahla

Pheqela 5: izimfanelo Nomthandazo izimfanelo

Ukukhulekela kuphela 1 NKULUNKULU ngihambebe okubi njalo

1st Funda ke Fundisa nethi Ulwazi embili

Ngivikele Imvelo kanye Kuvumelana nge Habitat

Umusa, Ukwethenjela futhi Ethembekele Ihlanzekile futhi icocekile Ukukhuthazela

Isibindi, Besisa, nje, Ukwabelana

Pheqela 6: Khronicle Heritage Nomthandazo

Ukudalwa

Odlule Eduze - 700 - iminyaka engu-70

Ngezikhathi Zasendulo ukuze - 2.100 yrs

Times yamanje - iminyaka engu-70 0

Odlule ezikude - 2.100 ukuze - 1,400 iminyaka New Age kusukela eminyakeni 0 phambili kungcono:

Odlule okulingene - 1,400 ukuze - iminyaka 700

Profetha

Pheqela 7: Ngemva Kokufa

Soul Nomthandazo

Usizi Nomthandazo

Bakhumbule Nomthandazo Bad

Bakhumbule Nomthandazo Okuhle

Ukushiswa

Usuku Lokwahlulela Uhlanzekile Scales

Angel



Ukuziphendulela

1 NKULUNKULU kunesithembiso balandise! Abantu, umphakathi, izinhlangano, amabhizinisi kanye noHulumeni ukwenza lokungekho ngephansi. Umgcini Guardian ukusekela nokuziphendulela. Ukuziphendulela kuyisisekelo, 'Justice'!

Ukuziphendulela osebenza ngoba izenzo kanye ukuziphatha. Lapho izinto zingahambi kahle, nemithetho yomphakathi nemigomo afohle, isimilo umphakathi nobuntu okulindelekile hhayi wahlangana, nokuziphendulela sisetshenziswa.

-Mthetho ubulungiswa kusekelwe nokuziphendulela. Kuvele sation bonisi lwenziwe. Defense, icala futhi bangaboshwa judi- ciary collude ukuthola, 'Weqiniso'. Liswa accusa- kutholakala ukuthi ingaba yiqiniso. A accumulations saziyo + ku umusho yobudala esekelwe sisetshenziswa. Umphumela: Ukuvuselelwa kanye isinxephezelo. (Bheka 7 Izifundazwe, Justice)



Ukuziphendulela kuqhathaniswa umthwalo! Umbhangqwana ungena kwinkontileka umshado. Bobabili banesibopho sokuwenza uphumelele! Ukuchitheka komshado has zombili izinhlangothi balandise kungani lesa senzo sabo noma yokungenzi okuthile elawenza ukwehluleka.

Ukuhlehlisa umsebenzi kungabanga iqembu abanomsebenzi zisebenzise ke.

Nokho omunye umuntu (umholi weqembu) zizabalomlandu. A mittee wokwa- noma igenge eziyinkokhelo zihlanganisa ozomela futhi aphenndule.

Ukuziphendulela kuqhathaniswa okuyisipho saphakade naphakade! Ngemva nokuziphendulela Kumiswa, ukuthethelelwa usula nemiphumela nokuziphendulela. Ngamagama zokwahlulela isigebengu kuxolelwe. Ezinye okubi Anti **NKULUNKULU** namahlelo. Kanye ngesonto bonke abantu ababi okubi zithethelelwe. Ezinye izindaba zika-ngesonto babi ezimbi. Ngesonto elizayo zithethelelwe (Umjikelezo we phinda okubi)

Umgcini Guardian melanani intethelelo. Ukuthethelela kuyisici elonakele, Ububi!



1 NKULUNKULU ku Lokwahlulela usuku ophethe yonke balandise umphefumulo! **1 NKULUNKULU** akusho ukuthethelela.

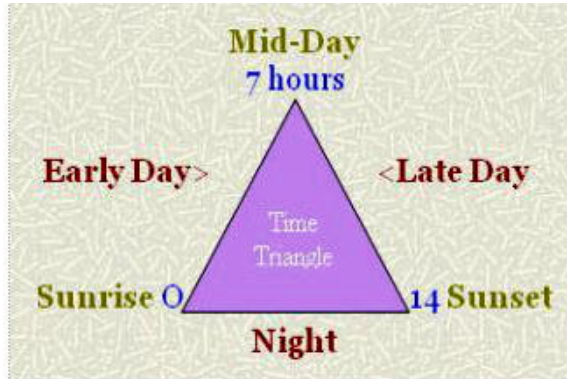
Lingeqondiswe nemiphumela!

(Bheka Pheqela 7 Ngemva Kokufa)



Isikhathi - Triangle

Umgcini Guardian wesimanje isikhathi ukuphathwa!



Usuku kokuqala : 0 amahora **Sunrise**

Usuku Early ivela 0 - amahora 7
amahora 7 **Mid-Day**

Late Day ivela 7 - amahora 14 amahora 14
kuyinto **Sunset**

ebusuku ivela 14 - 21 amahora

Okuphoqelelekile Ebusuku-Ukubekelwa isikhathi: kusukela amahora 14-21. **iphoqeletwe Shire** .

Umgcini Guardian KLOCK (CG Klock) I-short-term (Ihora)

isikhathi ukuphathwa, uthatha isikhundla sayo yonke nezinye amawashi (**Qhathanisa 24h v 21h**) :

usuku luba namahora 21> 1 ihora has imizuzu 21> 1 iminithi has imizuzwana 21

> Isekhondi elingu-1 has 21 ° ng> 1 Blink has 21 mikhanyo> 1 flash has 21 ukuchofoza

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 futhi iwashi sebenzisa isibonisi umugqa 3:

14h-12m-16s

207 dy - 4 DW

Y1 - M8 - W2 - D4

Line 1: 14th ihora, amaminithi 12, 16 imizuzwana.

Line 2: 207th usuku nonyaka, 4th usuku lwesonto

Line 3: Unyaka 1 - Inyanga 8 -Week 2 - Usuku 4 noma:
Mid-ngesonto leviki 2 Jupiter-inyanga Unyaka 1

O amahora isethwe minyaka yonke ngemva ebusuku emfushane ngezinye Sunrise. Njalo ezinsukwini ezingu-73 (5x **ngonyaka**) 0 ihora reset (**Emini esisindisa**) . -Daylight ukulondoloza kuyadingeka ukuze uvuke eduze kwelanga ngangokunokwenzeka. Ukuvuka ekuseni kungokwemvelo futhi unempilo.

ukuvota

Ukuvota a zokuziphatha, duty civil. Ukusinda yomphakathi uncika ukwesekwa esiphezulu nokubamba iqhaza emalungeni ayo. Abantu ungavoti eqinisweni support- ing kubantu ukusungula Tyrannies. Bavumela amaqembu sakhiwo ukuze nokuBusa elonakele. Kumelwe Votela! ukuhambisana Non, **MS u-R1**



INDLELA ongasilandela ngayo ukuvota

ivoti Umgcini Guardian zonke ukhetho ukuthi zifaneleke.

Ngubani umfundi ukuthi kungenziwa kusekelwa?

A YENA noma SHE kungekho abasebasha ke 28 noma ngaphezulu bese 70.

Ingabe noma abe umzali.

Ingabe umsebenzi noma ivolontiya noma umhlalaphansi. Ingabe

ngokwengqondo ayimiqemane. Akunamabhuku imfundo

University.

Ingabe akuphelelanga iyiphi Ukuvuselelwa ayengakwazi khona ukuphuma endlini. Ingabe akukho

kukhubazeka ngokocansi (Bobulili obufanayo, udidekile ubulili, ingane molesting) . Usebenzisa '-mthetho manifest'

njengoba Umhlahlandlela yabo. Ingabe Umgcini Guardian

Umgcini Guardian Abasekeli futhi Klan Abadala bangawenza khetha, port ekusekele-, ayikhuthazi futhi axwaye azongenela ukhetho. Amalungu Umgcini Guardian (**Zenturion, Praytorian, Proclaimer**) ayikwazi ukusekela, khetha noma vumela ukhetho ngaphandle ekuphathweni 1 Church.

Abantu bayizidalwa nomphakathi. Bathanda eyakhe. amakomiti

Ngokukhululekile akhethwe ukufeza lesi sidingo. Ubuholi by 1 Ubushiqela.

Ubuholi yikomidi lulungile. CG ukusekela ukumelwa alinganayo YENA futhi SHE.



Lomuntfu (**Yena, bona**) amavoti amaningi likhethwa. esilinganayo amavoti nomlawuli ngaphezulu yena akhethwe. Umuntu ukhethe kokuqeda isikhathi sawo. Ingabe indawo nomuntu elafika 2 d bilan.

Isivikelo

Ukuze sisinde umzimba womuntu idinga ukuvikelwa Cimate!

Climate-Izinsongo: Sun (Emisebeni) , Izinga lokushisa (Ashisayo nabandayo) , emanzi (Hlala, hypothermia) , Wind (Ezishile, hlala, uthuli) . **Climate-Ukuvikelwa** siqukethe Shona-Ukuvikelwa, Avikelayo-izingubo, Avikelayo-yokukhosela. Iwusongo womuntu-umzimba angenalutho-isikhumba (Ubunqunu) wadalula izakhi.

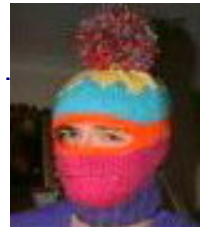
E-P1 (Eye-Ukuvikelwa) ihlukaniswe 2 izigaba: esiwusizo: lens olulodwa (Visor) . fashion: 2 lens (Izibuko) .

Eye-Ukuvikelwa esigqokwa lapho ngaphandle njalo!

V-Isigqoko ikhanda-isivikelo sidilize. Izinwele neNhloko kudingeka Ukuvikelwa Climate amakhaza, ezimanzi, emisebeni kakhulu nokungcola. Inhloko futhi idinga ukuvikelwa sidilize: a V-Isigqoko nge inbuild GPS-Tracker, yocingo, isiqophi-mibhalo ..

I **V- Isigqoko** has ngaphakathi lesikhumba ukupheda. Linamathele ukupheda kukhona earpieces. A **balaclava (Beanie)** noma **K-isikhafu** kungenziwa igqoke ngaphansi nesigqoko sokuvikela ikhanda. Ukuze ugcine ulwelwesi kwangaphakathi kukamakalabha msulwa ukujuluka, dandruff futhi begcoba. -accessory Ngaphandle: yokusebenzisa ukukhanya okukhulu, ngezansi-okubomvu okukhanyayo isibani; camcorder.

balaclava (Beanie) amboze yonke ikhanda eneka kuphela emehlweni. Ingabe wathungela aphume yoboya noma okuxubene ukotini noboya (Akukho fibre zokwenziwa) . Kungaba yimuphi umbala noma iphethini ungase ube zokuhlobisa Pom-Pom phezulu. Lapho kudingeka kungekho ebusweni nasentanyeni Ukuvikelwa balaclava kungenziwa usongwa futhi abe 'Beanie'.



K-isikhafu lisibekela Lonke ikhanda eneka kuphela emehlweni (Ukuvikelwa esiphezulu) . Kusebenza njengomnyombo ikhava ekhanda kanye umgubuzelo. Ingabe wathungela aphume yoboya noma okuxubene ukotini noboya (Akukho fibre zokwenziwa) . Kungaba yimuphi umbala noma iphethini.

balaclava noma **K-isikhafu** kokubili ukuvikela sibasize ikhala nomlomo. Ukuhogela ukungcola, ebulalayo izifo esithathelwanayo nezinambuzane esintinyelayo ayagwenywa. Yehlisa umphumela emoyeni elomile abandayo. Komzimba futhi Asthma ziyancipha. Iqukethe ekusakazeni isifo esithathelwanayo.

Shona-Ukuvikelwa esigqokwa lapho ngaphandle njalo!

Avikelayo-izingubo ukuvikela umzimba kusuka sezulu, isifo nokungcola. The main zomzimba ivikelwe izingubo zokuzivikela, ikhanda, isikhumba kanye izinyawo. Avikelayo-izingubo njalo ezigugile ngaphandle.

Skin idinga eziningi Ukuvikelwa, kusukela Bites (Izilwane, abantu) , Stings (Izinambuzane, Izinaliti) , ezithathelana (Amagciwane, isikhunta, Amagciwane, Virus) , Kushisa bhé kule ndawo (Heat, Solar, Nuclear) , Exposure (Acid, Fire, Frost, abukhali-emaphethelweni, ezimanzi) .



nezingubo senziwe imicu yemvelo: Isilwane-izikhumba, usilika, plantfiber, ukotini noma uvalo. Sezitho Imicu yotshani kungukuthi ezazisetshenziselwa ukwenza izingubo zokugqoka noma yini ethinta inhliziyo yomuntu-isikhumba. Ukukhiqizwa yokufakelwa-Imicu yotshani ngoba izingubo kuphelile, isitokwe ekhona kulo mjikelezo nezinye izinjongo.

izinyawo Ukuvikelwa (Amasokisi, amabhuzu) kusukela sezulu kanye sidilize. Isikhumba, Toes futhi Amadolo basengozini. Outsde njalo ukugqoka Ukuvikelwa unyawo.

amasokisi zenziwa aphume Ukotini, bezimvu, noma ukotini, uvalo ukuxubana (Akukho Imicu yotshani synth- etic) yimuphi umbala yimuphi iphethini. Amasokisi babe okumsulwa izinhlayiya esiliva (Akukho ingxubevange) ephothwe, enikeza izakhiwo anti-webhaktheriya, anti-microbial uphinde anti-static, ukunciphisa iphunga. Amasokisi ukumboza Izinyawo kuze kube 7cm ngenhla Amadolo.



Boots babe eliphezulu lesikhumba zokuzivikela (Akukho wezinto zokwenziwa) , Kwangaphakathi lesikhumba soft (Akukho wezinto zokwenziwa) , Amathe lesikhumba noma irabha (Kungenzeka kube khona kuvuselela kabusha) . Boots kukhona ukuvikela izinyawo afika kwangu-7 cm ngenhla Amadolo. **Qaphela!** Ukuvikelwa Foot ukuthi ayiwavikeli (Sandal, Slippers, thongs) izinyawo namaqakala kukhona alunamsebenzi. Ukuvikelwa unyawo njalo igqoke ngaphandle. Ukuhamba bengafaké zicathulo ngaphandle akunampilo.

adluliselwa Ukuvikelwa ngesimo Gloves esigqokwa! Amagilavu zakhiwe Isikhumba, Ukotini, bezimvu, noma ukotini, uvalo ukuxubana (Akukho nezindwangu zokwenziwa) yimuphi umbala yimuphi iphethini.



Avikelayo-izingubo esigqokwa lapho ngaphandle ngaso sonke isikhathi.



Avikelayo-Shelter (ikhaya, ephilayo, umsebenzi) isidingo sabantu.

Ukuvikelwa ubugebengu (Ezokuphepha) , izakhi (Isimo sezulu) , Umlilo, izinambuzane kanye Kwemoya . Okungabizi Avikelayo-Shelter kuyinto **1 NKULUNKULU** inikezwe ilungelo! Umgcini-Guardian uncamela Cluster hou- ukucula (Umphakathi ephilayo) . Abantwana Basethempelini, ukuhluleka Shire!

Avikelayo-Shelter Ukuze Sisinde, Security, Comfort ..