

New-Age time-management

1 GOD's latest message the Law-Giver Manifest

1GOD 1FAITH 1Church Universe Custodian Guardians

1GOD created time to measure Beginning & End !

1GOD'S latest message the **Law-Giver Manifest** starts the **New-Age**. For the New-Age **1GOD** wanted new time-management introduced.

'New-Age Time':

C-G Klock: For short-term (*hour*) use. Replaces all other clocks.

Daily-time-line: 'Time-Triangle' ~ Daily-Routine ~ Daily-Prayer ~ Thank You Prayer ~ Daily-Fit ~ Sleep

Night-Curfew: Mandatory for the well being of the human body & Habitat.

C-G Planner: Is part of your Daily-routine. **Control-time**

C-G Kalender: For medium-term time, 'Year'! C-G Kalender replaces all other calendars.

Fun-Day themes: Participating on Theme-Day's (*celebration, memorial, shame*) are an important & essential part of community living.

Klock Comparison ~ Switch year ~

New-Age time-management should not be misused to enslave or for profiteering & exploitation. Don't use Time to hurry a human body which is not designed for hurrying. **There is no need for speed.**



1GOD is waiting to here from YOU ! 

T I M E – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks' You for giving us a beginning & an end
Time to be measured, Time to plan, Time to enjoy
Help me to control time so it will not enslave
I try not to hurry or rush
For the "Glory" of "**1GOD**" & the Good of Humankind



This prayer can be said any day, alone or in a group in anyplace.



C - G KLOCK

Custodian-Guardian KLOCK (*C-G KLOCK*) for short-term (*hour*) time-management, replaces all other clocks (*Compare 24h v 21h*): 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 !

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

14h-12m-16s

207 dy - 4 dw

Y1-M8-W2-D4

Clock & watch use
a 3 line display:

Line 1: the 14th hour, 12 minutes & 16 seconds.

Line 2: 207th day of year, 4th day of week (mid-week).

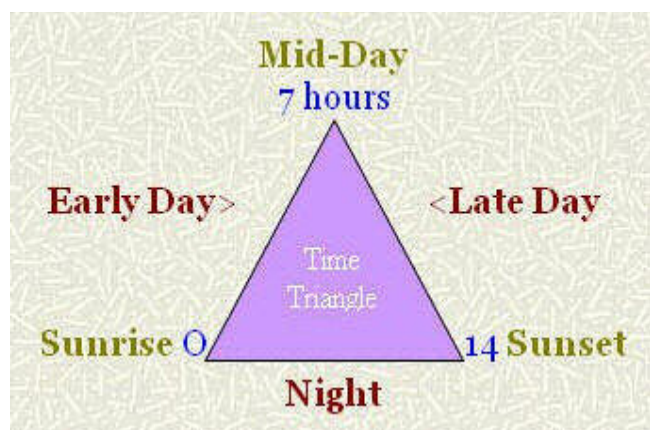
*Line 3: **Year 1 - Month 8 -Week 2 - Day 4***

or: Mid-week of Week 2 in Jupiter-month of Year 1.

The stop-watch would also display blink, flash & click time ... The C-G Klock is displayed by clock, watch & stop-watch. Ask your watchmaker to get you 1 (*21h clock, watch, stopwatch*).

0 hours is set every year after the shortest night at Sunrise. Every 73 days (*5x a year*) 0 hour is reset (*daylight-saving*). Daylight-saving is needed to get up as close to sunrise as possible. Getting up at sunrise is natural & good health.

Time - Triangle



*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.

DAILY - ROUTINE a human need.

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 filtered water, go toilet, do 'Daily-Fit (*Exercises*)', worship 'Daily-Prayer', wash face & hands, have breakfast & get dressed. Check your 'Planner'. Now your 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'. **Note!** Before every feed You worship: **Thank You Prayer**

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 existence. These activities help in 'harmonizing' with the surroundings & survival of species.



Rest is needed for survival & good health. The main rest is '**Sleep**'. Sleep ends the Daily-routine. 1hour 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. **Note!** 'Shire' (*Local-Government*) must implement 'Night-curfew'.

H i n t s

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 exercising the next is not beneficial.

When feeding avoid unhealthy Nourishment e. g. (*GM*) Genetic modified food Alcohol, Fructose, 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.



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 is from 14 - 21 hours

1GOD is waiting to here from YOU ! 

D A I L Y – 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 (*1st name*)

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



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



T H A N K Y O U – 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 (*1st name*)

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



Use this prayer before every feed!



Daily N O U R I S H M E N T

Daily must have, is drinkable water. Water is cool filtered, drink a glass (0.2l) 7 times (*Morning, Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner, Night*) a total of 1.4l. The 7 glasses of water may be supplemented with other water-based drinks: **Ground-Coffee, Cocoa-powder, Herbal-Teas, Black-Tea, Green -Tea.** These may be served hot or cold. **Vegetable-Juices are good. No Fruit-juice! No lemonade! Diets' biggest No! No! is FRUCTOSE.**

Every week-day needs to have a theme: e. g. Day1: **Vegetables**; Day2: **Poultry**; Day3: **Mammal**; Mid-week: **Reptile**; Day5: **Seafood**; Week-end: **Nuts & Seeds**; Fun-Day: **Insects**.

Breakfast should include Fruit & / or Nuts & / or berries. Lunch is to include Salad. Dinner includes **Vegetables**.

7 Foods that should be eaten daily: Fungi (*mushroom*), Grains (*barley, lentil, maize, oats, millet, quinoa, rice, rye, sorghum, wheat*), Hot Chillies, Onions (*brown, green, red, spring, chives, garlic, leek,*), Parsley, Sweet-Capsicum, Vegetables (*asparagus, beans, broccoli, cauliflower, carrots, sprouts,...*).
Diet-No-No's: *Manufactured-food, & Genetic modified food.*

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 snap arms back as far as possible. Then snap 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 (*l. to r.*). 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!** Beginners should 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 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!

S L E E P

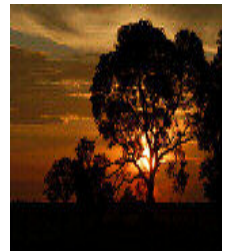
1/3 of everyday is spent lying down, part of this entails sleeping.



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

To get restful re-vitalizing sleep the bed-room must be as dark as possible & an absence of internal & external noise is a must. Local-Government (*Shire*) must implement Night-curfew.

Note! It is normal to have 2 sleeps with a break in-between. 1st sleep is about 3.5 hours* with a 1.5 hour break followed by a 3.5 hour sleep.



During the 1.5 hour sleep break. People get up, go toilet,... Before lying back down do the night-time exercises & have a glass of water. Those that do not get up, pray, read, write, couples chat, mate (*during the sleep break people are more relaxed better at conceiving*), ...

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 2 seconds. (*You feel tension in arms, legs & shoulder*) Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward & knees inward, hold 2 seconds. (*You feel tension in arms, legs & stomach*) Relax, take a breath, 7 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 2 seconds. (*You feel tension in fingers, arms, & chest*) Relax, take a breath, 7 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 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!

There are prerequisites before lying down to sleep.

It should be dark, it should be night. To get restful re-vitalizing sleep the bedroom must be as dark as possible. An absence of internal & external noise is a must 'Shire' must implement 'Night-curfew'.

1 hour should have passed since the last feed. Brush teeth & wash whole body before going to bed. Worship 'Sleep-Prayer'.

Have Drinking-glass (*no plastic*) filled with 0.2l of filtered water (*nothing added*) on each Bedside-table. Every night before going to bed put glass on Bedside-table. **Note!** Drink during night every time after you visited a toilet & when having a dry throat, drink rest when getting up in the morning.

Have 1 Gold-tone glass bowl (*1 only for doubles*) containing herbal concoction on window side Bedside-table. Worship!

S L E E P – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Protect me when I'm most vulnerable
Protect me from unsettling & Evil thoughts
Let me have restful, healing & re-vitalizing sleep
Don't let worry disrupt my dreams & sleep
Let me only remember the sweet dreams
For the "Glory" of "**1GOD**" & the Good of Humankind



This prayer is used before going to Sleep !

BS-1 (*Bedding-standard*) everything needed to get a good nights sleep.

BS-1 consists of 7 sections: Bedroom, Base, Mattress, Pillow, Quilt, Furniture, Gown.

B E D R O O M: A good night's sleep necessitates a good sleep environment.

The room must be as dark as possible & an absence of internal & external noise is a must. SHIRE (*Local-Government*) must implement Night-Curfew. The room's floor, walls, ceiling, consist of Cyclone, Fire & high Humidity resistant Precast Concrete panels with green pigment surface finish.

Appliances producing electro magnetic waves (*computer, heating, TV, radio, phones, motorized-beds, water-beds*) are kept outside the room. These waves interrupt natural sleep-cycles. Central heating is used (*hot water, steam*). Cooling is by natural air circulation. Room-temperature 17-19°C.

Room-size (*inside measure in meters*) **2 sizes, 4 walls:**

Height 2.15 m, length 3.15 m, width 2.15 m. Single (*adult*)/Bunk (*children*): 2 single beds, 1 bottom (*youngest*) + 1 on top.

Height 2.15 m, length 3.15 m, width 3.20 m. Double (*couple*): 2 single beds next to each other. He sleeps door-side.

Room-walls 4 walls of Precast Concrete

All walls & ceiling are color green, mold & mildew inhibiting, anti-static.

1 wall with sliding exit-door (*h.2.05m, w.0.9m*) horizontal 0.2m from robe.

1 wall with facing sunrise window (*all sides 0.7m*) 1m of floor (*width: horizontal center*).

1 solid wall (*head-side*) has .9m of the floor 1 bed-light only (*width: horizontal center*).

1 solid wall (*foot-side*) has floor to ceiling & full-width of room build in robe (*0.5m deep, drawers, shelves, robe-rod*) with sliding-doors.

Room-floor (*no carpet*):

Floor needs to be wet-mop cleanable, non-slip, anti-static, mold & mildew inhibiting, hygienic.

Room-window (*sliding horizontal*):

Horizontal Sliding-window is tinted double-glazed. Square non-wood frame inside measure: 0.7m x 0.7m. No curtains or drapes instead outside shutters (*lockable*) & inside horizontal sliding insect screens.

Room-door (*sliding horizontal*):

Door is actually 2 horizontal sliding doors: **Outer**, solid, lockable inside & outside key opening. **Inner**, insect screen-door, lockable, 1-way vision.

Room-clean : **Warning!** No insecticide ~ monitor 'Radon' contaminate.

'Ceiling & walls-cleaner' has anti-bacterial, anti-germicide, anti-static mold-inhibiting & mildew-inhibiting capabilities. 'Door & Robe-cleaner' has anti-static, anti-bacterial, anti-Dust-mite, anti-germicide & mildew-inhibiting

capabilities. *Window-cleaner'* has anti-streak, anti-glare & condensation inhibiting capabilities.

BASE / MATTRESS

Base / Mattress-prerequisites:

Base must give firm structural mattress support & provide air-flow to the mattress. / A mattress needs to maintain the natural curves of the spine in any sleeping position.

Base must be sturdy & noiseless. It must not give off electro magnetic waves (*e. g. motor-powered*). **Must be horizontal level** (*no tilting parts*).

Base has 7 removable solid wood-slats (*dried & aged*) the width of the bed. Base is to be Dust-mite free. It fully supports weight of 150kg & has a 14 years Warranty.

For restful re-vitalizing sleep a weary body has to lie down a mattress is best. Pressure on the supported areas of your body should be minimal. The micro-climate of the mattress needs to moderate its temperature.

Base / Mattress-size (*measure in meters*). Inside frame: width 1.06m, length 2.06m (*fit mattress width 1.05m, length 2.05m*). Has 7 loose wood slats: width 1.06m, thickness 0.03m, 0.03m gaps between slats (*increases air circulation of mattress*), distance between floor & slats is 0.1m.

The **Outside frame** is of the floor 0.09m. Enabling air circulation & cleaning (*under-bed*). The empty space between floor & slats is for air circulation & cleaning. Keep it empty (*not storage*).

Mattress-size: width 1.05m, length 2.05m. **Note !** There is only 1 sized single-bed Base/mattress. Couples have 2 single-bed Base/mattresses.

Mattress-core (*no: metal-springs*). Mattress-core must fully support a body-weight of 125kg. Warranty 7 years. Hypo-allergenic, supportive, distribute body-weight, relieving pressure points, moderate temperature, fungi-resisting, Chlorofluorocarbons free.

Mattress-cover (*there are 2: protector & outer*). Both covers are machine washable. Protector-cover has a zip to enable filling, supplemented, to be washed, replenished. Protector-cover has pure silver (*no alloy*) particles woven in giving anti-bacterial, anti-microbial & anti-static properties & containing odors. Outer cover is a cotton fitted sheet covering Protector-cover & Mattress-core. Elastic strips keep it in place. **Note!** When visiting (*holidaying*) bring your own mattress covers (*both*).

Mattress-clean. Every 7 years mattress is replaced with new 1. Replaced mattress is burned! Every 7 weeks both covers should be washed in bio-degradable 60°C water. (*Warning! No dry-cleaning*) Drying should be in natural flowing air/breeze (*no dryer*) & shade (*no direct sunlight*).

Warnings! Never reuse or pass on pre-owned mattress. Never share a

mattress cover. Sharing risks the spread of infectious diseases.

PILLOW / QUILT - prerequisites:

Pillow design must keep the spine in natural alignment & eliminate pressure points. Support different sleep positions (*side, back & stomach*). Quilt design must support different sleep positions (*side, back & stomach*).



Pillow design has the ability to be fluffed to fit the unique sleeping posture of the user & increase facial circulation. Pillow design is hypo-allergenic, free of toxins & machine-washable. Pillow design support sleeper of maximum 125 kg weight.

Quilt has pure silver (*no alloy*) particles woven in giving anti-bacterial / microbial/anti-static properties containing odors. Quilt design has the ability to ensure effective heat distribution & air circulation. The design is hypo-allergenic, free of toxins & machine-washable.

Each individual needs to sleep with their own quilt. Why? **Quilt snatching** during sleep, partner takes the whole quilt leaving you uncovered. **Draft** both sleepers turn opposite ways creating a gap where cold air gives chills. **Unhealthy** any infectious diseases are passed on.

Note ! When visiting (*holidaying*) bring your own quilt & quilt cover (*both*).

Hooded Quilt-bag: Custodian Guardian recommend for cold nights & illnesses that need consistent warmth the '*Hooded Quilt-bag*'. It gives a snug heavenly sleep.

A '**Hooded Quilt-bag**' is a sleeping bag made to the standard of a 'BS-1 Quilt' designated to be used with a 'BS-1 mattress'. It is soft & cuddle, skin-friendly with even heat dispensation & machine washable. When visiting (*holidaying*) bring your own '*Hooded Quilt-bag*'.

Pillow / Quilt / Hooded Quilt-bag-size (*measure in meters*)

Pillow-size: width 0.8m, length 0.4m. Quilt-size: width 1.40m, length 2.15m. Hooded Quilt-bag-size: width 1m, length 2.15m.

Pillow / Quilt / Hooded Quilt-filling (*NO: feathers, hay, rags, straw*)

Fillings are hypo-allergenic, maintains pillow's elasticity, machine washable.

Pillow-cover (*there are 2: inner & outer*) inner-cover has a zip to enable filling to be washed, supplemented, replenished. Inner-cover has pure silver (*no alloy*) particles woven in giving anti-bacterial, anti-microbial & anti-static properties & containing odors. Outer cover is 100% cotton & has a zip.

Quilt fillings are hypo-allergenic, maintains pillow's elasticity, machine washable. Outer cover is 100% cotton & has a zip.

Hooded Quilt-bag fillings are hypo-allergenic, maintains pillow's elasticity, machine washable. Inner cover has pure silver (*no alloy*) particles woven in giving anti-bacterial, anti-microbial & anti-static properties & containing

odors. It has zipped mosquito-net pockets to be used for heat management & air circulation. Outer cover is 100% cotton & has a zip.

Pillow/Quilt/Hooded Quilt-bag-clean (*hot water, no dryer, no dry-cleaning*) Every 7 weeks the Pillow (*filling & both covers*), Quilt & Hooded Quilt-bag should be washed in bio-degradable 60°C water. (*Note! No dry-cleaning*) Drying should be in natural flowing air/breeze (*no dryer*) & shade (*no direct sunlight*).

BEDROOM FURNITURE - prerequisites:

Bedroom furniture consists of 2 items (*Headboard & Bedside-table*) no other furniture should clutter up room. Bedroom furniture must be functional, anti-static, not release toxic fumes, must be solid timber. Must have rounded edges & corners. Have no build in Appliances producing electro magnetic waves (*TV, radio, phones, computer, heating, motor-powered beds water-beds*). **Note!** Use only solid timber not glued wood (*chipboard, plywood...*).

Headboard is a solid (*dried & aged*) timber panel that attaches to a slatted bed-base. Headboard-size: width 1.10m (*single*), height 0.5m. Must have rounded edges & corners. **Note!** Doubles use 2 singles next to each other.

Bedside-table is a solid (*dried & aged*) timber furniture with 2 drawers. Size: width 0.7m, depth 0.4m & height 0.35m. The table is placed on the window side of the base. Doubles other bedside-table is on opposite side of base.

Bedside-table Accessories: *Drinking-glass & Gold-tone glass bowl*

Drinking-glass (*no plastic*) filled with 0.2l of filtered water (*nothing added*) on each Bedside-table. Every night before going to bed put glass on Bedside-table. **Note!** Drink during night every time after you visited a toilet & when having a dry throat, drink rest of water when getting up in the morning.

1 Gold-tone glass bowl (*1 only for doubles*) containing herbal concoction on window side Bedside-table. As the concoction evaporates it gives off beneficial fumes. Herbal concoction consists of 7 herbs: *Chamomile (matricaria chamomilla)*, *Eucalyptus (eucalyptus globulus)*, *Hops (humulus lupulus)*, *Hyssop (hyssopus officinalis)*, *Lavender (lavandula officinalis)*, *Lemon-balm (melissa officinalis)*, *Rose (rosa damascena)*.

Cleaning:

Furniture (*Timber*): Wipe with dry Microfiber cloth.

Glass: Wash in Antibacterial Dish-washing Detergent, then rinse in filtered water, dry with cotton towel.

Water-Filter: The filtration is to reduce: arsenic, asbestos, chlorine, chloroform, carbonate hardness, copper, dirt, herbicides, heavy metals, lead, pesticides, rust,...

GOWN-prerequisites:

There are 2 types of Gown: Night-gown & Dressing-gown. The Night-gown is worn in bed & the Dressing-gown is worn when leaving the room. Gowns are worn by HE & SHE. **Warning !** Never share a Gown. Sharing risks the spread of infectious diseases.

The **Night-gown** is a loosely hanging elbow-sleeves, floor-length nightwear made of cotton (100%). May be 1 color or colorful. The Night-gown needs to be loose to let air circulate around body. Nothing else should be worn under the Night-gown. The Night-gown is washed once a week unless extra dirty.

The **Dressing-gown** has a shawl-collar, waist-tie fastener, 2 side-pockets, long-sleeves & is knee-length. It is of silk/satin. May be 1 color or colorful. The Dressing-gown is worn over the Night-gown. The Dressing-gown is washed every 4 weeks unless extra dirty when it is exchanged for another.

Note ! Footwear (*slippers...*) should be worn with the Dressing-gown.

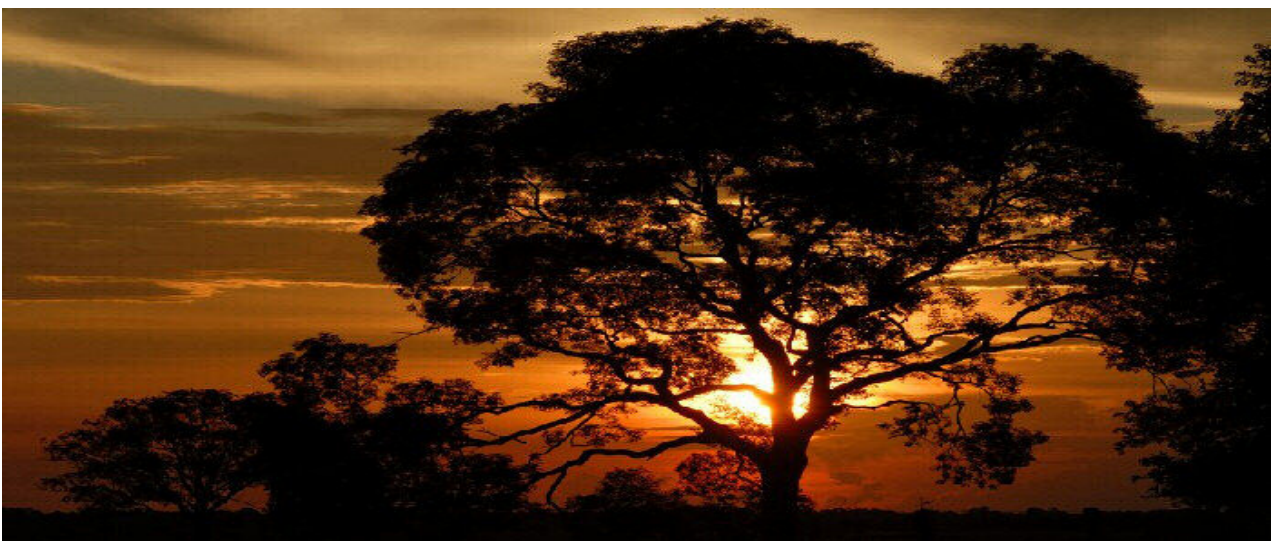
Gown-Clean (*hot water, no dryer & no dry-cleaning*)

Every week the Night-gown & every 4 weeks the Dressing-gown are washed in bio-degradable soapy 60°C water. **Warning!** No dry-cleaning. Drying is to be in natural flowing air/breeze (*no dryer*) & shade (*no direct sunlight*).

In the morning after 7 hours of sleep

Get up, have a glass of 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 Life-experiences. When going outdoors wear 'Protective-clothing' & Head-protection (*H-ps1*).

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. Therefore a night-curfew 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! 1public 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.

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**

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

1GOD created time to measure Beginning & End of everything.

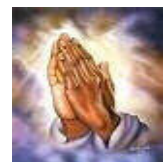
The N-A t / C-G Planner is referred to every morning as part of a daily routine. Use the Planner as guide do not let time control You! Time should not be used to hurry people. The human body is not designed for hurrying.



Start by saying the Planner-Prayer:

P L A N N E R – 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



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



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' / 'Analyze'

***Note!** Weekly-Planner: 52 pages only. Daily-Planner: 365 pages only.

Appendix of Pages & instructions:

Time: C-G Klock, Night-Curfew, C-G Kalender, Fun-Day themes

Passover-Planner: 1 page only. *Quattro-Planner*: 1 page only

7Scrolls (Overview), Map, Measures

Plus! Empty pages to write down 'Ideas'.

U S A G E

Fun-Day analyze your actions against current plan & enter your plans for the coming 6 days (*days 1-6*). Yearly planning should start with a **Plan-Prayer**.

P L A N – Prayer

Dear **1GOD**, Creator of the most beautiful Universe

Hear my plan & Please support my plan

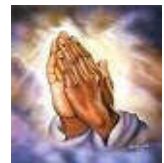
I shall plan weekly, yearly & quattro yearly

Help me plan wisely with a hint of boldness

Thank you, for my Planner

Your most humble faithful custodian-guardian (*1st name*)

For the “Glory” of “**1GOD**” & the good of humankind



This prayer is used before doing yearly planning !



Every Passover analyze your actions against current yearly plan & enter your plans for the coming year. *Quattro-years*: analyze your *Quattro-years* (4) actions against current 4 year plan. Then enter your coming 4 years plan.

C O N T R O L - time

1GOD created time (*Day1*) so we can measure Beginning & End of anything. Humans created time-management to control-time. In the imperfect Universe time is vague & not precise. Greed embraced time-management to control-time, the rush-job & time-slave were created.

1GOD created time & set the example to control-time. Work 5 days on day 6 evaluate your achievement, complete any unfinished work & plan next weeks work. On day 7 rest enjoy life have a Fun-Day! **Note !** The weekly work-plan is done on day 6 & the weekly family plan on day 7!

Humans use time-management to control-time. A combination of processes, tools & techniques are used to achieve this. E. g. :

Each data that crosses your desk: act on it, file it, or toss it.

Make time for important things, not just urgent ones.

Set a starting time & deadline for each project.

Slice up big projects to bite size steps then decide order of steps.

Don't panic do the best you can.
 If you run out of steam on a project, switch to another.
 Don't rush stay in control of time.

Greed embraced time-management to control-time.
 Greed created rush-jobs (*piece work*) to increase profit.
 Greed created time-cards to turn workers into time-slaves.
 Greed created Just-in-Time inventory time-management to increase profit.

Side-effects of hurrying & rushing! To hurry or rush results eventually in accidents, shoddy work & anxiety. Leaders that hurry or rush are unfit to lead! Leaders that force others to hurry or rush are unfit to lead!

1GOD did not rush with any of the creations! **1GOD** did not design the human-body to hurry or rush. To hurry or rush is a health-hazard: Accidents, Addictions, Anxiety, Depression, Heart-decease, High-blood pressure, ...

Time should not be used to hurry people.
 There is no need for speed.

C - G K A L E N D E R

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)

Quattro-Year (every 4 years) : (365 days) 14 month (13 months 28 days each, 1 month has 2 days) 52 weeks (each week has 7 days)

Quattro-Years : 0, 4, 8, 12, 16, 20, 24, 28, 32, 36, 40, 44, 48, 52, 56, 60, ...

Kalender usage: E .g.

Born on day 1 of year 10, **10.1.1.1** > Year 10, Month 1, Week 1, Day 1. ~ birthday every year on same day.

E. g. Day 1 Passover in year 71, **71.14.1** > Year 71 Month 14 Day 1

E. g. Day 2 Quattro-Passover in year 52, **52.14.2** > Year 52 Month 14 Day 2

Naming: **Week & Day/Day**

Week 1		Week 2		Week 3		Week 4
Day 1	Day 2	Day 3	Mid-week	Day 4	Day 5	Fun-Day
1 st Day	2 nd Day	3 rd Day	4 th Day	5 th Day	6 th Day	7 th Day

C > Celebration-day, **F** > Fun-day, **M** > Memorial-day, **S** > Shame-day.

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

1. Star-month

W 1	01	1	C	001	2	002	3	003	4	004	5	005	6	006	7 F	007
W 2	02	1		008	2	009	3	010	4	011	5	012	6	013	7 F	014
W 3	03	1		015	2	016	3	017	4	018	5	019	6	020	7 C	021
W 4	04	1		022	2	023	3	024	4	025	5	026	6	027	7 F	028

2. Sun-month

W 1	05	1		029	2	030	3	031	4	032	5	033	6	034	7 C	035
W 2	06	1		036	2	037	3	038	4	039	5	040	6	041	7 F	042
W 3	07	1		043	2	044	3	045	4	046	5	047	6	048	7 F	049
W 4	08	1		050	2	051	3	052	4	053	5	054	6	055	7 M	056

3. Mercury-month

W 1	09	1		057	2	058	3	059	4	060	5	061	6	062	7 C	063
W 2	10	1		064	2	065	3	066	4	067	5	068	6	069	7 F	070
W 3	11	1		071	2	072	3	073	4	074	5	075	6	076	7 F	077
W 4	12	1		078	2	079	3	080	4	081	5	082	6	083	7 M	084

4. Venus-month

W 1	13	1		085	2	086	3	087	4	088	5	089	6	090	7 C	091
W 2	14	1		092	2	093	3	094	4	095	5	096	6	097	7 S	098
W 3	15	1		099	2	100	3	101	4	102	5	103	6	104	7 F	105
W 4	16	1		106	2	107	3	108	4	109	5	110	6	111	7 F	112

5. Earth-month

W 1	17	1		113	2	114	3	115	4	116	5	117	6	118	7 C	119
W 2	18	1		120	2	121	3	122	4	123	5	124	6	125	7 F	126
W 3	19	1		127	2	128	3	129	4	130	5	131	6	132	7 C	133
W 4	20	1		134	2	135	3	136	4	137	5	138	6	139	7 F	140

6. Moon-month

W 1	21	1		141	2	142	3	143	4	144	5	145	6	146	7 C	147
W 2	22	1		148	2	149	3	150	4	151	5	152	6	153	7 S	154
W 3	23	1		155	2	156	3	157	4	158	5	159	6	160	7 F	161
W 4	24	1		162	2	163	3	164	4	165	5	166	6	167	7 F	168

7. Mars-month

W 1	25	1		169	2	170	3	171	4	172	5	173	6	174	7 C	175
W 2	26	1		176	2	177	3	178	4	179	5	180	6	181	7 F	182
W 3	27	1		183	2	184	3	185	4	186	5	187	6	188	7 C	189
W 4	28	1		190	2	191	3	192	4	193	5	194	6	195	7 F	196

8. Jupiter-month

W 1	29	1		197	2	198	3	199	4	200	5	201	6	202	7 C	203
W 2	30	1		204	2	205	3	206	4	207	5	208	6	209	7 S	210
W 3	31	1		211	2	212	3	213	4	214	5	215	6	216	7 F	217
W 4	32	1		218	2	219	3	220	4	221	5	222	6	223	7 F	224

9. Saturn-month

W 1	33	1		225	2	226	3	227	4	228	5	229	6	230	7 C	231
W 2	34	1		232	2	233	3	234	4	235	5	236	6	237	7 F	238
W 3	35	1		239	2	240	3	241	4	242	5	243	6	244	7 C	245

W 4 36 1 246 2 247 3 248 4 249 5 250 6 251 7 F 252

10. Uranus-month

W 1 37 1 253 2 254 3 255 4 256 5 257 6 258 7 C 259

W 2 38 1 260 2 261 3 262 4 263 5 264 6 265 7 S 266

W 3 39 1 267 2 268 3 269 4 270 5 271 6 272 7 F 273

W 4 40 1 274 2 275 3 276 4 277 5 278 6 279 7 F 280

11. Neptune-month

W 1 41 1 281 2 282 3 283 4 284 5 285 6 286 7 C 287

W 2 42 1 288 2 289 3 290 4 291 5 292 6 293 7 F 294

W 3 43 1 295 2 296 3 297 4 298 5 299 6 300 7 C 301

W 4 44 1 302 2 303 3 304 4 305 5 306 6 307 7 F 308

12. Pluto-month

W 1 45 1 309 2 310 3 311 4 312 5 313 6 314 7 C 315

W 2 46 1 316 2 317 3 318 4 319 5 320 6 321 7 F 322

W 3 47 1 323 2 324 3 325 4 326 5 327 6 328 7 C 329

W 4 48 1 330 2 331 3 332 4 333 5 334 6 335 7 F 336

13. Solar-month

W 1 49 1 337 2 338 3 339 4 340 5 341 6 342 7 C 343

W 2 50 1 344 2 345 3 346 4 347 5 348 6 349 7 F 350

W 3 51 1 351 2 352 3 353 4 354 5 355 6 356 7 C 357

W 4 52 1 358 2 359 3 360 4 361 5 362 6 363 7 F 364

14. Passover-month

1 C 365 Passover

Quattro-years

1 C 365 2 C 366 Quattro-Passover

C > Celebration-day, F > Fun-day, M > Memorial-day, S > Shame-day.

Fun-Day themes

1.1.1. New-Year Day

2.1.7. Blossom Day

3.1.7. Multiplication Day

4.1.7. Children Day

5.1.7. Workers Day

6.1.7. Education Day

7.1.7. Grandparents Day

8.1.7. Universe Day

9.1.7. Habitat Day

10.1.7. Fathers Day

11.1.7. Survival Day

12.1.7. Good-health Day

13.1.7. Shrub Day

14.0.1. Passover Day

1.3.7. Shire Day

2.4.7. Victims' of Crime Day

3.4.7. Victims' of War Day

4.2.7. Pollution Day

5.3.7. Mothers Day

6.2.7. Defoliant Day

7.3.7. Nourishment Day

8.2.7. Holocaust Day

9.3.7. CROn Day

10.2.7. Blubber Day

11.3.7. Pet Day

12.2.7. Addictions Day

13.3.7. Tree Day

14.0.2. Quattro Day

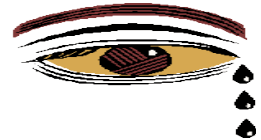
Fun-Day themes cater for a community need to celebrate be shamed & remember. **Note!** Public Holidays are not supported on Week-Days' 1>6 !

A healthy human body & Soul need to be happy, laugh, sing, dance, pray, care, share socialize & enjoy so participate in Fun Day themes. Participating at **Celebrations, Memorial & SHAME** Day's all year is an important & essential part of community living. Socializing with other people is important & needed for personal emotional stability. It also plays an important part in a well functioning community. A well functioning community has a better chance of Survival.

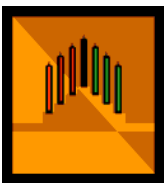


Memorial Days help victims of wrongs & encourage the community to try to prevent future wrongs.

SHAME day's are concerned with **evil attacks** by humans on planet Earth &/or Humankind. Shame day's are a wake up call for Humankind.



F U N - D A Y *Celebrations*



1GOD set the example work 5 days.
On day 6 evaluate your achievement, complete any unfinished work & plan next weeks work.
On day 7 rest enjoy life have a **Fun-Day**.

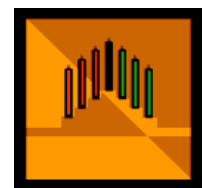


1GOD had a rest. Meditating & praying seeking inner harmony & happiness for his soul. The Angels made music, sang, danced & laughter was heard everywhere. **1GOD** was in the middle of all this merriment enjoying all of it. **1GOD** called this 7th day **Fun-Day**.

We follow **1GOD** work 6 days & make day 7 a Fun-Day. Enjoy others company be merry, eat, drink, (*non-alcoholic*) sing, dance, laugh but also meditate & pray seeking inner harmony & happiness. Visit a Gathering. Support Celebrations.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Fun-Day starts' with a **Fun-Day Prayer**.

F U N - D A Y – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (1st name)
Thanks' you for this weeks challenges
I tried to live the Daily-Prayer
Today I celebrate & worship with family & friends
I ask for guidance over the coming Week
For the “Glory” of “**1GOD**” & the Good of Humankind



On theme day's a relevant prayer is used on top of the Fun-Day Prayer.



1.1.1. New-Year's day (symbol: Snake)



C-G Kalender Celebration

New-Years Day celebrations are to be a joint effort of the public, Shire & Universe Custodian Guardians.

Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

New-Year's day at the Gathering

The **Gathering** is open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Universe Custodian Guardians welcome the coming year with a non-alcoholic toast, a hug, a kiss & a prayer. **Happy New Year**

Note! The shrub reef & tree should be removed.



Socialize
Support Your Community
Celebrate



1GOD is waiting to here from YOU! 

NEW – YEAR – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Asks for guidance over the coming year
So that I may stay humble & serve my community
Live up to my full potential
Spread the message of the Law-Giver Manifest
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on the 1st day of the Year!





1.3.7. **Shire** day (symbol: **Ant**)



C-G Kalender Celebration

Shire Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Parks are open & full of activities.**

Local-Government presents carnival type activities & entertainment.
Underlining unique local traditions & Dialect + a parade & flag raising.

Main language & Dialect are in use also traditional clothing should be worn & local cuisine enjoyed.
*Links: **Shire***

Shire day at the **Gathering**

The **Gathering** dazzling with traditional clothing is open from 1 hour after Sunrise go there. **Have local cuisine & drink (non-alcoholic); listen, sing & dance to traditional music, enjoy laughter, have a happy heart & a positive mind. Happy Shire-Day!**



S o c i a l i z e
Support Your Community
C e l e b r a t e



Fun-Day starts' with a **Fun-Day Prayer.**

1GOD is waiting to here from YOU! 

S H I R E – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Asks that this humble community may be blessed
A community that lives in harmony with its habitat
A community that encourages growing families
A community that is my home
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Shire Day





2.1.7. Blossom day (symbol: any Blossom)



C-G Kalender Celebration

Blossom Day celebrations are to be a joint effort of the public, Shire & Universe Custodian Guardians. Parks & Nurseries display blossom exhibits.

Enjoy 1GOD's creation, Blossoms. Admire their looks, colors, & diversity, smell their intricate intoxicating aroma. Thank 1GOD for Blossoms.

He & She declare their affection for each other by sharing a blossom, a meal, dancing & laughing together.

Link: **Holy-Matrimony**

Blossom day at the Gathering

The **Gathering** dazzling with blossoms is open from 1 hour after Sunrise go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Blossom-Day!**

Note ! Protect plants that we may enjoy them in the future.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Blossom-Day starts' with a **Blossom-Day Prayer**.

1GOD is waiting to here from YOU! 

B L O S S O M – Prayer

Dear 1GOD, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks' You for the beauty of blossoms
Blossoms are pleasant to the eye & the heart
I ask that like the blossoms, romance may blossom
I pledge to protect & nurture plants
For the Glory of 1GOD & the Good of Humankind



This prayer is used on Blossom Day !





2.4.7. Victims of Crime day (symbol: Handcuffs)

C-G Kalender

Fun-Day theme



Victims of Crime (V-C) Day memorial is to be a joint effort of the public, Shire & Universe Custodian Guardians. [Memorial Services are held.](#)

There will be exhibits of 'Crime-prevention', 'Community-protection', 'Law-enforcement' & Judiciary.

Support & join 'Crime-prevention' (*Neighborhood-watch*). [Support community efforts in helping & comforting, 'Victims of Crime'.](#)

Victims of Crime day at the Gathering

The **Gathering** is comforting 'Victims of Crime'. It is open from 1hour after Sunrise go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Support 'Neighborhood-watch'.



Socialize
Support Your Community
Comfort Victims



Victims of Crime-Day starts' with a Victims of Crime-Day Prayer.

1GOD is waiting to here from YOU! 

VICTIMS of CRIME – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Asks to ease the anguish & pain of Victims of Crime
Help Victims of Crime get Justice & compensation
I promise to help prosecute crime unending
Ask that Evil is punished in Life & Afterlife
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Victims of Crime Day





3.1.7. **Multiplication** day (symbol: any Egg)

C-G Kalender

Celebration



Multiplication Day celebrations are to be a joint effort of the public, Shire & Universe Custodian Guardians. **Parks & Nurseries display blossom exhibits.**

In the morning families give each other eggs of any kind. **For children they should be hidden so they can look for them.** Toys like chicken, lizard or fish are also suitable. In the afternoon families should have a picnic & enjoying the parks & gardens (*weather permitting*).

Couples celebrate mating.

Link: **Holy-Matrimony**

Multiplication day at the **Gathering**

The **Gathering** dazzling with blossoms is open from 1 hour after Sunrise go there. **Have food** (*eggs any kind*) & **drink** (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Happy Multiplication-Day!

Note! Multiplication for Specie Survival.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Multiplication-Day starts' with a Multiplication-Day Prayer.

1GOD is waiting to here from YOU! 

M U L T I P L I C A T I O N – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks' You for the enjoyment of mating
Asks for fertility & healthy births
Pledges to mate & multiply
So humankind can colonize the Universe
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Multiplication Day





3.4.7. Victims of War day (symbol: Bayonet)



C-G Kalender

Fun-Day theme

Victims of War (V-W) Day memorial is to be a joint effort of the public, Shire & Universe Custodian Guardians. Memorial Services are held.

Victims of War are remembered & comforted. Anti-war parade is held.

SOLUTIONS must be NON-VIOLENT!

Community pledges never to participate in invasions & to prosecute Invaders & war-criminals. Low-key show of Military preparedness.

Victims of War day at the Gathering

The **Gathering** holds a memorial service remembering 'Victims of War'. It is open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Support prosecuting of Invaders & War-criminals.



Socialize
Support Your Community
Comfort Victims



Victims of War-Day starts' with a Victims of War-Day Prayer.

1GOD is waiting to here from YOU! 

VICTIMS of WAR – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Promises to help & get Community help for V-W
Asks to ease the grief & pain of Victims of War
I promise to help prosecute War-criminals
Ask that Invasions are abolished
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Victims of War Day !





4.1.7. **Children** day (symbol: any **Lantern**)

C-G Kalender

Fun-Day theme



Children Day celebrations are to be a joint effort of the public, Shire & Universe Custodian Guardians. **Parks display lantern exhibits.**

It is bonding time for Parents & Children who play, sing & laugh together. A day of family joy. **Thank 1GOD for Children.**

Shire downtown is decorated with Lanterns. Shire organizes kite flying. **In the evening a lantern parade where all the children should participate.**

Children day at the **Gathering**

The **Gathering** open from 1 hour after Sunrise is glowing with lanterns go there. **Have food & drink (non-alcoholic); listen, sing, dance to music, enjoy laughter, have a happy heart & a positive mind. Happy Children -Day !**

Note! Children are our future & immortality.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Children Day starts with a Children Prayer.

1GOD is waiting to here from YOU! 

C H I L D R E N – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks you, for the blessing of Children
May we always enjoy this blessing
I pledge to give & get them education
I shall show them how to worship
For the **Glory of 1GOD** & the Good of Humankind



This prayer is used on Children Day !





4.2.7. **Pollution** day (symbol: **Rubbish Bin**)



C-G Kalender

Fun-Day theme

Pollution Day Shame are to be a joint effort of the public, Shire & Universe Custodian Guardians. **Parks are cleaned up.**



A greed driven industrial revolution & its juggernaut throwaway marketing have & are polluting our planet. The throwaway rubbish is turning Earth into a disease riddled Tip. Water is turning into a slime, smelly & unhealthy, Sewerage.

A mandatory clean-up day by & of the community. Shire organize the clean-up anything that needs cleaning & rubbish removed.

After clean-up everyone is having a picnic & reflecting on how to reduce Garbage, pollution & punish polluters!



Pollution day at the Gathering

The **Gathering** hands out cleaning advise & garbage-bags. Open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Containing pollution & punishing Polluters is a Humankind survival must..



Secure the Future

Support Your Community

Support SHAME Day's



Pollution-Day starts' with a **Pollution-Day Prayer.**

1GOD is waiting to here from YOU! 

POLLUTION – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Apologizes for rubbishing by my community
I shall make amends
Every polluter shall be punished
I endeavor to live in a pollution free community
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Pollution Day





5.1.7. **Workers** day (symbol: **Bee**)

C-G Kalender

Celebration



Workers Day celebrations are to be a joint effort of the public, Shire & Universe Custodian Guardians. **Parks display trade exhibits.**

Held in the parks & gardens. An appreciation for all the work employees did for the good of the community. Trades exhibits & skills are shown. **Honey is made available to all. A Beeswax-candle is lit for all the exploited & killed Workers!**

Humans have needs which are satisfied by results which entail some-kind of action (*e.g. work*). **1GOD** set the example work 5 days on day 6 evaluate your achievement, complete any unfinished work & plan next weeks work. On day 7 rest enjoy life have a **Fun-Day** (*Celebrate*). *Link: [wmw](#)*

Workers day at the **Gathering**

The **Gathering** dazzling with trade exhibits is open from 1 hour after **Sunrise** go there. **Have food, honey & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.**

Happy Workers-Day!

Note! Workers are the life-force of the community.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Workers-Day starts' with a Workers-Day Prayer.

1GOD is waiting to here from YOU! 

W O R K E R S – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Asks for help so I may be a useful worker
May my efforts be appreciated & rewarded fairly
I endeavor to do my best at all times
I will make my community proud of me
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Workers-Day!





5.3.7. Mothers day (symbol: Bee)



C-G Kalender

Celebration

Mothers Day celebrations are to be a joint effort of the public, Shire & Universe Custodian Guardians. [Parks & Nurseries display blossom exhibits.](#)

Children honor their mother. Fathers show adoration for the mother of their children. [Thank 1GOD for Mothers.](#)

The community celebrates specie survival through Motherhood. [Mothers feast with family & friends.](#)

Link: [Holy-Matrimony](#)

Mothers day at the Gathering

The **Gathering**, dazzling with blossoms honor all mothers present, is open from 1 hour after **Sunrise** go there. [Have food & drink \(non-alcoholic\);](#) listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Mothers-Day!**

Note! Mothers is what Humankind grows from.



Socialize
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Mothers-Day starts' with a Mothers-Day Prayer.

[1GOD](#) is waiting to here from YOU! 

MOTHERS – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks you, “**1GOD**” for the blessing of Mothers
May their efforts be appreciated & rewarded with love
I shall honor my mother
I shall care for her should the need arise
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Mothers Day !





6.1.7. Education day (symbol: Book)



C-G Kalender

Celebration

Education Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Education displays itself.

Public Educators & Scholars show off! All Public Education facilities are open. Education-Certificates are handed out. *Links: SmeC*

Families practice Knowledge-Continuity. Grand-parents & Parents share Life-experiences with Children & Grand-children!

Education day at the Gathering

The **Gathering** dazzling with Knowledge is open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Happy Education-Day!

Note! Seek, gain then apply knowledge (*learn & teach*).

Links: SmeC ~ Knowledge-Continuity ~ Study ~



Socialize
Support Your Community
Celebrate



Education-Day starts' with a Education-Day Prayer.

1GOD is waiting to here from YOU! 

EDUCATION – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Promises to seek, gain & apply Knowledge all life long
To Learn & Teach via Free Education
To support public Free-education
Pass on Life Experiences to next generation
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Education Day !





6.2.7. **Defoliant** day (symbol: **Dead -foliage**)

C-G Kalender

Fun-Day theme



Defoliant-Day Shame are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Land is cleared of GM-Crops. GM-Crop farmers are held accountability.



Defoliant-day draws attention to an evil war waged against plants. Defoliant-toxin (*E.g. Agent-orange*) makes a plant loose its leaves. It was developed by the US-Military to increase its killing rate of humans. Defoliant-toxin does not only harm plants it ends up in the water hurting & killing other life-forms (*e.g. Humans, livestock...*). Defoliant-toxin is a single purpose herbicide. Most herbicides are more toxic than Defoliant-toxin. **STOP** using Herbicides.

The makers of Defoliant-toxin expanded into Genetic Modified (*GM*) food plants. It has been found that these (*GM*) food plants wilt easy & die young & have trouble reproducing. When eating food from these plants humans can expect to age faster, wrinkle easy, miscarriage, have birth defects & early death.

Organize or be part of non-violent protest to have military rid itself of toxic weapons. Help Local-Government clear (*scorch*) land of Genetic Modified (*GM*) food plants. **Stop** using Herbicides.

Defoliant day at the Gathering

The **Gathering** supports community activities. Open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, discuss Herbicides & GM-Crop.

Note ! Herbicides & Genetic modified seeds/plants move up the food-chain modifying every-link including humans. **A Threat to Humankind!**

Links: **GM-Crop ~ GM-Food ~ Diet-No-No's**



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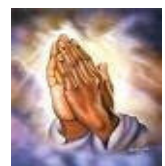
Support SHAME Day's



Defoliant-Day starts' with a Defoliant-Day Prayer.

DEFOLIANT – Prayer **1GOD** is waiting to here from YOU! 

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Will protect plant, soil & water from toxin
Oppose & stop genetic modification of any thing living
Will ensure Shire scorches poisoned soil
Will punish Herbicides, GM-Crops polluters
For the Glory of **1GOD** & the Good of Humankind
This prayer is used on Defoliant Day





7.1.7. **Grandparents** day (symbol: **Turtle**)



C-G Kalender

Fun-Day theme

Education Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Parks are open.

A day to spend time together, grandchildren with grandparents. Playing, singing, sharing a meal, talking, laughing. **Thank 1GOD for Grandparents.**

Where grandparents moved to the Afterlife, grandchildren should remember them through reminiscing with parents so as to keep their existence alive in the hearts & minds of the youngest members of the family. **After reminiscing parents should pray, play, sing, share a meal & laugh together with the children, ending the day happy.**

Grandparents day at the **Gathering**

The **Gathering** dazzling with Blossoms honor all Grandparents present, is open from 1 hour after **Sunrise** go there. **Have food & drink (non-alcoholic)**; listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Grandparents-Day!**

Note! Grandparents a families Heritage & Knowledge-Continuity.

Link: Knowledge-Continuity



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Grandparents-Day starts' with a Grandparents-Day Prayer.

1GOD is waiting to here from YOU! 

G R A N D P A R E N T S – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Respects Grandparents for Knowledge-Continuity
Thanks' Grandparents for giving us a Heritage
Thanks' Grandparents for teaching us Traditions
Respects Grandparents for their achievements
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Grandparents-Day!





7.3.7. **Nourishment** day (symbol: **Food**)

C-G Kalender

Fun-Day theme



Nourishment Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Parks & Nurseries display food.

Food & drink (*non-alcoholic*) are celebrated. Enjoy **1GOD**'s supply of nourishment, smell & taste a variety of food. Thank **1GOD** for nourishment.

The local community shows off its local cuisine. Meals are shared, laughter is shared. Feed the hungry, quench the thirsty. Nobody should go hungry or thirsty on this day.

Nourishment day at the Gathering

The **Gathering** dazzling with Blossoms is open from 1 hour after **Sunrise** go there. Enjoy the local cuisine, have food & drink (*non-alcoholic*), feed the hungry quench the thirsty, listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Nourishment-Day!**

Note! Good Nourishment keeps the body healthy..

Links: Nourishment, Thank-You Prayer,



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Nourishment-Day starts' with a Nourishment-Day Prayer.

1GOD is waiting to here from YOU! 

N O U R I S H M E N T – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thank you for supplying me with Daily drink & food
I endeavor to be deserving nourishment every day
May I be spared agonizing Thirst & numbing Hunger pains
I endeavor to eradicate hunger & thirst in my community
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Nourishment Day





8.1.7. **Universe** day (symbol: **Rocket**)



C-G Kalender

Fun-Day theme

Universe Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Space-Exploration displays in Parks!**

Celebrating achievements of humankind space exploration.

Updates on planned further space exploration & space travel.
Fulfilling human destiny as custodian guardians of the **Universe**.
The main celebration of the year for **Universe Custodian Guardians**.

Universe day at the **Gathering**

The **Gathering** dazzling with Space images is open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Universe-Day!**

Note ! Space-Exploration, Humankind's Destiny.

Links: S-X, 1Church,



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Universe-Day starts' with a Universe-Day Prayer.

1GOD is waiting to here from YOU! 

U N I V E R S E – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks You for selecting Humankind to be Custodian of the
Physical Universe

Pledges to be Custodian of Humankind & Planet Earth
Pledges to colonize the Universe & become its Custodian
Asks for help in fulfilling Humankind's Destiny
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Universe Day





8.2.7. **Holocaust** day (symbol: **Atomic-Cloud**)

C-G Kalender

Fun-Day theme



Holocaust Day Shame are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Parks have Anti-Nuclear vigils**



In year -59, the 'US' attacked Humankind & Planet-Earth twice, insulting **1GOD**. The 2 Atomic attacks on the cities of '*Hiroshima & Nagasaki*' are a declaration of war against Humankind, Planet-Earth & Anti **1GOD**.

The Evil English Hereditary-Tyrant & Evil US President Franklin Roosevelt (*the 2 most Evil people in human history*) joined to develop weapons to exterminate Humankind & Planet Earth, **1GOD's** Creations.

Evil US, English & Canadian citizens joined to develop '*Weapons of Mass Destruction*' to destroy **1GOD's** creations. Evil US President Harry Truman (*WWII most Evil War-Criminal*) then went on to commit the most horrendous cowardly criminal acts using '*Weapons of Mass Destruction*' to slaughter civilians (*Hospitals, Schools, Homes, Babies...*).

The US is the only country to use these '*Weapons of Mass Destruction*'. They constantly threaten Civilizations with extermination. *E. g.* The Evil Criminal Kennedy-brothers/the Soviet Civilization; Bush, Howard, Blair coalition of the willingly Evil/the Iraqi & Iranian Civilizations. The US Military is the greatest threat to Human Survival. The US Military needs disarming & prosecuting. **MS / R7**

Uranium mines are the main source of materials for Nuclear Power used to enrich uranium, needed to build '*Weapons of Mass Destruction*'. Therefore Uranium mines are closed/sealed. Nuclear Power is to be closed down & dismantled. Nuclear Scientists are caged & Nuclear-Science banned!!!

All Nuclear Power Plants are leaking radioactive particles into the atmosphere, soil & groundwater contaminating plants, livestock & drinking water. For a healthy human-body & healthy environment shut & dismantle all Nuclear Power Plants & Research facilities. **Cage all Nuclear Scientists MS/R7.**

Holocaust day at the Gathering

The **Gathering** supports community activities. Open from 1 hour after **Sunrise** go there. **Have food & drink (non-alcoholic); listen, discuss disarmament.**

Note ! Closing Uranium-mines is a Humankind survival must.



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Remember the innocent civilians of 'Hiroshima/ Nagasaki'

Organize or be part of non-violent protest to have '*Weapons of Mass Destruction*' dismantled. Help Shire close down Uranium mines, Nuclear Power Plants & Nuclear Research facilities. Demand the caging for life for all Nuclear Scientists, for all '*Weapons of Mass Destruction*' manufacturers Political leaders who promote this type of armament, any military using these weapons.

Humankind's survival depends on 'YOU' !



Holocaust-Day starts' with a Holocaust-Day Prayer.

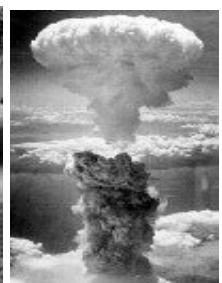
1GOD is waiting to here from YOU! 

H O L O C A U S T – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Will remember Hiroshima & Nagasaki victims & US Evil
Will prosecute all people who are a threat to your creations
Will ensure destruction of weapons of mass destroying
Will close Uranium mines, dismantle all Nuclear Power Plants
Research facilities & prosecute their operators.
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Holocaust Day





9.1.7. Habitat day (symbol: Weed)



C-G Kalender

Celebration

Habitat Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Yearly Community clean-up!

The Habitat day is a local Community initiative to create awareness of the local environment. Local-Government organizes environmental friendly activities supported by the community & **Custodian Guardians** e. g. how to tackle air, water, soil pollution & garbage; how to save endangered creatures & plants.

Self-preservation means we have to live in harmony with the environment. Looking after the Habitat is part of humankind's destiny.

Habitat day at the Gathering

The **Gathering** dazzling with a Habitat display is open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Habitat-Day!**

Note ! 2nd most important day for Custodian Guardians.



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Habitat-Day starts' with a Habitat-Day Prayer.

1GOD is waiting to here from YOU! 

H A B I T A T – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Asks for help in protecting the Habitat
Promises to hold Polluters accountable
Promises to Harmonize with the Habitat
Asks polluters be punished now & in the Afterlife
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Habitat Day

Moral & Civil duties: Close Coal-Mines! Stop burning Coal! Prosecute Air Polluters! Close Uranium-mines! Dismantle Nuclear Power-Stations! Disarm military of Nuclear-Weapons! Stop producing Toxins! Prosecute Toxin dumpster! Harmonize with the Habitat!



9.3.7. CROn day (symbol: Camel)



C-G Kalender

Celebration

CROn Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **CROn's** hand-out Freebies.

'**CROn**' (Community Run Owned not-for profit), lobby for support & volunteers! '**CRBC**' (**CROn-Retail & Bazaar Complex**) are open for shoppers.

Note ! **CROn** replace (make obsolete) State-ownership (Communism) & private-ownership (Capitalism) Profiteers.

CROn day at the Gathering

The **Gathering** dazzling with CROn images is open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy CROn Day!**

Note ! Community Run Owned not-for profit, Humankind's Destiny.

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CROn Day starts' with a CROn Day Prayer.

1GOD is waiting to here from YOU!

C R O n Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
 Your most humble faithful custodian-guardian (*1st name*)
 Promises to replace State & private-ownership with CROn
 Pledges to see Profiteers prosecuted
 Pledges to adhere to community duties & work-ethic
 Work to my highest standard for the benefit of the community
 For the Glory of **1GOD** & the Good of Humankind



This prayer is used on CROn Day



CROn (*Community Run, Owned not-for-profit*) a Universe Custodian Guardians business model which replaces State-owned entities & Private-ownership business models. **CROn** organization needs to be managed. Single leadership is tyranny. Leadership by Committee is fair. CROn D-mC (*Decision-making Committee*) consists of 7 members.



10.1.7. **Fathers** day (symbol: **Camel**)



C-G Kalender

Celebration

Fathers Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Barbeques sizzling in parks.

Children honor their father.

Mothers show adoration towards the father of their children.

Fathers day at the **Gathering**

The **Gathering** is sizzling with food honoring all fathers present is open from 1hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind.

Happy Fathers-Day!

Note ! Fathers implementing Humankind's Destiny.



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Fathers-Day starts' with a Fathers-Day Prayer.

1GOD is waiting to here from YOU! 

F A T H E R S – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks you for the blessing of Fathers
May their efforts be appreciated & rewarded with respect
I love you Dad!
I shall care for him should the need arise
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Fathers Day





10.2.7. **Blubber** day (symbol: **Hippopotamus**)

C-G Kalender

Fun-Day theme



Blubber Day Shame are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Junk-food ugliness, exhibits!**



Blubber is caused by overeating & wrong diet. Overweight people tire easily, making them less useful a burden. **The community needs to take charge over these hapless weak individuals.**

Shire gives 'Blubber elimination report'. Community has to work together to eliminate & prosecute providers of junk-food & sweetened drinks both alcohol & non-alcoholic. **Blubber is ugly revolting making you want to throw up.**

For your body's well being eliminate Blubber!!!

Blubber day at the Gathering

The **Gathering** supports community activities. Open from 1 hour after **Sunrise** go there. **Have food & drink (non-alcoholic);** listen, discuss obesity, diet & activity.

Note! Obesity side-effects 'Depression, Diabetes, High blood-pressure, early death!



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Blubber-Day starts' with a Blubber-Day Prayer.

1GOD is waiting to here from YOU! 

B L U B B E R – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)

Help me be not obese

Help the obese get healthy

Punish junk-food providers in life & Afterlife

Let this community be junk-food free

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



This prayer is used on Blubber Day



Related: Diet-No-No's ~ Body-weight Table ~

Fructose the main cause of Diabetes & Obesity (☠ *Blubber-People*). Fructose is bad whether it comes in Sugar or Fruit. Say **NO** to **Lemonades** !!!



11.1.7. **Survival** day (symbol: **Wildcat**)

C-G Kalender

Celebration



Survival Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Check out Emergency Services.

Show pride in human survival. Evaluate 'Survival-Chain'.

A day where the emergency services, internal & external security personal show off their capabilities. Support them!

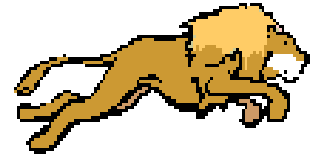
Survival day at the **Gathering**

The **Gathering** dazzling with a Survival display is open from 1hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Survival-Day!**

Note ! No 1 priority Survival.



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Survival-Day starts' with a Survival-Day Prayer.

1GOD is waiting to here from YOU! 

S U R V I V A L – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks' you for the Survival of Humankind
I endeavor to help my body, specie & community survive
I shall make survival my no.1 priority
Please support my efforts to survive
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Survival Day



Survival order: 1.Specie, 2.Habitat, 3.Community, 4.Family,
5.Individual, 6.Animals, 7.Personal belongings

Survival by Age: 1.Unborn, 2.Newborn, 3.Baby, 4.Child,
5.Juvenile, 6.Adult, 7.Senior

When a need to decide an order of Survival applies use above rules.

Survival-Chain: Breathable-Air > Drinkable-Water > Eatable-Food > Sleep > Climate-Protection > Hygiene > Security



11.3.7. **Pet** day (symbol: **Pet**)

C-G Kalender

Celebration



Pet Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Pets' show off...**

Pet clubs put on exhibits & give out information. A day to pamper your pet or somebody else's. **Pets' fulfill a social need.**

Pet ownership needs to be responsible. A Pet can help a person lead a longer healthier life.

Pet day at the **Gathering**

The **Gathering** is celebrating pets (*note this is the only day pets are welcomed at the Gathering*) is open from 1hour after **Sunrise** go there.

Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Pet-Day!**

Note ! **Pets a Human need.**



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Pet-Day starts' with a Pet-Day Prayer.

1GOD is waiting to here from YOU! 

P E T – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe

Your most humble faithful custodian-guardian (*1st name*)

Thanks you, for the joy of Pets

I shall train, care for & cherish all pets

I endeavor to be a responsible caring Pet keeper

I shall protect Pets from cruelty & mistreatment

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



This prayer is used on Pet Day





12.1.7. Good-health day (symbol: Octopus)

C-G Kalender

Celebration



Good-health Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Health & Fitness in parks...

Shire presents carnival type activities & entertainment underlining health & fitness. Health services show exhibits.

A day to eat & drink healthy (*No sweets! No Lemonades! No Alcohol!*) & do some fitness activity. Visit the sick!

Good-health day at the Gathering

The **Gathering** is sizzling with health food it is open from 1hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy**

Good-health Day!

Note ! Good health for a happy life.



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Good-Health Day starts' with a Good-Health Day Prayer.

1GOD is waiting to here from YOU! 

GOOD – HEALTH – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Apologize for my unhealthy lifestyle
I endeavor to make amends
Please support my efforts to make amends
I support 'Free treatment when sick'
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Good-health Day





12.2.7. **Addiction** day (symbol: **Halt**)



C-G Kalender

Fun-Day theme

Addiction Day Shame are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Addiction ugliness, exhibits!**

Addictions are caused by peer pressure & weakness of mind & body. Addicted people are untrustworthy & desperate, making them a threat & a burden. The community needs to take charge over these hapless weak individuals.

Halt Addictions from destroying Communities!!!

Addiction day at the **Gathering**

The **Gathering** supports community activities. Open from 1 hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, discuss addictions.

Note ! Everyone has a moral & civil duty to exclude addictions from the community!



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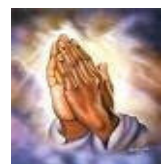


Addiction-Day starts' with a Addiction-Day Prayer.

1GOD is waiting to here from YOU! 

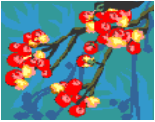
A D D I C T I O N – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Help me be not an addict
Help Humankind contain addictions
Punish addictions providers in life & Afterlife
Let this community be addiction free
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on **Addiction-Day**





13.1.7. **Shrub** day (symbol: any **Berry/Nut**)



C-G Kalender

Celebration

Shrub Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Reef, Berry/Nuts & polished Boots...

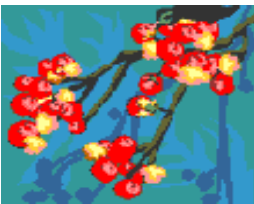
In the morning parents fill boots with berries & nuts (*No sweets!!!*). The polished boots were on the previous evening placed in the living area by the children & parents.

A reef made out of local shrub-leaves (*artificial*) & colorful decorated including 3 candles (*any color/size*) symbolizing 1GOD 1FAITH 1Church. A bowl of berries & nuts is placed in the center of the reef. The reef stay's on the table until next New Year's day.

Shrub day at the **Gathering**

The **Gathering**, has a Shrub-leaves Reef (*artificial*) display, is open from 1hour after **Sunrise** go there. Have food (*berries/nuts*) & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Shrub-Day!**

Note ! Berries & Nuts a must in any diet!



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Shrub-Day starts' with a Shrub-Day Prayer.

1GOD is waiting to here from YOU! 

S H R U B – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)

Thanks you, for Shrubs

I shall make Berries & Nuts part of my daily diet

I promise to plant & keep Shrubs in the Shire-Oasis

I shall be a responsible caring Shrub custodian

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



This prayer is used on Shrub-Day



Links: [Berries nutrition comparison](#), [Nuts nutrition comparison](#)



13.3.7. **Tree** day (symbol: any **Berry/Nut**)

C-G Kalender

Celebration



Tree-Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Visits Parks. Plant a Tree!

Trees are essential for humankind survival & well being. Be a Tree-Custodian.

The family gathers around an artificial tree. Which has been decorated, singing, being merry & loving, giving each other presents (*Tree-fruit only*) then sharing a meal. The tree stay's up until New Year's day.

Tree day at the **Gathering**

The **Gathering**, is celebrating Trees, is open from 1hour after **Sunrise** go there. There is a decorated artificial Tree. Have food (*tree fruit*) & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Tree-Day!**

Note ! Being Tree-Custodian is Humankind's Destiny!



S o c i a l i z e
Support Your Community
C e l e b r a t e



Tree-Day starts' with a Tree-Day Prayer.

1GOD is waiting to here from YOU! 

T R E E – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thanks you, for the beauty of Trees
I pledge to have Tree-vandals prosecuted
I promise to plant & keep Trees in the Shire-Oasis
I shall be a responsible caring Tree custodian
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Tree-Day





14.0.1. **Passover** day (symbol: any Owl)

C-G Kalender

Celebration



Passover-Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. **Reflect on past year!**

Shire presents carnival type activities, entertainment ending with fireworks at Sunset. **Night-Curfew applies 3 hours later.**

It is time to reflect on the previous 364 days. **Each person makes an analysis of the past year & prepares a plan for the coming year.**

Passover day at the **Gathering**

The **Gathering**, is sizzling with healthy food, is open from 1hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy**

Passover-Day!

Note ! Look back then plan ahead.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Passover-Day starts' with a Passover-Day Prayer.

1GOD is waiting to here from YOU! 

P A S S O V E R – Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thank You for a varied year
I am analyzing this years life-experiences
In the coming year the plan is do more good
Now Passover can take me into the next year
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Passover-Day at Sunset before the fireworks!



Links: **New Year Message**



14.0.2. Quattro day (symbol: any Frog)

C-G Kalender

Celebration



Passover-Day celebrations are to be a joint effort of the public, Shire & **Universe Custodian Guardians**. Reflect on past 4years!

This is a day of reflection. Normal *Night-Curfew* applies.

It is time to reflect on the previous 4 years. Each person makes an analysis of the past 4 years & prepares a plan for the coming 4 years. Shires & Province publish 4 year plans.

Quattro day at the Gathering

The **Gathering**, is reflecting & is open from 1hour after **Sunrise** go there. Have food & drink (*non-alcoholic*); listen, sing & dance to music, enjoy laughter, have a happy heart & a positive mind. **Happy Quattro Day!**
Note! Look back 4 years then plan ahead 4 years.



S o c i a l i z e
Support Your Community
C e l e b r a t e



Quattro-Day starts' with a Quattro-Day Prayer.

1GOD is waiting to here from YOU! 

Q U A T T R O Day Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian-guardian (*1st name*)
Thank You for challenging 4 years
I am reflecting on the past 4 years
I endeavor to persevere over the coming 4 years
I am preparing my new 4 year plan
For the Glory of **1GOD** & the Good of Humankind



This prayer is used on Quattro Day!



Links: [New Year Message](#)

Comparison 24h clock/21h C-G Klock

Old time	Custodian-Guardian Klock			
	D	ts	click	
1 Day	1 D	86400000	85766121	D Day 1
24 hour	24 h	3600000	4084101	h hour 21
60 minute	1440 m	60000	194481	m minute 21
60 second	86400 s	1000	9261	s second 21
10 tenth of second	864000 t	100	444	b blink 21
100 hundred of second	8640000 hs	10	21	f flash 21
1000 thousand of second	86400000 ts	1	1	c click 1

24 hour clock	Time-Triangle
6 hours	Day starts at 0 hours Sunrise >
6 - 12 Morning	Early Day is from 0 - 7 hours >
12 Noon	7 hours is Mid-Day >
12 - 18 Afternoon	Late Day is from 7 - 14 hours >
18 - 22 Evening	14 hours is Sunset >
22 - 24 + 1 - 6 Night	Night is from 14 - 21 hours.
night Curfew 22 - 6	night Curfew from 14 - 21 hours.

C-G. KALENDER Switch Pagan

1. Star-month							
W 1 01	1 C 001	2 002	3 003	4 004	5 005	6 006	7 F 007
	Jan 1	Jan 2	Jan 3	Jan 4	Jan 5	Jan 6	Jan 7
W 2 02	1 008	2 009	3 010	4 011	5 012	6 013	7 F 014
	Jan 8	Jan 9	Jan 10	Jan 11	Jan 12	Jan 13	Jan 14
W 3 03	1 015	2 016	3 017	4 018	5 019	6 020	7 C 021
	Jan 15	Jan 16	Jan 17	Jan 18	Jan 19	Jan 20	Jan 21
W 4 04	1 022	2 023	3 024	4 025	5 026	6 027	7 F 028
	Jan 22	Jan 23	Jan 24	Jan 25	Jan 26	Jan 27	Jan 28
2. Sun-month							
W 1 05	1 029	2 030	3 031	4 032	5 033	6 034	7 C 035
	Jan 29	Jan 30	Jan 31	Feb 1	Feb 2	Feb 3	Feb 4
W 2 06	1 036	2 037	3 038	4 039	5 040	6 041	7 F 042
	Feb 5	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10	Feb 11
W 3 07	1 043	2 044	3 045	4 046	5 047	6 048	7 F 049
	Feb 12	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17	Feb 18
W 4 08	1 050	2 051	3 052	4 053	5 054	6 055	7 M 056
	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23	Feb 24	Feb 25
3. Mercury-month							
W 1 09	1 057	2 058	3 059	4 060	5 061	6 062	7 C 063
	Feb 26	Feb 27	Feb 28	Mar 1	Mar 2	Mar 3	Mar 4
W 2 10	1 064	2 065	3 066	4 067	5 068	6 069	7 F 070
	Mar 5	Mar 6	Mar 7	Mar 8	Mar 9	Mar 10	Mar 11
W 3 11	1 071	2 072	3 073	4 074	5 075	6 076	7 F 077
	Mar 12	Mar 13	Mar 14	Mar 15	Mar 16	Mar 17	Mar 18

W 4 12	1	078 Mar 19	2	079 Mar 20	3	080 Mar 21	4	081 Mar 22	5	082 Mar 23	6	083 Mar 24	7 M	084 Mar 25
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4. Venus-month

W 1 13	1	085 Mar 26	2	086 Mar 27	3	087 Mar 28	4	088 Mar 29	5	089 Mar 30	6	090 Mar 31	7 C	091 Apr 1
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W 2 14	1	092 Apr 2	2	093 Apr 3	3	094 Apr 4	4	095 Apr 5	5	096 Apr 6	6	097 Apr 7	7 S	098 Apr 8
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W 3 15	1	099 Apr 9	2	100 Apr 10	3	101 Apr 11	4	102 Apr 12	5	103 Apr 13	6	104 Apr 14	7 F	105 Apr 15
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W 4 16	1	106 Apr 16	2	107 Apr 17	3	108 Apr 18	4	109 Apr 19	5	110 Apr 20	6	111 Apr 21	7 F	112 Apr 22
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5. Earth-month

W 1 17	1	113 Apr 23	2	114 Apr 24	3	115 Apr 25	4	116 Apr 26	5	117 Apr 27	6	118 Apr 28	7 C	119 Apr 29
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W 2 18	1	120 Apr 30	2	121 May 1	3	122 May 2	4	123 May 3	5	124 May 4	6	125 May 5	7 F	126 May 6
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W 3 19	1	127 May 7	2	128 May 8	3	129 May 9	4	130 May 10	5	131 May 11	6	132 May 12	7 C	133 May 13
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W 4 20	1	134 May 14	2	135 May 15	3	136 May 16	4	137 May 17	5	138 May 18	6	139 May 19	7 F	140 May 20
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6. Moon-month

W 1 21	1	141 May 21	2	142 May 22	3	143 May 23	4	144 May 24	5	145 May 25	6	146 May 26	7 C	147 May 27
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W 2 22	1	148 May 28	2	149 May 29	3	150 May 30	4	151 May 31	5	152 Jun 1	6	153 Jun 2	7 S	154 Jun 3
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W 3 23	1	155 Jun 4	2	156 Jun 5	3	157 Jun 6	4	158 Jun 7	5	159 Jun 8	6	160 Jun 9	7 F	161 Jun 10
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W 4 24	1	162 Jun 11	2	163 Jun 12	3	164 Jun 13	4	165 Jun 14	5	166 Jun 15	6	167 Jun 16	7 F	168 Jun 17
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7. Mars-month

W 1 25	1	169 Jun 18	2	170 Jun 19	3	171 Jun 20	4	172 Jun 21	5	173 Jun 22	6	174 Jun 23	7 C	175 Jun 24
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W 2 26	1	176 Jun 25	2	177 Jun 26	3	178 Jun 27	4	179 Jun 28	5	180 Jun 29	6	181 Jun 30	7 F	182 Jul 1
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W 3 27	1	183 Jul 2	2	184 Jul 3	3	185 Jul 4	4	186 Jul 5	5	187 Jul 6	6	188 Jul 7	7 C	189 Jul 8
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W 4 28	1	190 Jul 9	2	191 Jul 10	3	192 Jul 11	4	193 Jul 12	5	194 Jul 13	6	195 Jul 14	7 F	196 Jul 15
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8. Jupiter-month

W 1 29	1	197 Jul 16	2	198 Jul 17	3	199 Jul 18	4	200 Jul 19	5	201 Jul 20	6	202 Jul 21	7 C	203 Jul 22
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W 2 30	1	204 Jul 23	2	205 Jul 24	3	206 Jul 25	4	207 Jul 26	5	208 Jul 27	6	209 Jul 28	7 S	210 Jul 29
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W 3 31	1	211 Jul 30	2	212 Jul 31	3	213 Aug 1	4	214 Aug 2	5	215 Aug 3	6	216 Aug 4	7 F	217 Aug 5
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W 4 32	1	218 Aug 6	2	219 Aug 7	3	220 Aug 8	4	221 Aug 9	5	222 Aug 10	6	223 Aug 11	7 F	224 Aug 12
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9. Saturn-month

W 1 33	1 225 Aug 13	2 226 Aug 14	3 227 Aug 15	4 228 Aug 16	5 229 Aug 17	6 230 Aug 18	7 C 231 Aug 19
W 2 34	1 232 Aug 20	2 233 Aug 21	3 234 Aug 22	4 235 Aug 23	5 236 Aug 24	6 237 Aug 25	7 F 238 Aug 26
W 3 35	1 239 Aug 27	2 240 Aug 28	3 241 Aug 29	4 242 Aug 30	5 243 Aug 31	6 244 Sep 1	7 C 245 Sep 2
W 4 36	1 246 Sep 3	2 247 Sep 4	3 248 Sep 5	4 249 Sep 6	5 250 Sep 7	6 251 Sep 8	7 F 252 Sep 9

10. Uranus-month

W 1 37	1 253 Sep 10	2 254 Sep 11	3 255 Sep 12	4 256 Sep 13	5 257 Sep 14	6 258 Sep 15	7 C 259 Sep 16
W 2 38	1 260 Sep 17	2 261 Sep 18	3 262 Sep 19	4 263 Sep 20	5 264 Sep 21	6 265 Sep 22	7 S 266 Sep 23
W 3 39	1 267 Sep 24	2 268 Sep 25	3 269 Sep 26	4 270 Sep 27	5 271 Sep 28	6 272 Sep 29	7 F 273 Sep 30
W 4 40	1 274 Oct 1	2 275 Oct 2	3 276 Oct 3	4 277 Oct 4	5 278 Oct 5	6 279 Oct 6	7 F 280 Oct 7

11. Neptune-month

W 1 41	1 281 Oct 8	2 282 Oct 9	3 283 Oct 10	4 284 Oct 11	5 285 Oct 12	6 286 Oct 13	7 C 287 Oct 14
W 2 42	1 288 Oct 15	2 289 Oct 16	3 290 Oct 17	4 291 Oct 18	5 292 Oct 19	6 293 Oct 20	7 F 294 Oct 21
W 3 43	1 295 Oct 22	2 296 Oct 23	3 297 Oct 24	4 298 Oct 25	5 299 Oct 26	6 300 Oct 27	7 C 301 Oct 28
W 4 44	1 302 Oct 29	2 303 Oct 30	3 304 Oct 31	4 305 Nov 1	5 306 Nov 2	6 307 Nov 3	7 F 308 Nov 4

12. Pluto-month

W 1 45	1 309 Nov 5	2 310 Nov 6	3 311 Nov 7	4 312 Nov 8	5 313 Nov 9	6 314 Nov 10	7 C 315 Nov 11
W 2 46	1 316 Nov 12	2 317 Nov 13	3 318 Nov 14	4 319 Nov 15	5 320 Nov 16	6 321 Nov 17	7 F 322 Nov 18
W 3 47	1 323 Nov 19	2 324 Nov 20	3 325 Nov 21	4 326 Nov 22	5 327 Nov 23	6 328 Nov 24	7 C 329 Nov 25
W 4 48	1 330 Nov 26	2 331 Nov 27	3 332 Nov 28	4 333 Nov 29	5 334 Nov 30	6 335 Dec 1	7 F 336 Dec 2

13. Solar-month

W 1 49	1 337 Dec 3	2 338 Dec 4	3 339 Dec 5	4 340 Dec 6	5 341 Dec 7	6 342 Dec 8	7 C 343 Dec 9
W 2 50	1 344 Dec 10	2 345 Dec 11	3 346 Dec 12	4 347 Dec 13	5 348 Dec 14	6 349 Dec 15	7 F 350 Dec 16
W 3 51	1 351 Dec 17	2 352 Dec 18	3 353 Dec 19	4 354 Dec 20	5 355 Dec 21	6 356 Dec 22	7 C 357 Dec 23
W 4 52	1 358 Dec 24	2 359 Dec 25	3 360 Dec 26	4 361 Dec 27	5 362 Dec 28	6 363 Dec 29	7 F 364 Dec 30

14. Passover-month

1 C 365 Dec 31	Passover	2 C 366 Feb 29	<i>Quattro-Passover</i>
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Quattro-years

Explanation:

W 4 Which (1-4) Week of the month, **52** Accumulated (1-52) weeks for the year

1 Which (1-7) Day of the week, **358** Accumulated (1-365) days for the year

7 F Day 7 of the week Fun-Day, **7 C** Fun-Day theme.

Dec 24 Outdated Pagan Calender.

Naming: Day

Day 1	Day 2	Day 3	Mid-week	Day 5	Week-end	Fun-Day
1 st Day	2 nd Day	3 rd Day	4 th Day	5 th Day	6 th Day	7 th Day
<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>

C-G Kalender starts Year 0 (*2004 outdated pagan Calender*).

<.....	12 2016	11 2015	10 2014	9 2013	8 2012	7 2011	New-Age
6 2010	5 2009	4 2008	3 2007	2 2006	1 2005	0 2004	
-1 2003	-2 2002	-3 2001	-4 2000	-5 1999	-6 1998	-7 1997	-8 1996
-9 1995	-10 1994	-11 1993	-12 1992	-13 1991	-14 1990	-15 1989	-16 1988
-17 1987	-18 1986	-19 1985	-20 1984	-21 1983	-22 1982	-23 1981	-24 1980

Khronicle Time-line

Week 1 *Birth of Humankind !*

Ancient-Times *1st Civilizations !*

Distant-Past *-2,100 to -1,400 yrs !*

Medium-Past *-1,400 to -700 yrs !*

Near-Past *-700 to -70 yrs !*

Current-Times *-70 to 0 yrs !*

New-Age *from 0 years onwards !*



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

BE GOOD **CAGE EVIL** **MS/R1-7**



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