

# Law - Giver

## *Manifest*

1 GOD's latest Message

AS it is WRITTEN It Shall Be



Welcome to a Wonderful World of Worshiping 1GOD



Year 13 Edition

Humankind's  
Destiny

Custodian of the  
Physical- Universe

Guardian of the  
Law- Giver Manifest



# AS it is WRITTEN It Shall Be

1 GOD's latest message the Law-Giver Manifest

1GOD 1FAITH 1Church Universe Custodian Guardians

The Law-Giver Manifest (**L-G M**) is **1GOD's** latest message making all previous messages obsolete.



During human history at irregular intervals **1GOD** picks a person to pass on a message to humankind. **1GOD** is disappointed that many People have not heeded those messages: Belief in **1GOD** is absolute, no exemptions. **1GOD** made it clear that compromise or deviation is unacceptable. It will be dealt with on, **Judgment-Day**.

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### Guidance:

The spirit & understanding of the message is what matters. Not the meaning of the individual word or sentence-structure.

Understanding the spirit & purpose of the thought will help in implementing the message.

This is essential for the spiritual & physical well being of Humankind its ultimately survival & fulfilling its Destiny: 'Colonizing Space, being custodian of the Physical-Universe & guardians of **1God's** latest message'.

Layout & design, text & graphics, logos & symbols are presented for all humankind in the **Law-Giver**

**Manifest**. By the

**C-G Proclaimer** a life-member of the **Universe Custodian Guardians**.

### Note!

After the humble scribe the Law-Giver Manifest cannot be altered or anything added.

**Custodian-Guardian Proclaimer:**  
**Humble-Scribe 0.1.1.1**

# 1GOD is waiting to hear from YOU !

1GOD's latest message the Law-Giver Manifest

1GOD 1FAITH 1Church Universe Custodian Guardians

## DAILY - Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Help me be clean, compassionate & humble  
Using the 7 Scrolls as guide:  
I will protect your creations & Punish Evil.  
Stand up for the unfairly attacked, disadvantaged, weak & needy  
Feed the hungry, shelter homeless & comfort sick  
Proclaim:  
**1GOD, 1FAITH, 1Church, Universe Custodian Guardians**  
Thank you for today  
Your most humble faithful custodian-guardian (1<sup>st</sup> name)  
For the Glory of **1GOD** & the Good of Humankind



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



Day start: 0 hours Sunrise ~ Early Day is from 0 - 7 hours ~  
7 hours is Mid-Day ~ Late Day is from 7 - 14 hours Sunset ~  
Night (Night-curfew) is from 14 - 21 hours.

A 'Daily-routine' includes cleanliness & feeding not only of I but all other people & creatures depending on you. Wash hands after every toilet visit & before every feed. Wash face before every feed. Brush teeth & wash whole body before going to bed. Feed 5 times a day: 'Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner'. **Note!** Before every feed You worship:

## THANK YOU – Prayer

Dear **1GOD**, 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 (1<sup>st</sup> name)  
For the Glory of **1GOD** & the Good of Humankind



Use this prayer before every feed!

Every week-day needs to have a Dinner theme: e.g.:

Day1: Vegetables; Day2: Poultry; Day3: Mammal;  
Mid-week: Reptile; Day5: Seafood;  
Week-end: Nuts & Seeds; Fun-Day: Insects.



# 1GOD created time to measure **Beginning & End** !

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 (C-G Klock)

**Custodian-Guardian KLOCK** (C-G KLOCK) for short-term (hour) time-management. Replaces all other clocks. **C-G Klock**: 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 !

**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 (mid-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).

Day 1   Day 2   Day 3 (Midweek)   Day 4   Day 5   Day6 (Weekend)   Fun-Day

Fun-Day themes

There are **Celebration** days, **SHAME** days & **Memorial** days:

- |                                    |                                       |
|------------------------------------|---------------------------------------|
| 1. 1. 1. <b>New-Year</b> Day       | 1. 3. 7. <b>Shire</b> Day             |
| 2. 1. 7. <b>Blossom</b> Day        | 2. 4. 7. <b>Victims' of Crime</b> Day |
| 3. 1. 7. <b>Multiplication</b> Day | 3. 4. 7. <b>Victims' of War</b> Day   |
| 4. 1. 7. <b>Children</b> Day       | 4. 2. 7. <b>Pollution</b> Day         |
| 5. 1. 7. <b>Workers</b> Day        | 5. 3. 7. <b>Mothers</b> Day           |
| 6. 1. 7. <b>Education</b> Day      | 6. 3. 7. <b>Defoliant</b> Day         |
| 7. 1. 7. <b>Grandparents</b> Day   | 7. 3. 7. <b>Nourishment</b> Day       |
| 8. 1. 7. <b>Universe</b> Day       | 8. 2. 7. <b>Holocaust</b> Day         |
| 9. 1. 7. <b>Habitat</b> Day        | 9. 3. 7. <b>CROn</b> Day              |
| 10. 1. 7. <b>Fathers</b> Day       | 10. 2. 7. <b>Blubber</b> Day          |
| 11. 1. 7. <b>Survival</b> Day      | 11. 3. 7. <b>Pet</b> Day              |
| 12. 1. 7. <b>Good-health</b> Day   | 12. 2. 7. <b>Addictions</b> Day       |
| 13. 1. 7. <b>Shrub</b> Day         | 13. 3. 7. <b>Tree</b> Day             |
| 14. 0. 1. <b>Passover</b> Day      | 14. 0. 2. <b>Quattro</b> Day          |

Advantages of **C-G Kalender**:

1 calendar lasts forever each day falls on the same day every year.

**Standard-Year**: (365 days) 14 month (13 months 28 days each, 1 month has 1 day) 52 weeks (each week has 7 days)

(every 4 years) **Quattro-Year** : (366 days) 14 month (13 months 28 days each, 1 month has 2 days) 52 weeks (each week has 7 days)



# C - G K A L E N D E R

## New-Age time-management

### 1. Star-month

W1	1 C	2	3	4	5	6	7 F
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 2. Sun-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 F
W4	1	2	3	4	5	6	7 M

### 3. Mercury-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 F
W4	1	2	3	4	5	6	7 M

### 4. Venus-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 S
W3	1	2	3	4	5	6	7 F
W4	1	2	3	4	5	6	7 F

### 5. Earth-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 6. Moon-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 S
W3	1	2	3	4	5	6	7 F
W4	1	2	3	4	5	6	7 F

### 7. Mars-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 8. Jupiter-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 S
W3	1	2	3	4	5	6	7 F
W4	1	2	3	4	5	6	7 F

### 9. Saturn-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 10. Uranus-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 S
W3	1	2	3	4	5	6	7 F
W4	1	2	3	4	5	6	7 F

### 11. Neptune-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 12. Pluto-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 13. Solar-month

W1	1	2	3	4	5	6	7 C
W2	1	2	3	4	5	6	7 F
W3	1	2	3	4	5	6	7 C
W4	1	2	3	4	5	6	7 F

### 14. Passover-month

1 Passover  
 Quattro-years  
 1 2 Quattro-Passover

## C-G P L A N N E R / Planner-Prayer

**1GOD** created time to measure Beginning & End of everything. C-G Planner is part of Custodian Guardians New-Age time new time-management. Use the Planner as guide do not let time control You! Time should not be used to hurry people. The human body is not designed for hurrying. The C-G Planner is referred to every morning as part of a daily routine.

Start by saying the Planner-Prayer.

This prayer is used in the morning part of the 'Daily-Routine'.

### Planner-Prayer

Dear **1GOD**, Creator of the most beautiful Universe  
Help me plan my Daily-routine  
I shall analyze & review my plan  
I will encourage others to use a Planner  
Thank you, for my Planner  
I endeavor to use it for short & long-term planning  
For the "Glory" of "**1GOD**" & the good of humankind



### Planner Specifications.

Order of Pages & instructions: Daily: Routine, Prayer, Fit

Contacts: Emergency, Addresses Prayers: Plan, Planner, Time

Planner page is split into 2 columns: 'Plan' / 'Analyse'

Weekly-Planner: 52 pages only. Daily-Planner: 365 pages only.

Plus! Empty pages to write down 'Ideas'.

**Ideas** Are the beginning of the Future. Don't let Ideas be forgotten or lost. Write them down. Store, sort, file & revisit them!

Every day lots of ideas are thought off & quickly forgotten or lost. The reason being they were not preserved, recorded or written down. The best are lost!

Memory is unreliable when it comes to preserving & nurturing new ideas. Carry a notebook (Planner) or recorder with you & 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 & 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'. After reviewing & filing 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. Try to get feedback so the idea can be fine-tuned.

# Law - Giver

## *Manifest*

AS it is WRITTEN It Shall BE

### *Chapter 1*

# Introduction

Welcome to a Wonderful World of Worshipping 1GOD



Year 13 Edition



During human history at irregular intervals **1GOD** picks a person to pass on a message to humankind. **1GOD** is disappointed that many people & all major Religions have not heeded those messages.

This makes those messages & Religions obsolete. The **Law-Giver Manifest** (**L-G M**) is **1GOD**'s latest message it replaces all previous messages making them obsolete. Previous now obsolete messages are to be disposed off, environmentally friendly.



The spirit & understanding of the message is what matters. Not the meaning of the individual word or sentence-structure. Re-reading, questioning, re-reading brings understanding. Debating with others brings community understanding.

Dear scholar skim through the manifest, when you see an interesting heading read. Next do some deep reading. After thorough reading you may want to support us.



The reader that wants to become involved in the application of this religious social-justice philosophy. Become a 'Supporter', visit the nearest 'Gathering' become a 'Custodian-Guardian'. Have a purpose for your life. Can't find a Gathering, start 1 using the '**Law-Giver Manifest**' as guide.

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1000's of years of Evil are coming to an end:

**BE GOOD CAGE EVIL**



**For the Glory of 1GOD & the Good of Humankind**

## Daily Routine

A 'Daily-routine' is essential to meet 'Obligation 2 (Protect the human body)' & 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 & hands, have breakfast & get dressed. Check your 'Planner'. Now you're ready for challenges. 'Have a Good-Day, may **1GOD** Bless you'.

A 'Daily-routine' includes cleanliness & feeding not only of I but all other people & creatures depending on you. Wash hands after every toilet visit & before every feed. Wash face before every feed. Brush teeth & 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 week-day 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**.

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

Endeavor to 'Seek, gain & apply Knowledge', '**Learn & Teach**' & pass on 'Life-experiences'. Learning, Teaching passing on Life-experiences are essential to a useful **1GOD** pleasing life.



These activities help in 'harmonizing' with the surroundings & survival of species. It also helps answering **1GOD**'s questions on Judgment-Day.

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

### Hints

When going outside always wear suitable 'Protective-clothing'. To protect (eyes, hair, skin & feet) the human-body from climate, disease & pollution.

When doing Daily-Fit (Exercises) use commonsense on how fast to reach maximum repeats. Exercising 1 day & not the next is not beneficial.

When feeding avoid unhealthy Nourishment e.g. (GM) Genetic modified food Alcohol, Artificial sweetener, Fructose (glucose, sugar), Manufactured-food,...

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.



## DAILY- EXERCISES a human need...

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 & 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 & not exercising the next is not beneficial. After finishing the exercises stand erect & 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. Now move arms back as far as possible. Then move arms to the original bent position. **REPEAT !**

**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 clock-wise(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 a maximum of 21 turns.

**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 3), release tension. **REPEAT !** After releasing tension from the last repeat 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 dumb-bell up towards shoulder, hold (count 3), then slowly lower dumbbell to starting position **repeat** (1-7). Change to right arm **repeat** (1-7). Do 3 left & 3 right.

**Kneeling Exercise 5:** Kneel on a prayer-mat (protect knees) 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 !**

**Hook Exercise 6:** On a prayer-mat (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 !**

**Swivel Exercise 7:** On a prayer-mat (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 & left swivel counting each left swivel. **Do 21!**

## **N I G H T – T I M E exercises**

It is normal to have 2 sleeps with a break in-between. Should you get up (e.g. to go to the toilet), on returning sit on the bed's edge, drink some water & do 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.

**It's your body! Keep it Fit!**



## NIGHT – CURFEW

The human body was not designed to be nocturnal. Humans misused their brain-power to create a nocturnal lifestyle. This lifestyle is not beneficial to good health. To get restful re-vitalizing sleep the bedroom must be as dark as possible. An absence of internal & external noise is a must . 'Therefore a Shire' must implement night-curfew which is needed for good health.

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.

During Night-curfew 'No' road transport (public, private, commercial...) is allowed to move on roads except emergency vehicles! No street lights, traffic lights, advertising...are on. No businesses are open. No air transport is operating Airports are closed! Air transport must land at the nearest available landing field! No rail movement! Railway stations & terminals are closed! Trains stay stationary in the station during Curfew!

Nobody works (everything is closed) except minimum emergency personal. No energy is to be used except for emergency or heating! 1 public news radio station is allowed all other entertainment is switched off! No manufacturing, office, or retailer is to operate or use energy! Homes can use heating in extreme cold. People are to use warmer clothing than use heating.

Night-curfew needs to be mandatory. For the well being of the human-body & local Habitat. To **SAVE PLANET EARTH!!**

A Shire enforces Night-Curfew through Shire-Rehabilitation **MS/R1** Repeat-Offenders are passed on to Provincial-Rehabilitation **MS/R3**



Sleep is needed for survival of human-body. 7 hours (C-G Klock) should do. Lack of sleep leads to death but only after a very painful transit through depression & outbursts of insanity.



# VISION

**1GOD > 1FAITH > 1Church > Universe Custodian Guardians**

**Everyone read, live by & proclaim 1GOD's latest 'Message',  
the "Law-Giver Manifest".**

**Killing of unborn & born humans is abolished**

**Every person has breathable-air, drinkable-water, eatable-food,  
protective-clothing, affordable-shelter, free-education,  
free-health-care, rewarded unexploited work, retirement &  
death with dignity**

**Selfishness, elitism, exploitation, injustice,  
physical & emotional abuse, slavery be abolished**

**That Addictions (alcohol, smoking, gluttony, gambling,  
pornography, pollution, shopping) are contained**

**That communities live in harmony with themselves &  
the surrounding Habitat**

**That the community owns all Freehold & real-estate**

**That private & State ownership is abolished &  
replaced with CROn (Community Run Owned not-for-profit)**

**That Humankind pursues Space-Exploration &  
Space-Colonization**

## For the Glory of 1GOD & the Good of Humankind

**1FAITH** developed the **Vision** based on the **7Scrolls**. **Vision** is a moral & philosophical Statement. The **Vision** Statement was used by the Universe Custodian Guardians to develop their '**Mission**'.

Join us in protecting **1GOD's** creations against Evil.

**BE GOOD CAGE EVIL**





Good **News** **1GOD's** latest message is available & our Mission is:

Worship **1GOD** promote **1FAITH** administered by 1Church Universe Custodian Guardians. Distribute the Law-Giver Manifest the latest message from **1GOD** which makes previous messages obsolete.

Introduce New-Age time-management: **Custodian-Guardian**: Klock, Time-Triangle, Daily-Routine, Night-Curfew, Kalender, Fun Day-themes, Planner,... **Don't let time control you!**

Ensure that no person shall go without the necessities of every-day live: Enough eatablefood to eat, enough cleanwater to drink, clean air to breathe, decent clothing to wear & a comfortable affor- dable shelter. Get free medical when sick or disabled (**not Rehab- ilitator**). Make Free-Education (**Learn & Teach**) available to people whom genuinely seek it. Knowledge gained is applied & passed on, Knowledge-Continuity. **Fairly rewarded work** (wmw) **without exploitation**. **Retirement & end with dignity**.

Belong to a community which cares for the unfairly attacked, disadvantaged, weak & needy reducing misery (misery often leads to depression & substance abuse: **mind altering substances, smoking, gambling & alcoholism**).

Ensure Humankind lives up to its destiny to be custodian of Earth & later the rest of the Physical Universe. **Encourage exploration of Space, mate & multiply then colonize Space**.

Establish Gatherings in all Provinces supporting local dialects & traditions. Establish 7 independent Oratories in 7 Provinces: **Africa, Amazonia, America, Europa, Mongolia, Persindia, Oceania**.

There are no international waters. Oceans are divided between Provinces.



Ensure private & State ownership are abolished & replaced with **CROn** (Community Run Owned not-for-profit).

Use non-violent solutions (**no killing, torture or mutilations of humans for any reason**). Tackle in a non-violent way false idols, dismantle & recycle their effigies. **Punish Evil. MS-R1-7**

## P R E F A C E

Welcome to seeking answers to the past, present & the destiny of humankind. It is natural to be inquisitive, wanting to know. A social justice person may ask: "What can be done to help humankind to live up to its destiny? What is humankind's destiny?" A religious person often asks, "Why **GOD**?"

Questions were asked questions were answered.

**1GOD** wanted the answers written down. The written word was to be known as the "**Law-Giver Manifest**". It was to be made available to all. Every language & dialect.



During human history at irregular intervals **1GOD** picks a person to pass on a message to humankind. **1GOD** is disappointed that many People & all major Religions have not heeded those messages. This makes those messages & Religions obsolete.

Belief in **1GOD** is absolute no exemptions. **1GOD** made it clear to the humble-scribe that compromise or deviation is unacceptable. This will be dealt with on '**Judgment-Day**'.

The human body is sacred yet many people sin in this area. Self-harm (abortion, addictions, body-piercing, suicide,..) or harming others (assaulting, killing, torturing,..), a threat to the community. Insulting, **1GOD**. **You Shall Not ever KILL another person..**

**1GOD** wants humankind to let the bad seed (Israeli) live in the promised land. They are to co-habitat with others as equals in the promised land. But nowhere else in the Universe. Send Israeli to the promised land. Every Custodian-Guardian has an obligation to Assist an Israeli to get as fast as possible to the 'Promised Land'.



Humankind's destiny: be custodians of their local Habitat. On a larger scale it means taking care of Earth & venturing into space (space-exploration & space-colonization). To achieve this population growth needs to be maintained.

**1GOD** likes **7Tribes**, not any mixture of global integration; making Global-ization Anti-**1GOD**. 7 Tribes with 7 main languages & many dialects. Living in 7 Provinces & many Shire's. Racial-Integrity applies. No migration between Provinces.

**1GOD** wants us to believe in an **Afterlife** (**Judgment-Day**, **Reincarnation**, **Angels**) & the **Eternal-Soul**. The human-body has a beginning & end. The Soul has an Afterlife. To release the Soul & for health threats Cremation is a must.



**1GOD** expects humankind to seek, gain & apply knowledge all their life. Reading this manifest you have taken the 1st step of seeking knowledge. The explanation of each topic aims to catch the attention of the knowledge seeker & gives the essentials. The guidance section covers the gaining of knowledge.



While the 'Must Do' part shows how to apply the knowledge gained.

Belief in **1GOD** gives you **1FAITH** heeding **1GOD's** Message makes you a Supporter. **Universe Custodian Guardians** the **1FAITH** administrators, translate moral & spiritual needs into political social reality. **1GOD** needs only **1FAITH** with many Gatherings & 1Church made up of 7 Oratories.

**1FAITH**, written on 7Scrolls deals with spiritual & moral needs. Its philosophy is of **1GOD** & divine 7. Its emblem is the Heptagon. Supporters of **1FAITH** meet at a Gathering.



**1FAITH** needed New-Age time-management. Custodian-Guardian Klock, Time-Triangle, Day-Time-line, Night-Curfew, C-G planner, C-G Kalender, Fun-Day themes, Control-time. New-Age time-management is not to be misused to enslave or for profiteering & exploitation. Don't use Time to hurry a human body which is not designed for hurrying.

Dear scholar skim through the manifest, when you see an interesting heading read. Next do some deep reading. After thorough reading you may want to support us. Become a Custodian-Guardian. Have a purpose for your life.

**Supporters** visit a **Gathering** & encourage others to visit a **Gathering**. They are known as Custodian-Guardian. They elect Elders to run the Gathering.

**Supporters** support **UCG1** campaigns & shuns. They help establish community run & owned, not-for-profit organizations (**CROn**) which they use, promote & run. They use New-Age time-management.

**1GOD's** latest message the '**Law-Giver Manifest**' replaces all previous messages & makes them obsolete. May you find it in your heart & mind to embrace **1GOD's** latest message & find the answers you seek.

0.1.1.1 Custodian-Guardian Proclaimer (Humble Scribe),  
Oceania-Province, Universe Custodian Guardians

# AS it is WRITTEN It Shall BE



## APPLICATION

The **Law-Giver Manifest**, **1GOD's** latest message explains the purpose of life, Soul, Humankind's destiny, morals, social-justice, obligations, privileges, education, past, present, future, space-exploration, government, afterlife, ghosts, reincarnation, angels,... The Custodian-Guardian Proclaimer is Proclaiming & Guarding the Integrity of **1GOD's** latest message:  
**The 'Law-Giver Manifest' (L-GM).**

The **L-GM** is **1GOD's** latest message making all previous messages obsolete. Previous now obsolete messages are to be disposed off cleanly.

**1GOD** wants humankind to seek, gain & apply knowledge. Start by reading (seeking knowledge) this manifest. Explanations of each topic aims to catch the attention of the reader giving the essentials. The guidance section covers the gaining of knowledge. While the 'Must Do' part shows how to apply the knowledge gained.

After studying the '**Law-Giver Manifest**' the reader may want to become involved in the application of this religious social-justice philosophy? Become a 'Supporter' & visit the nearest 'Gathering'. Can't find a Gathering start 1 using the '**Law-Giver Manifest**' as guide.

**1GOD** wants 1 Religion with 7 independent administrations covering the '7Tribes'. The Religion is **1FAITH** administered by **1Church**: "**Universe Custodian Guardians**". Everything else are cults. Cults are shunned & encouraged to shut down!

**1GOD** is every-where, worship can be done anywhere. **1GOD** does not want fancy buildings. **1GOD** likes it simple. All purpose build places of worship are to be demolished. Building materials are re-used to create cluster-homes for struggling & needy.

Government Law is to be in line & applied with the '**Law-Giver Manifest**' as guide. All Laws & Legislation are to be retrospective. Re-sentencing is mandatory. No 'Guilty' are to go unpunished.

**1GOD** is worshiped only. No other idols are acceptable. Effigies of other idols are to be destroyed. Don't insult **1GOD**.

**1GOD** cannot be bribed, making sacrifices is not acceptable. Altars symbolize sacrifice. They are replaced by Lecterns.

Human-life is sacred! Crimes against Human-life & body: Assault, Killing, Torture, Cloning, Cannibalism, GM-Crops, Pollution,...

There is an Afterlife & there are Angels. To ensure Afterlife, cremation is needed. A cremation fire cleanses destroying dangerous bacteria, viruses, insect larvae & fungi that may inhabit the body. Graveyards are closed & dug up & remains cremated.



## CONVERSION (transformation)

<b>Law-Giver Manifest</b> >	<b>1GOD's</b> latest message is used for Humankind's governance.
<b>Governance:</b>	
<b>Morality</b> >	Human Morals transform into Peoples' Social-Justice.
<b>Social-Justice:</b>	
<b>Conscience</b> >	Our Conscience tells us right from wrong a need for justice.
<b>Justice:</b>	
<b>Vision</b> >	A Vision needs to be turned into action, a mission.
<b>Mission:</b>	See our <b>Vision</b> support our <b>Mission</b> .
<b>1FAITH</b> > <b>Universe</b>	<b>1 FAITH</b> converts to <b>1 Church</b> (UCG)
<b>Custodian Guardians:</b>	administered by 7 independent Oratories.
<b>Belief</b> >	Belief's are a religious social-justice philosophy.
<b>Philosophy:</b>	
<b>Obligations</b> >	<b>1GOD's</b> given Obligations become mandatory Community Duties.
<b>Duties:</b>	
<b>Privileges</b> >	<b>1GOD's</b> given Privileges convert to Community (human-rights) Rights.
<b>Rights:</b>	
<b>Failings</b> >	Moral wrongs become punishable Crime <b>M-S/R1-7</b>
<b>Crimes:</b>	<b>B E G O O D CAGE EVIL</b>
<b>7Tribes</b> >	<b>1GOD's</b> 7Tribes become 7Provinces with many Shires.
<b>7Provinces:</b>	
<b>Virtues</b> >	Virtues become goal-setting Life-style
<b>Goals:</b>	
<b>Afterlife</b> >	Afterlife gives spiritual Immortality.
<b>Immortality:</b>	Children give us physical Immortality.
<b>Gathering</b> >	Gatherings are the Soul of a Shire ( <b>HOME!</b> ).
<b>Shire:</b>	
<b>Oratory</b> >	Spiritual administration guides
<b>Parliament:</b>	People administration.
<b>Love</b> >	Fondness towards another person wanting to share Life's.
<b>Desire:</b>	
<b>Share</b> >	A need to share becomes equality for all.
<b>Equality:</b>	
<b>Liberty</b> >	Human design cannot handle too much freedom. It destructs itself & its community (civilizations).
<b>Anarchy:</b>	
<b>Shunning</b> >	Moral indignation becomes Community reeducating /confinement.
<b>Rehabilitation:</b>	

<b>Survival &gt; Custodian:</b>	Human survival depends on how good we are being custodians of our surroundings.
<b>Knowledge &gt; Study:</b>	A need becomes seek, gain & apply Knowledge then share it (Learn & Teach).
<b>Estate &gt; Knowledge-Continuity:</b>	A need to pass on Life-experiences to next Generation.
<b>Kindness &gt; Community welfare:</b>	Random acts of kindness become Community welfare.
<b>Caring &gt; Volunteering:</b>	An urge to care is satisfied by volunteering.
<b>Lust &gt; Depravity:</b>	Immoral urge leading to Adultery, Trashiness, Rape.
<b>Overeat &gt; Overweight:</b>	Overeating makes you blubbery, lazy, tired, gives you Diabetes, High Blood-pressure, Heart-failure,..
<b>Burning &gt; Polluting:</b>	Burning (Smoking, Coal, Dung, Gas, Uranium,...) pollutes a great threat to Humankind & Animals!
<b>Speed &gt; Adrenalin-Junky:</b>	The need for speed makes an Adrenalin-Junky. Rushing makes mistakes, a mediocre outcome.
<b>Capitalism / Communism &gt; CROn:</b>	Private owner profiteers / State owned incompetence is replaced with: Community Run Owned not-for-profit.
<b>Elitism &gt; Wealth-Apartheid</b>	Elitism leads to Wealth-Apartheid. A threat to the community.
<b>Unearned &gt; Injustice</b>	Not worked for income (divident, interest, rent). Hereditary transfer of position, power, wealth, creates Injustice.
<b>Consumerism &gt; Garbage</b>	Shopaholic's buy junk, creating mountains of garbage. We are running out of landfill areas.
<b>Leisure-time &gt; Laziness</b>	Too much leisure-time leads to addictions, angst, boredom, depression, lazyness, life-wasting, over-spending, time-wasting, unhappines,...

# L I F E

## Why do I exist ?

A Soul (Yours) from the Spiritual-Universe gets its instruction (from **1GOD**) on what Life experiences (emotional & physical) it is to have in the Physical-Universe. The instructions are vague as is to be expected from an imperfect Universe. Giving the Soul flexibility to complete its mission. To complete its mission in the Physical-Universe the Soul needs a physical appearance (Your body). The reason for your existence is to help your Soul gain the 'Life experiences' it needs to complete its mission.

## Purpose of Living ?

Your body has to exist by the, 'Rules of the Physical-Universe'(RPU). After conception your body has to Survive (Rule 1 RPU).

You are to Seek, Gain & Apply Knowledge (Rule 2 RPU). As long as you live. You need to Keep Your Body Healthy (Rule 3 RPU). To stay healthy: cleanliness, balanced-diet & Daily-Fitness are needed. Your Soul needs nourishing, Daily-Prayer keeps it in contact with **1GOD**.

So a Soul can have a body, mature bodies need to Mate & Multiply (Rule 4 RPU). You need to start a family.

Socializing families become a group, a growing group becomes a Community (Shire). Communities form a Hive/Province (Rule 5 RPU). Which has a better chance of survival.

A growing Hive (Province) expands by Swarming (Rule 6 RPU). Hive explores, colonizes new areas (Planets, Solar Systems,...).

Everything has a Beginning & End in the Physical-Universe (Rule 7 RPU), as does your body. Your Soul completes its Life-experiences mission. The amount of Life-experiences a Soul is to gain decides how long a person lives. Whenever a Life-experiences mission is completed the body is supposed to die. That is why people die at different ages. Your body dies it is **cremated** to cleanse & release the Soul to return to the Spiritual-Universe.

## Life-experiences !

Life-experiences are events you remember until your dying day or memory-loss. These events are dramatic happy (dream come true,..) or unhappy (serious accident,..), character-building. Custodian Guardian record their Life-experiences & pass them on: Knowledge-Continuity.

Why do some people die young ? The Life-experiences mission of Your Soul may have been completed in an early stage (e.g. infancy) of existence. Whenever a Life-experiences mission is completed the body is supposed to die. That is why people die at different ages.

## 7SCROLLS

### Scroll 1: **Belief** Affirmation-Prayer

There is **1GOD** who is both HE & SHE! ~ **1GOD** created 2 Universe & selected humankind to be Custodian of the physical Universe! ~ Human-life is sacred from conception & 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 & number 7 is divine! ~ There is an Afterlife & there are Angels!

### Scroll 2: **Obligations** Obligation-Prayer

Worship **1GOD**, discard all other idols ~ Protect, human body from conception ~ Life-long, seek, gain & apply knowledge ~ Mate to multiply & start own family ~ Honor, respect your parents & grandparents ~ Guard the Environment & all its life-forms ~ Use the '**Law-Giver Manifest**', spread its message ~ Avoid & clean up Pollution ~ Protect animals from cruelty & extinction ~ Stand up for the unfairly attacked, disadvantaged, weak & needy ~ Feed the hungry, shelter homeless & comfort sick ~ Protest injustice, amorality, & environmental-vandalism ~ Do rewarded work, no loafing ~ Be Good Punish Evil ~ Be just & give deserved respect ~ Cremate, close graveyards ~ Vote in all Elections!

### Scroll 3: **Privileges** Request-Prayer

Breathable, clean air ~ Drinkable, filtered water ~ Eatable, healthy food ~ Protective, affordable clothing ~ Hygienic, affordable shelter ~ Worship & Believe in **1GOD** ~ Free Speech with moral restrains ~ Mate, start family ~ Have a pet ~ Have violent-free community ~ Free treatment when sick ~ Free -education ~ Rewarded work ~ Receive respect ~ Receive justice ~ End with dignity ~ Have freely elected government!

### Scroll 4: **Failings** Failings-Prayer

Addiction ~ Cannibalism ~ Envy ~ Perjury ~ Plunder ~ Selfish ~ Vandalism ~

### Scroll 5: **Virtues** Virtues-Prayer

Worshipping only **1GOD** & always punish evil ~ 1<sup>st</sup> Learn, then Teach & Knowledge-continuity ~ Protect the Environment & Harmonize with Habitat ~ Loving, Dependable & Faithful ~ Courage, Compassion, Just, Sharing ~ Perseverance ~ Clean & Tidy!

### Scroll 6: **Khronicle** Heritage-Prayer

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

### Scroll 7: **Afterlife** Soul-Prayer

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