



Kore ra'ayi

Kasancewa koren fasaha na tsira mutum !!!



Shuni kuma Abin kunya

Waliyyi '**Kore ra'ayi**' kokarin' don mayar da mutane daga zama barazana ga sauran mutane da '**Duniyar Duniya**'. A cikin Mai Kula da **1 Allah**'s halitta! Kasancewa '**Kore**' farawa a gida ya hada da makwabta da al'umma. Taro Mai Kula da Masu Tsaron cibiyar fafutuka ce (muhalli, adalci na zamantakewa, addini).

Muna rokon duk masu kula da muhalli su hada mu, 'Fara Taro na CG. Tare mu kare kyawawan mu



Duniya. Rike, masu gurbata muhalli, masu barna muhalli, masu hana canjin yanayi, masu cin gajiyar faduwa, masu ba da lissafi a kowace rana (ba tashin hankali)!



Waliyyi **Shuni kuma Abin kunya**. Al'umma tana da laifi, **MS R1-7**. Zaben gwamnatin da ta juya **Green Conceptin Law**.

Kowane mutum, dabba yana da **1 Allah** an ba da hakkin mara guba, mara gurbatacce, mai numfashi, iska mai tsafta!

Kowane mutum, dabba yana da **1 Allah** an ba da hakkin mara guba, mara kazanta, abin sha, mai tsabta, ruwa mai dadi!

Kowane mutum, dabba yana da **1 Allah** an ba da hakkin mara guba, mara gurbatacce, wanda ba a canza ta kwayoyin halitta ba, abin ci, lafiya, abinci!

Kowane mutum, yana da a **1 Allah** an ba da hakkin magani kyauta lokacin rashin lafiya!

Kowane mutum, yana da a **1 Allah** an ba wa kariya, tufafi da takalma masu araha!

Kowane mutum, yana da a **1 Allah** an ba da hakkin tsabta, kariya, matsuguni mai araha!

Kowane mutum, yana da a **1 ALLAH** an ba wa al'umma 'yanci masu tashin hankali!

Addiction

Addiction mai maimaita halin tilastawa yana gamsar da abin da ake tsammani. Masu shaye-shaye suna yaudarar kansu ta hanyar rashin yarda da cutar da halayensu. Cutar da kansu, dangi, abokai, abokan aiki, al'umma. Ka nisanta masu shan giya daga yara.

Masu shaye-shaye masu rudi ne ! Masu shaye-shaye ba su yarda cewa sun kamu ba matuƙar suna jin daɗin kansu kuma suna riƙe rayuwarsu tare. A hakikanin gaskiya, jaraba suna iyakance daidaiƙun daɓi'a da yanci yayin da suke kara takurawa cikin halayensu.

1 Allah yana jiran ya ji daga gare ku!

jaraba Addu'a

Ranar jaraba 12.2.7. NATm

Masoyi **1 Allah**, Mahaliccin mafi kyawun sararin samaniya Makiyayin ka mai tawali'u mai aminci (1st suna) Ka taimake ni in zama mai shan iska

Taimaka wa bil'adama ya kunshi abubuwan maye A hukunta masu samar da jaraba a rayuwa da Bayan rayuwa Bari wannan al'umma ta zama 'yanci

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



Ana amfani da wannan addu'a a ranar jaraba! Ko kuma yadda ake bukata.



Masu shaye-shayen miyagun kwayoyi suna jin daɗin yanayin sirrin halayensu! Abubuwan da ba su dace ba suna haifar da dauri, rashin mutunta kai. Masu shaye-shaye jahilai ne (wauta), m (wauta) da rauni (mai tausayi) !

Masu shaye-shaye sun zama barazana ga kansu da al'umma. Lokacin da mutane suka kamu da cutar, jin daɗinsu yakan mayar da hankali kan aiwatar da al'adarsu, ta kawar da janyewa. Sun zama masu rudi, fasikai, marasa gaskiya, mayaudari, son kai, marasa kula, masu adawa da zamantakewa. Maimakon cikakken kewayon abubuwan da ke samar da cikakkiyar damarsu ta farin ciki na rashin jaraba. A halin kirki, aikin farar hula, ko da yaushe riƙe addicts lissafi.

Masu shaye-shaye suna buƙatar taimakon tabin hankali da taimakon kungiyoyin tallafi. An kebe masu shan barasa don kare al'umma musamman matasa.

Adrenaline jaraba

Adrenaline, wani hormone da ke aiki a matsayin neurotransmitter. Babban abin da ke haifar da damuwa ga barazana ga mutuncin jiki na jiki.



Yawan shiga cikin wasannin motsa jiki, tseren mota, tsere, nitsewar sama,...Kasancewa yana ba da saurin adrenaline wanda ke haifar da jaraba. Wadannan masu shaye-shaye suna cikin bakin ciki lokacin da ba za su iya yin gaggawar gaggawar su ba.

Lokacin da aka saki Adrenalin a cikin jini yana aiki don kara yawan bugun zuciyar, hawan jini, yana fadada dalibai, yana habaka matakan sukari na jini, yana karkatar da kwararar jini daga fata da gabobin ciki. Mutanen da sukan yi fushi, jin laifi, damuwa suna tayar da adrenaline ko da yake suna iya zama a kusa da yin wani abu. A fusace, damuwa_ tunani.



Bukatar sauri shine cutar adrenaline. Duk wani tsere yana ba da saurin adrenaline. Nasara yana ba da sauri mafi girma. Ba a tsara jikin mutum don gudun ba. Su ba su da bukatar gudun. Nasara son kai ne.



Masu nasara suna gaggawar kaiwa ga son karin. Rasa yana haifar da damuwa. Wannan damuwa yana haifar da yanke kauna. Ana son yin nasara a kowane farashi (magudi, shaye-shaye, kisa don cin nasara..).

Anti zamantakewa hali yana ba da gaggawar adrenaline. Mafi bankyama, yana fushi da babban gaggawa. Tambayi duk wani dan ta'addar titin punk (konawa, wutsiya, yankewa, tura hanya, karin kararraki masu karfi), gang mem-



ber (zalunci, barna, tashin hankali), serial kisa (fitarwa, zafi, mutuwa). Halayyar rashin zaman lafiya barazana ce ga kowace al'umma: **MS R1-7** Wajibi ne na jama'a bayar da rahoto, fushin hanya, tuki mai hadari, hadari.

Ayyuka masu hadari (tabbas, neman ban sha'awa..) ba da sauri adrenaline. Mutanen da in ba haka ba ba za su iya samun nasara ba suna yin abubuwa masu hadari. Wadannan ayyukan suna karfafa kwafi wadanda suka ji rauni, kashe su, zama barazana ga wasu. Ayyukan hadari sun kare, **MS R2**.



Masu shiga dole ne su biya kudin ceto da kudin magani.

Adrenaline addict a cikin lallashinsu na gaggawa yana lalata mazaunin gida (dabbobi, yanayin muhalli, ciyayi, sauran nau'ikan rayuwa). Zama masu lalata muhalli. Wannan ya kare.

Kasancewa adrenaline junkie rashin lafiya ne. Nemi

taimako!**Barasa** jaraba



Ana shan barasa ta hanyar sha, abinci. Shan barasa yana haifar da sauye-sauyen halaye (buguwa). Shaye-shaye, shaye-shaye shine babban dalilin hatsarori, kai hari, fyade, barna. Shaye-shaye nauyi ne, hargitsi da barazana ga al'umma, suna da hisabi.

Shaye-shaye shine bukatu mai karfi don cinye barasa. Kamar duk masu shaye-shaye, masu shaye-shaye suna fifita bukatunsu na son kai sama da na wasu da al'umma. Masu shaye-shaye za su yi bara, su aro su yi sata su sha! Masu shaye-shaye na bukar magani. Jiyya ta kunshi bushewa! Magani ba magani bane. Masu shaye-shaye ba da jimawa ba sun dawo suna buguwa!



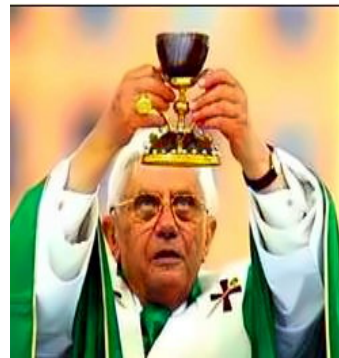
Mafi kyawun taimako ga masu shaye-shaye shine dakatar da samun barasa. Kirkirar, tallace-tallace da rarraba barasa ya kare.

Rashin Hakuri ga Barasa !!!



Kiristanci shine babban dalilin yada shaye-shaye.

Kirista Idol (karar tsafi) Yesu (Masihu karya) ya gaya wa Kiristoci su sha Giya (jajayen giya). Suna shan Giya a cikin rikice-rikice na addini da kuma wuraren da ba na addini ba. Kirista Shi da Ita suna shan Giya kafin saduwa. Kirista Tana ci gaba da shan Giya yayin daukar ciki da shayarwa (an haifi jariri mai shan giya). Iyaye Kiristoci suna karfafa yaransu su sha Giya. Iyaye Kiristoci mugayen iyaye ne!



Wani matashi Kirista da aka yaye daga barasa yana gani a cikin rikici a coci, Firist, Iyaye, abokai, makwabta suna shan Giya. Matashi

Kirista yana ganin iyaye suna shan Giya a gida, lokacin hutu da ayyuka. Kirista matashi(SHI da SHE) lokacin zamantakewa a cikin rukunin shekarun su suna fuskantar matsin lamba na takwarorinsu don shan yawan abin sha don karbuwa. Matashi Kirista Yana samun matashi Ta bugu don yin aure ko fyade. Dukansu sun zama 'Shara'.Kunya, Shun, Shara!



Sufaye Kirista ba su iya samun wahayi ta ruhaniya ta wurin yin addu'a da karanta nassosi sun koma barasa don wahayi na ruhaniya. Ba farin ciki ba, sufaye sun samar da nasu barasa. Samar da barasa da shan barasa ya sa sufaye cikin halin buguwa akai-akai. Yanzu sun sami fahimta(la la land).



Makarantun Katolika kamar Tavern ne. Shugabanni suna da mashaya(mai tsadar barasa), malamai social club yana da mashaya. Gudanarwa yana da ruwan inabi (mai rahusa)don bata lokaci da tara kudi.



Duk ranar Juma'a da Asabar Kiristoci masu shaye-shaye, suna fyade, suna kashewa. A ranar Lahadi suna 'Confess' suna samun 'Gafara'. Bayan sun tafi rikici don sha(mai barasa). Bayan Ikilisiya sun tafi sha tare da abokai, dangi. Kiristoci shaye-shaye sune babban dalilin 'Rikicin Cikin Gida'. **1 Allah** ya firgita, ba zai gafartawa ba amma ya yi hisabi haka kuma Dan Adam. Duk mai shaye-shaye ana yi masa hisabi.

Kiristanci saboda shi yana karfafawa Ba a yarda da shan barasa a matsayin addini ko al'ada. **1 Allah** baya son al'umma ta lalata lafiyarta ta hanyar shan Giya. **1 Allah** yana jin kunya da jarabar Kiristanci ga barasa. **A kula! 1 Allah** ya dauki alhakin Yesu don karfafa barasa. An azabtar da Yesu, an gicciye shi a kan giciye.

Ka ce a'a ga giya !!! Ka ce a'a ga Kiristanci !!!

Dole ne a yi!

Ba za ta yi aure da maye ba. Ba zai yi aure da maye She ba. Ana sa mata sha a lokacin da take ciki a tsare. Ana shayar da ita tana shan nono a tsare a gida. Al'umma tana da aikin kulawa ga duk wanda aka haifa, wanda aka haifa. Shaye-shaye Ba ta dace da zama iyaye ba. Iyaye masu goyan baya suna renon giya Ita jariri.

Iyaye masu kananan yara (Ita 17, Shi 18) abin sha barasa ne

wanda ba a yarda da shi ba. Kowace al'umma tana da aikin kulawa ga kowane dan kasa da shekaru. Iyaye masu shaye-shaye An soke kwangilar auren aure ga yaran da ba su kai shekaru ba suna renon iyayen da suka yi reno.

Wuraren ilimi ba su da barasa. Malamai (Shugabannin Malamai, Malamai, Masu Gudanarwa) wafanda suke kawo, cinye barasa ana cire su kuma an hana su daga Makarantu. Ana canza wuraren koyarwa na Kirista zuwa ilimin jama'a (ba tare da diyya ba). Malaman Kirista(Shugabannin Malamai, Malamai, Masu Gudanarwa) an cire kuma an hana su daga Ilimi. An rushe sandunan makarantarsu an lalata musu barasa!

Kowace al'umma (Shire) yana da alhakin kula da mutanensa. Barasa barazana ce ga al'umma da kuma kawar da ita. Kowane shire ya haramta barasa kuma ya aiwatar da haramcin. Lardin ya haramta samarwa da rarraba barasa. Ba bisa ka'ida ba, ana tuhumar rarraba barasa: **MS R6**



Samar da barasa na yanzu, an dakatar da rarrabawa kuma an rufe kansa. An lalata duk barasa. Ba a bayar da diyya.

Kin majami'un Kirista, kungiyoyin asiri matsayin sadaka da kebancewar haraji.

Maida buguwa laifi, **MS R2** Babu beli ga mashaya. Duk wani Laifin da aka aikata yayin buguwa ya ninka Gyaran baya.



Ruwan Tace
domin lafiya!!!



Magani jaraba



Sanin kowa ne cewa kwayoyi (abin da ke canza tunani) suna da illa ga jikin mutum. Amma duk da haka 99.9 % na Junkies Drug Junkies shan kwayoyi da zabi. Su bebe ne na ban mamaki kuma masu adawa da al'umma. Kada ku ji tausayin Drug Junkies matsalar su ta kansu ce. Su nauyi ne da barazana. Yi musu hisabi, kowane lokaci.



Kashe wannan barazana ga al'umma, **MS R4**. Masu kera, masu rarrabawa, masu samar da abubuwan da ke canza tunani, ba bisa doka ba ko halattacce (Bad Law), suna cakude, **MS R7**. Mummunan doka an juya baya, baya baya.



Marijuana, Codeine ba magani ba ne. Ba za a yi amfani da su ba. Su haramtattun kwayoyi ne, **MS R7**.

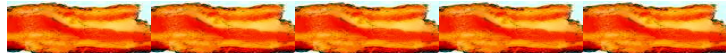


Duk wani Laifi da aka aikata yayin da ake karkashin rinjayar abin da ke canza tunani(s) rawar jiki(x 3) Gyaran jiki. Kasancewa karkashin rinjayar barasa da abubuwan da ke canza hankali Gyaran jiki yana karuwa da ninka 5. **A kula!** Drug da na yanzu, barasa junkies za a iya aiki kawai a ' **wmw x2'**ko kasa.

Abubuwan da ke canza hankali suna shiga cikin gurbataccen yanayi yana haifar da rashin lafiya. Shiga cikin sarkar abinci ya zama barazana ga al'umma.

Rashin hakuri ga abubuwan da ke canza abubuwa!

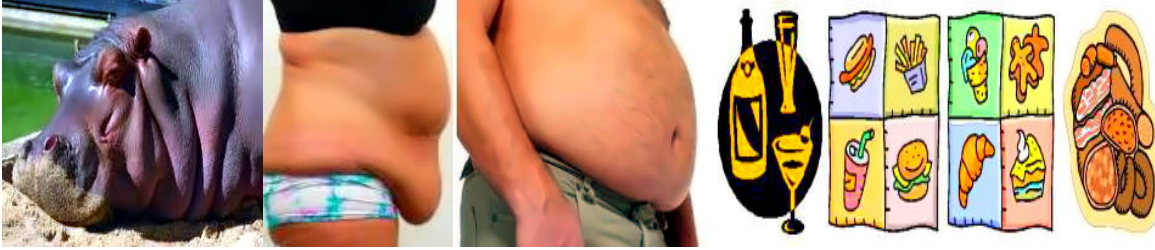
Cin abinci jaraba



Cin abinci yana da mahimmanci ba za mu iya rayuwa ba tare da shi ba. Cin abinci wajibi ne, yawan cin abinci jaraba ne. Masu cin abinci fiye da kima (Mutanen Buga) zai iya sa ido don samun, kulli, kara gumi, gajiya mafi sauki, matsala gano tufafin da suka dace, sami kujeru maras dadi, matsalar daure igiyoyin takalma, sun toshe jijiyoyin jini, hawan jini, kamuwa da ciwon sukari, mutu kanana, yiwuwar samun yara masu kiba.

Blubber yana da kyau ga hippopotamus da whales. Ga mutane da yawa

lubber yana rashin lafiya. Yin kiba yana sa mutum ya daina numfashi, gajiya, gajiya, samun saukin gajiya, yawan rashin lafiya, zama nauyi ga kansa, dangi, abokan aiki, abokai, al'umma. Ba a yarda da kasancewa fiye da kiba. Taimaka wa mutane sassauta nauyi.



Dakatar da zama blubbery. Karshen samun barasa da kayan zaki na wucin gadi a cikin abinci ko abin sha. Rage sosai ta amfani da kayan zaki na halitta, rage yawan amfani da sodium, yi amfani da gishiri mai iodized kawai. A daina cin kera da GM (gyaran kwayoyin halitta) abinci.

Banquet, Idi, Smorgasbord, dogon abinci nau'in cin abinci sun fita. Fiye da cin abinci ya fita. Shan barasa a lokacin cin abinci ya fita. Desert's sun fita. Ana cin abinci kaƙan a ciki. Ana shan ruwa tare da abinci.



Malalaci suna da wurin dauka, an kawo gida, cunkoson abinci, kayan abinci na microwave shirye-shiryen abinci. Wannan yana haifar da tsaunuka na datti. Bala'i na muhalli! Mun kare da zubar shara! Yawancin datti yana karewa a cikin teku.



Dole ne a yi!

Rike wa mai kula da 'Ruwan yau da kullun'. Rage adadin da kuke ci don kowane abinci. Sha abin sha mara dadi. Kauce wa fissy abin sha. Kauce wa kai-da-kai, kawo gida, madaidaicin abinci, dafaffen abinci na microwave. Yi kowace rana, motsa jiki na dare. A kiyaye 'Dare dokar hana fita'. Addu'a:

1 Allah yana jiran ya ji daga gare ku!

Blabber Addu'a

Masoyi **1 Allah**, Mahaliccin mafi kyawun sararin samaniya Makiyayin ka mai tawali'u mai aminci (1st suna) Na gode da ka ba ni abin sha da abinci na yau da kullun

Ina kokari in zama dandano kafan na abinci kowace rana. **1 Allah** da Kyawun Dan Adam



Yin caca jaraba



Caca tana amfani da raunin dan adam, yaudara don kawo bakin ciki ga mutane, iyalai da al'umma. Masu tallata caca suna ganimar mutane marasa karfi. Caca ta kunshi yin fare(a kan komai), shinge (insurance, gaba, zaƙuƙukan ..), caca (dole ne ku kasance a ciki don cin nasara), hasashe (da fatan kimar kadari ta karu). Kada ku ji tausayin 'yan caca. Raunata, son kai, bebaye sun yi imanin cewa sun cancanci dukiyar da ba ta samu ba. Ba su yi ba. Rike masu tallata caca da gwamnati alhakin **MS R7**.

Mahalarta nishadi na gaskiya sune yan caca mafi kunya. Suna nuna abin bankyama, cin amana, yaudara, karya, wulakanta wasu, kansu, caca da suka ci nasara. Masu cin nasara suna kwance nasarorin su zuwa haraji 100% akan cin nasara. Ana biyan harajin da ba a samu ba. Nisantar yan wasa, masu tallatawa, masu tallafawa..



Amfani da raunin mutane laifi ne, masu samar da caca, **MS R7**. Wuraren caca(Shagunan yin fare, Casinos, Canje-canje na gaba, Nishadin Gaskiya, Musanya hannun jari) suna rufe. Duk riba, kadarorin mai bada caca, kwararren dan caca(mai sarrafa asusu, speculator na kasa, mai ciniki na gaba, mai ciniki, ..) ana kwace. Soke Kyauta(Kayan zuba jari). Mutanen da suka ci nasara,sako-sako da haraji 100% akan winnings. Gwamnatin da ta ba da izinin caca ta maye gurbin membobinta **MS R7**.



Masu tallata caca sune babban masu daukar nauyin taron taron jama'a. Wadannan abubuwan suna haifar da gurbataccen shara (*sufuri*). Suna lalata muhalli. Abubuwan da suka faru sun kare!

Masu caca bebe ne, masu rufi, mugayen mutane masu son kai. Masu ba da caca yaudara ne masu cin riba masu cin riba. Dukansu 'Bad' ne kuma suna da lissafi. CG Shun, Kunya!

Babu hakuri ga caca!

Siyayya jaraba



Kuna shiga shago kuma ba za ku iya fita ba tare da siyayya ba. Ana fitar da sabon samfur ko ½ 'Sale' na shekara-shekara, kun tsaya a wajen kantin sayar da awoyi da yawa, dole ne ku zama 1st don samun samfurin (s). Kai mai shan iska ne! A shopping junkie!



Masu cin riba suna amfani da jaraba don amfanin su. Talla yana haifar da sabon abu (*yawanci kayan da ba a bukata*). Sannan tallata shi a matsayin abin da kowa zai samu.

Kamfen din talla an yi niyya ne ga masu sayayyar siyayya. Masu ba da junk don masu shaye-shayen siyayya babban tushen shara ne da shara. Tallan abubuwan da ba su da mahimmanci yana karewa. Isar da sakon takarce zuwa akwatunan wasiku ya kare, karya: **MS R4**. Abubuwan da ba su da mahimmanci suna da karin cajin haraji 50%. Junkie na neman taimako.



Siyayya mai alhakin: Babu siyayya mai sha'awa (yi lissafin siyayya kuma ku manne da shi). Siyayya kadai. Sai kawai kayan masarufi (Babu junk). Kar a yi amfani da katin kiredit.



Abubuwan da ba su da mahimmanci suna haifar da bukata don manyan gidaje! Karin shara! Karin gurbataccen tekuna. Bala'i na muhalli! Ya Kare!

Shan taba jaraba



Shan taba jaraba, bala'in dan adam! Masu shan taba suna wari daga baki, tufafinsu na wari suna wari a daki. Tokansu, gindinsu yana ko'ina. Mutane ne masu datti, masu bankyama, masu wari. Ka guje su! Ku kunyata su.



Masu shan taba suna da hadari ga lafiyar kansu. Suna kona lebungansu, hakora, konawa, baki, makogwaro, bututun iska da huhu su zama marasa lafiya, nauyi ga al'umma. Masu shan taba suna kasala suna shan hutun hayaki da yawa da kuma cutar da kansu.



Masu shan taba suna da hadari ga lafiya ga wasu. Masu shan taba masu ciki suna cutar da cikin cikin su. Bayan haihuwa wadannan jariran ana yanke musu hukuncin daurin rai da lafiya. Suna iya samun nakasu, nakasu.. Cutar da ba a haifa ba: **MS R3** Yaran iyaye masu shan taba su kai karar iyayensu don neman diyya.

Masu shan taba suna sakaci. Suna kunna wuta, gidajen ciyawa, daji. Ana yi musu hisabi, **MS R4** da biyan diyya. Masu shan taba suna harbi, mutane da suka ji rauni, dabbobi, **MS R5**. Ya kashe mutane, dabbobi, **MS R6**



hayaki mai wucewa (hari) yana cutar da mutane. Ana tuhumar masu shan taba da ke haifar da hayaki mara kyau, **MS R3** Kungiyoyi (shakatawa, nishadi, aiki) wanda ke ba da izinin shan taba ana tuhumar, **MS R3** kuma dole ne a biya diyya. Gwamnatin da ta ba da izinin shan taba ta maye gurbin, da lissafi, **MS R7**

A cikin 1951* an tabbatar da cewa shan taba ba shi da lafiya mummunan barazana. Hukumomin gwamnati da na Gwamnati, sassan da ba su 'Hana' shan taba sun kasa yi wa al'umma hidima da kare su. An zartar da dokar da aka sake duba kuma wadannan masu laifi sun sami, **MS R7**.

* Kalanda Maguzawa



Duk wani mutum, kungiya, kasuwanci ko wata kungiya da ke habakawa (freebies, talla, talla), yarda (iyaye, malamai, aiki, kulake, wuraren cin abinci, wurin nishadi), riba (masu sana'a, masu kaya, masu sufuri, masu sayar da kayayyaki, dillalai), yana samar da 'Scarki' da ko kayan hadi, **MS R7**

Ba abin da 'Ssmokes' ya kunsu ba.

Ayyukan shan taba shine hadarin lafiya.

Babu hakuri ga shan taba !!!



Sabuwar Fasaha jaraba

New Technology junkies iya zama m. Sun yi zango a wajen wani dillali suna jira su sayi sabuwar na'ura mai tsada. **Yaya wauta!**

Sabuwar fasahar junkies wani wauta maye gurbi na siyayya jaraba. Su ne mafi girman dalilin sharar gida. Suna zubar da kayan da ke aiki kuma suna da dogon amfani da kwanan wata. Ba su taba koyon amfani da sabuwar fasaharsu ba. Domin ba su da shi tsawon lokaci. **Wadannan junkies suna juya samfuran dogon lokaci zuwa abubuwan da za a iya zubar dasu.**

Yawancin Sabbin Fasaha ba a sake yin amfani da su ba. Kirkirar matsalolin zubar da shara ga Shire da al'umman gaba. Mai samar da microchip yana fitar da sabon guntu kowane wata 6 don samar da sabbin fasahohin fasaha. **Ana zubar da kwakwalwan kwamfuta masu aiki daidai. Abin banza. lalata muhalli. masana'anta, mai rabawa, MS R7**

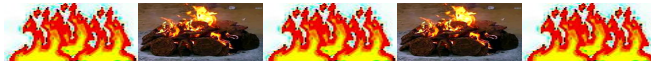
Bukatar al'umma don saita jagororin. Maganin mai kulawa, kowane sabon samfur yana da rayuwar shiryayye na shekaru 7. **Ba za a iya maye gurbin shi da sabon samfurin don shekaru 7 ba. Karya, MS R7**

Jama'a, kungiyoyin da ke haifar da junkies da kuma ciyar da jaraba su ne abin kyama, fasikanci, masu laifi.

Ana tuhumar su: MS R7.

NOTE ! Wannan ya shafi duk 'Addictions'. Iyayen da basu kai shekaru ba (17 She, 18 Shi) suna da lissafi. **MS R1**, 1st zufa, 2nd laifi **MS R2**, saki dukan 'ya'yansu. Ba za a iya kula da sauran kananan shekaru ba.

Konewa jaraba



Bayan dan Adam ya gano yadda ake amfani da wuta. Ya ga wannan a matsayin albarka. An kara kona itace da kona man fetir. Kiristoci na Ingilishi suna gabatar da shekarun masana'antu. Wannan ya fara gurbatar da ke haifar da sauyin yanayi. **Wuta da konewa yanzu barazana ce, la'ana.**

A daina Konawa, yanzu !!!

Mafi hatsarin konewa shine. **hayaki**. A cikin gobara babbar barazana ga lafiya, mace-mace ita ce shakar hayaki. A mafi girman sikelin hayaki yana tashi sama zuwa sararin samaniya yana dakatar da tserewa zuwa sararin samaniya. **Ruwan saman yana dumama, kasa tana dumama, kankara na narkewa:**

Canjin yanayi !



Don tsira da jikin mutum yana bukata **Iska mai numfashi**. Dan Adam kona abubuwa shine babbar barazana ga 'Iskar da ake shaka'.

Iska mara numfashi Kuna da mintuna 4 don rayuwa!**Rashin hakuri ga masu gurbata iska!!!!!!**

Makamashi

Yawancin lokacin hutu, manyan gidaje, manyan kudaden shiga, na'urori da yawa da ba a bukata ba, sun haifar da habakar habaka bukatun makamashi.

Makamashi na yanzu yana kazanta, yana da tsada mai tsada, tsadar gudu da kulawa. Gurbacewar Makamashi ya dogara da konewa. Ana maye gurbin konawa tare da rashin konewa.

Kona gida da wanda ba na gida ba na taki, itace, kwal, gas da mai don dafa abinci, dumama da wuta, **kare!** Tashoshin wutar lantarki da ke konewa(Mai, Gas, Uranium) don kirkirar makamashi ne**Rufewa** da wargaza. Ana samar da makamashi ta rashin konewa. Masu gurbata muhalli, ana tuhumar masu aiki, **MS R7**. An rufe ma'adinan Uranium da Coal, an rufe su. Masu shi ne, Ma'aikata suna tsare,**MS R7**



Konewar gawayi yana haifar da hayaki mai gurbata iska (**Carbon dioxide**). Carbon dioxide yana motsawa. Kashi 50% ruwan sama ne ke wanke shi, sauran kuma na shiga sararin samaniya idan ya taru. Carbon dioxide yana barin ta cikin hasken rana don dumama duniya amma yana hana wasu zafi sake haskakawa zuwa sararin samaniya (**Duba yanayin duniya**). Sakamakon saman duniya yana zafi a hankali. Wannan dumama zafin saman ya karu sosai tun daga shekarar 'O'* (2004). Wannan dumamar yanayi yana rage girman glaciers da iyakoki na kankara. Sakamakon hauhawar matakan teku da sauyin yanayi.

*Gudanar da lokacin Sabuwar Zamanin CG

Ana jigilar gawayi ta bude (ba a rufe) mirgina stock. Ana hura kurar kwal akan:dabbobi, mutane (cututtukan ido, matsalolin numfashi, rashes.), wanki (An rataye shi don bushewa yana bukatar wankewa don guje wa rashes), kasa (amfanin gona, lambu, lambun lambu, ciyayi), ruwa (tanki, rafi, tafkin, kogi, teku) ya gurbace bukatar tace. Yana Karewa.



Tsaya manyan motoci, rufe Mines:
Tsira!!!



Kwal yana samarwa datti makamashi!

Kwal yana shake mu!

Kwal mai tsafta shine a Zamba!

Ana maye gurbin konawa da, 'Solar, Water, Wind' !!

Konawa don motsawa cikin gida, sufuri na gida ba ya kare! Gas, man fetur ba su da amfani. Jirgin cikin gida da na cikin gida akan Freeways ana maye gurbinsu da Trams na Freeway(duba shire)! Dogon nisa akan jigilar kasa ta Rail ne kawai. An daina zirga-zirgar gurbataccen yanayi. **Soke sababbin hanyoyin kyauta.**



Yawan jama'a yana bukarar ingantaccen tsarin makamashi. Rage amfani da makamashi ga kowane mutum ya zama dole. Haramcin dare ya zama dole. Rage makamashi don lokacin hutue ayyuka suna da mahimmanci. **Gidajen cluster sun maye gurbin gidan bene 2, gareji biyu, lambunan banza, wurin iyo, ...**

Karfe dare

Ba a tsara jikin mutum don zama dare ba. Mutane sun yi amfani da karfin kwakwalwarsu don kirkirar salon rayuwa na dare. Wannan salon rayuwa yana bata kuzari mai yawa, yana kara aikata laifuka, ba shi da lafiya, yana kara amfani da kuzari..

Dokar hana fita ta dare ta awa 7 daga awanni 14-21(CG Kulle) wajibi ne. Yayin dokar hana fita na dare 'Ba'a safarar hanya (kasuwanci, sirri, jama'a..) ana barin tafiya a kan hanyoyi sai motocin gaggawa! Babu fitulun titi, fitulun zirga-zirga, talla.. suna kunne. Babu kasuwancin da ke buɗe. Babu zirga-zirgar jiragen sama da ke aiki



rufe! Jirgin sama dole ne ya sauka a filin sauka mafi kusa! Babu motsin dogo! An rufe tashoshin jirgin kasa da tashoshi! Jiragen kasa suna tsayawa a tashar yayin hana fita!

Lokacin hutu

Kona shan taba BBQ's, 'Karshen! Dumin kofar waje, 'Karshen!' Sanyi a waje sa kayan dumi. Ko shiga ciki. Amfani da dumama waje shine, Barnar Muhalli, **MS R7.**



Gida, kar a yi amfani da kayan aikin wutar lantarki na kona mai! Karfafa iyali, abokai, makwabta, abokan aiki, kada su yi amfani da kayan aikin Wutar Lambu mai konewa! Tsaya (ba tashin hankali)! Al'umma daga samarwa, siyarwa,



sayen, man fetur kona kayan aikin Lambun Wuta! Aikin ku ne na dabi'a da na jama'a don kawo karshen kazanta a cikin unguwar ku! Rike dangi, abokai, makwabta, abokan aiki, al'umma da alhakin gurbatawa!

Nishadantarwa Ta Kashe. A cikin Jirgin: Nunin Jirgin Sama, jigilar iska mai zaman kansa (jirgin sama, jet, helikofta, drone, jirgin sama na sararin samaniya ...). A karkashin ruwa: tseren jirgin ruwa mai motsi, jigilar teku mallakar masu zaman kansu (Cbin cruiser, jet skis, cruise ships, hovercraft, gudun kwale-kwale, jiragen ruwa, ..). A kasa: duk 2,3, 4



dabaran mota (mai kona), Kekuna, kekuna, SUV, buggies, motocin motsa jiki, limousines, motocin alatu. Wasan mota, wasan mota.

Ruwa

60+% na jikinmu ya kunshi ruwa. Kowane tantanin halitta a jikinmu yana bukatarsa. Ruwa yana shafan gabobinmu, yana daidaita yanayin jikin mu, yana kuma zubar da shara...

Tsuntsayen yanayi tururin ruwa yana haifar da digogi. Karfin kasa yana jan digon ruwa zuwa kasa (fadowar ruwan sama) zuwa saman. Ruwan sama babban tushen ruwa ne. Ana amfani da wannan ruwan sama don sha, shirya abinci, dafa abinci, wankewa, tsaftar mutum, ...



Mutum ya kasance yana iya shan ruwan sama, yana amfani da shi don shirya abinci. Wannan ba abin sha'awa ba ne, ruwan sama ya gurbata, rashin lafiya, mai guba, acidic, mummunan dandano, kanshi mara kyau. Kada a bar wanki a cikin ruwan sama don ya zama gurbatacce (datti, m, wari). Ba



kawai yana da kazanta kuma yana da wari mara kyau amma yana iya harzuka fata.

Ruwan sanyi yana fado kamar kankara ko dusar kankara. Dusar kankara tana taruwa akan manyan tsaunuka, arctic & antarctic suna haifar da tanadin ruwa mai dadi. Dusar kankara fari ce, kazantaccen dusar kankara mai launin toka har da baki. Ana samun bakar dusar kankara a cikin Himalayas, glaciers a duniya, Greenland da Antarctica.



Al'ummomi suna kirkirar tafkunan ruwa. Wadannan tafkunan sun dogara da ruwan sama da narke dusar kankara don cika su. Saboda gurbatar yanayi wadannan ruwayen na bukar magani kafin sha.

Ya kamata tafki ya kasance mai zurfi maimakon m. Ruwa mai zurfi yana da sanyi, yana rage kazantar ruwa, habakar algae musamman nau'in guba da kamuwa da kwari. Wasannin ruwa an hana su daina fitsari, hails da zubda ruwa (Mayar da ruwa zuwa magudanar ruwa). Aikin ruwa (jet ski, motorboats..) kazanta (mai, fetur, baturi acid..) an hana su! Banda: Park Ranger sufuri.

Mutum ba zai iya dogara ga al'umma su yi shi daidai ba. Babu magani, jiyya na bangaranci, magani mara kyau, yanke farashi, cin hanci da rashawa, halayen laifi.. Maganin gida na ruwa yana zama wajibi.



Maganin gida na ruwa yana bukar tacewa. Tace shine a rage:arsenic, asbestos, chlorine, chloroform, carbonate taurin, jan karfe, datti, herbicides, nauyi karafa, gubar, magungunan kashe qwari, tsatsa.. Har ila yau a cikin yanayi mai zafi, ana bukar tafasa ruwa mai tacewa don kariya daga mutuwa (micro organism) cuta.

Barazana ga ruwa mai dadi Ba da dadewa ba bukatun ruwa mai dadi zai wuce samar da ruwa mai dadi.

Lalacewar hanyar ruwa (korama, rafi, kogi, tafki, tabki..) haifar da karancin ruwan sha. Ruwan guguwa mai cike da magunguna, guba, guba.. zubar da sharar masana'antu ba bisa ka'ida ba, guba, guba.. Lalacewar

hanyoyin ruwa sun kare, ana tuhumar masu gurbata muhalli, daidaikun mutane **MS R3** sauran, **MS R7**.

Kari ruwa mai dadi

Desalination yana amfani da makamashi mai yawa, mai tsada. Shan ruwa yana da mummunan tasirin muhalli, yana jawo kifaye masu yawa, kifin kifi, qwai .. a cikin tsarin. Manyan halittun teku suna makale a kan allo a gaban tsarin sha. Magungunan sinadarai, lalata, haifar da brine mai dumi wanda aka sake sakewa a cikin teku.



Desalination yana da babban abun ciki na boron wanda ke yin karancin ingancin ruwa. Wannan ruwan da ake amfani da shi wajen noma, kiwo da samar da abinci yana haifar da yawan abincin da ake ci. Tsawon shan manyan matakan boron ba shi da lafiya.

Ruwan da aka sake amfani da shi, najasa yana wucewa ta hanyar magani na farko don fitar da daskararru, ana cire abubuwan gina jiki, masu tacewa suna cire yawancin kwayoyin cuta da kwayoyin cuta. Daga nan sai a tilasta ruwa ta cikin wani maballi don cire kwayoyin halitta. Gwaje-gwaje ba su bayyana duk hadarin lafiya ba.



Gidan bayan gida don famfo zabi ne na makoma ta karshe.

Ruwan kwalba (mai tsada) ya dace da tafiya. Filastik (ya zama babbar barazana, daina yin amfani da shi) kwalabe na ruwa suna fitar da sinadarai waƙanda ke zama masu hadari lokacin dumi (rana, hita). Gilashin (ba jagora) ana ba da shawarar kwalabe.

Ruwan sha mai dandano

Don nau'ikan ruwan sha ana dandano. Wasu abubuwan dandano ba su da lafiya kuma ya kamata a guji. Ana iya ba da ruwan dandano mai sanyi ko zafi.



Dace abubuwan sha masu dandano: Cire naman sa, cirewar kaza, koko, kofi, 'ya'yan itace, ganye, kayan yaji, shayi, kayan lambu.

Mara lafiya addons na abubuwan sha: Barasa, launi na wucin gadi, dandano na wucin gadi, kayan zaki na wucin gadi da na halitta, carbonated, cola, cordial, abin sha mai karfi, lemo, kofi mara kyau, ruwan 'ya'yan itace, abubuwan adanawa, sodium, ..



Ruwan sha

shine mafi kyau

Ayyukan yau da kullun: Tashi, sami gilashin 0.2 l na ruwan sanyi mai sauki, tace ruwa. Kafin kowane abinci (Karin kumallo, Abun ciye-ciye na farko, Abincin rana, abun ciye-ciye, abincin dare, Abincin dare) sami gilashin 0.2 l na ruwan sanyi mai sauki, tace ruwa.

Yi Gilashin Sha (babu filastik) cike da 0.2 l na ruwa mai tacewa akan kowane teburin Bedside. Sha da daddare kowane lokaci bayan kun ziyarci bayan gida da kuma lokacin bushewar makogwaro, sha hutawa da safe.



Duk wani Mutum, Kungiya, Gwamnatin da ta ki ruwa mai sha ko kuma dalilin, sakamakon gurbataccen ruwa. Ana yi masa hisabi, **MS R7**

Babu shan ruwa Kuna da kwanaki 4 don rayuwa

Ban ruwa! Yin amfani da ruwan kasa don ban ruwa yana rage magudanar ruwa da sauri fiye da yadda zai iya cikawa. Sakamakon bushewa gabaɗayan Halittu, haifar da karancin ruwa mai dadi. Ruwan ban ruwa yana karewa. Ana tuhumar duk wanda ya saba amfani da ruwan kasa don ban ruwa, **MS R7**. Gwamnati ta ba da izinin ban ruwa na kasa, an maye gurbinsa kuma ana tuhumar mambobinta, **MS R7**.

Ban ruwa, yin amfani da ruwa mai kyau daga koguna, tafkuna, rafi.. yana rage kwararar ruwa. Wannan yana karfafa evaporation. Sakamakon fari! Irin wannan ban ruwa ya haifar da kawo karshen wayewa. Karshen ban ruwa. **Karya:MS R7**

Ci gaban samfur

Lokacin da mutane suka kirkiira, abubuwan da suka yi za su kasance da farko, karshe kuma su kasance masu sake yin fa'ida. Misali: kera kayan gida (farko), amfani da kwanan wata (karshe), biodegradable (mai yiwuwa). Duk abin da aka yi ana iya sake yin amfani da shi!

Samfuran da suka fito daga matakin ra'ayi dole ne su kasance lafiya, lafiya, marasa gurbata halittu ko kuma ana iya sake yin su. Duk abin da aka samar da kuma amfani da shi abu ne mai yuwuwa kuma ko kuma ana iya sake yin amfani da shi. **Karya: MS R7**

Tsaya, Yin amfani da duk wani abu da ba shi da lafiya, mara lafiya, gurbatacce, ba zai yuwu ba ko kuma an sake yin amfani da shi! Samar da Masana'antu marasa lafiya, marasa aminci, kazantacce, laifi ne, **MS R7**

GM amfanin gona (irin iri)> Abincin GM (abinci mara kyau)

Halin da aka gyara (injiniya) amfanin gona ya dogara ne akan iri da mutane suka canza **1 Allah** zane na asali. Domin hadama da cin riba da cin mutunci **1 Allah**. **1 Allah** baya son sake fasalin halittar dan adam. Juyin halitta shine ya canza, canzawa,...

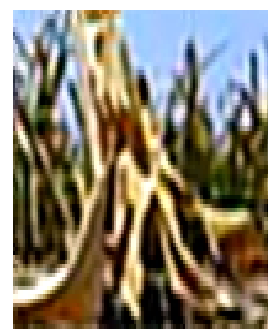
Bayani: A lokacin da Amurka ta mamaye Kudu maso Gabashin Asiya. Sojojin Amurka sun ba da umarnin habakawa da amfani da namomin kaza(**Agent Orange**),



makamin, Lalacewar Tsirrai da Muhalli. Cire ganyen ya yi sauki daga iska don harbin yara da mata da dabbobi da ke gudu (**kara kisa**). Tsarin muhalli mai guba ya haifar da maye gurbi. Sakamakon haihuwar marasa lafiya, dabbobi..

Maganin ciyawa yana da haɗari, yana gurbata kasa da hanyoyin ruwa. Ana gurfanar da masu kera, masu rarraba maganin herbicides, **MS R7**. An maye gurbin gwamnatin da ta ba da izinin wannan gurbatar yanayi, **MS R7**. Abincin da aka gurbata (maganin ciyawa) bai dace da amfani ba (dabba, mutum). An lalace!

Masana'antun Herbicide (masu cin gajiyar kwadaya masu kwadaya) fadada daga masu kashe tsire-tsire zuwa masu guba iri. Ana canza iri na yau da kullun ta amfani da dabarun da aka koya don kirkirar 'Herbicides'. Wadannan gyare-gyare suna haifar da maye gurbin da bai dace ba '**Tsaba dodo**'. Canje-canje na sa tsaba su yi rashin karfi don sake shuka amfanin gona, suna tilastawa koyaushe siyan iri kowace kakar (mugun hali na fasikanci). Kudan zuma sun ki tsire-tsire GM!



Juyin halitta yana lura da ingantaccen iri. Yana amsawa ta hanyar gyaggyara duk wani abu da iri ya haɗu da shi, yanayin muhalli, sarkar abinci. Shuka amfanin gona

daga GM iri ya kare yana tafiya kai tsaye (bread) don cin abinci na dan adam ko ta hanyar abincin dabbobi (kifi, nama, kaji). Halittu (masu kiwon teku, tsuntsaye, dabbobi masu shayarwa) ciyar da amfanin gona GM kai tsaye (kaza, alade..) ko kaikaice (Rodent yana cin iri, Rodent da mafarauci ya cinye, mafarauci ya kashe mafarauci ya zama abincin dare..). **Kada ku ci abincin dare GM!**

Halittun abinci suna ci yana tasiri ga narkewar su. Don narkar da tsire-tsire da aka gyara dole ne tsarin tsarin narkewar halittu ya canza (Mai gyaran kwayoyin halitta) kanta ta hanyar Juyin Halitta. Wannan rashin dabi'a (anti Allah) nau'in Juyin Halitta yana haifar da sababbin nau'ikan maye gurbi. Barazanar da ba a sani ba!

Gyaran Halitta (GM) ni Anti **1 Allah**, barazana ga bil'adama, duk sauran halittu da muhalli. Amfanin amfanin gona na GM saboda gudana akan tasirin yana canza duk sarkar Abinci. Kirkirar maye gurbi wadanda ke haifar da sabbin cututtuka, barazanar rayuwa da ke barazanar annoba ta duniya a cikin duk membodin sarkar abinci! Mutane za su kara rashin lafiya, za su mutu kanana, karin jarirai marasa lafiya, karin zubar da ciki...

GM Abinci (abinci mara kyau): Alfalfa, abincin jariri, naman alade, hatsin karin kumallo, burodi, canola, chicory, masara, man auduga, qwai, naman alade, margarine, nama, gwanda, Peas, dankalin turawa, kaji, tsiran alade, waken soya, gwoza sugar, sugar cane, barkono mai dadi, tumatir, alkama, zucchini..



Tace'A'a'zuwa GM abinci !

Dole ne a yi!

Magani wannan barazana ga mutane da muhalli shine rigakafi, magani.

Rigakafi! Tsaya: Binciken GM, samar da iri da girma na GM.

Magani! Gwamnati tana tuhumar: Masanin kimiyya na GM, shuwagabanni, daraktoci, masu mallaka, masu noman amfanin gona don Laifukan da ake yiwa Bil Adama da kuma a kan tsarin muhalli. **MS R7**

Gwamnati ta kawo karshen barazana ta hanyar kona GM Bincike da wuraren kera iri. An kona amfanin gona na GM. gurbataccen kasa an shuka amfanin gona na GM ya kone yana gudana shekaru 3 yana gudana. An maye gurbin gwamnatin da ba ta aiwatar da wannan magani ba.

Babu GM> Babu GM iri> Babu amfanin gona na GM> Babu GM abinci!

A gida kar ku ci abincin GM! Karfafa iyali, abokai, makwabta, abokan aiki, kar ku ci abincin GM! Tsaya(ba tashin hankali)! Al'umma daga samarwa, siyarwa, siyayya, Abincin GM!Aikin ku ne na dabi'a da na jama'a. kawo karshen GM(iri, amfanin gona, abinci)!

Maganin Kwari

Ciki Maganin Kwari (chemical) da ake amfani da su, kai farmaki ga tsarin juyayi.Suna sa waɗanda ba a haifa ba, waɗanda aka haifa su zama masu daci. Magungunan kwari suna fusatar da tsarin numfashi na ɗan adam da na dabbobi.Kada a yi amfani da maganin kashe kwari a ciki. Tsaftace ciki da tsabta.

Magungunan Kwari a Waje (chemical) ana amfani da su a kan amfanin gona, gonaki da abinci. Shuka amfanin gona, gonakin gona da abincin da aka gurbata ba su dace da cin mutum ko dabba ba. com-



munity (Shire). Magungunan kwari suna shiga cikin tsarin ruwa yana karewa a cikin Tekuna. Lalacewar yanayin yanayin Tekun, gurbatar abincin teku.

Fracking

Fracking babbar barazana ce ga muhalli, al'umma, mutane..Fracking shine tsarin hakowa da allurar ruwa a babban matsin lamba cikin dutsen shale yana karye shi yana fitar da iskar gas. (mai guba). Babban matsin lamba yana haifar da ' girgizar kasa'.

Kowane tsari yana bukatar miliyoyin lita na ruwa. Ruwa yana da sinadarai masu guba da kuma kara yashi.Lokacin aiwatar da iskar methane (yana kara dumamar yanayi) da sinadarai masu guba suna gurbata ruwan kasa na kusa. Shan wannan ruwa ya haifar da lahani na jijiyoyin jini, na ji da kuma lahani ga mutane, dabbobi. Ciyar da ke kusa ba ta dace da ciyar da dabbobin hannun jari ba.

Ana barin ruwan sharar gida a saman kududdufai don kafe. Sakin ma'auni na kwayoyin halitta a cikin yanayi, gurbataccen iska, haifar da ruwan sama na acid da kuma a matakin kasa na ozone. Wannan yana haifar da rashin lafiyan dabbobi, amfanin gona, 'ya'yan itace da bushewa maras ci. Mazauna sun koka da gajiya, tashin zuciya, ciwon kai da kuma muni.

Lokacin da aka yi amfani da abubuwan fashewa zai iya haifar da girgizar kasa. Amfani kusa da layukan kuskure na iya haifar da babbar girgizar kasa.Wadannan fashe-fashe suna lalata tafkunan karkashin kasa. Suna saki iskar gas waɗanda za su iya fara 'Wildfire's'!

Fracking bala'i ne na muhalli. Karshe Karshe!

Ana tuhumar masu su, masu aiki, **MS R7**. An maye gurbin gwamnatin da ta ba da izinin Fracking, mambobinta suna da alhakin, **MS R7**.

Shara

Kirkirar datti ya ragu! Ana amfani da marufi mai lalacewa ko sake amfani da shi. Yin kayayyakin da za a iya zubarwa* Kare ! Buga wasiku ta Junk* Kare !



Yin Tarar da ba dole ba (kayan tarawa, na'urori, kayan zane..)*
Kare !

*Ana tuhumar wadannan masu samar da shari'a, **MS R7**

Aikin ku ne na dabi'a da na jama'a ku kawo karshen zubar da shara, da shara a cikin unguwar ku! Rike dangi, abokai, makwabta, abokan aiki, kasuwanci, al'umma, da alhakin gurbata! Al'umma ba su da wurin zubar da shara (gidan kasa). **Dole ne mu rage Sharar Yanzu!**

Takarda

Yanke amfani da takarda. Wannan yana rage datti. Yana ceton bishiyoyi!

Sauya **jarida** tare da labarai na dijital. Jarida tana kawo tsohon labarai ba tare da bidiyo ba. Manufar jarida ita ce sayar da tallace-tallace, tsegumi na shahararrun mutane da kuma tsofaffin labarai masu ban sha'awa. **Tsaya!** Siyan jaridu!

Sauya **mujallar** tare da bugu na dijital. Mujallar tana kawo tsoffin bayanai ba tare da sauti, bidiyo ba. Manufar mujallu ita ce siyar da tallace-tallace, tare da yan bayanai masu amfani kadan. Ba tare da amfanin bidiyo mai jiwuwa ba. **Tsaya!** Siyan mujallu!

Sauya **littafi** tare da bugu na dijital (ebook, pdf). Littafi yana da nauyi. Sabuntawa yana bukar sabon littafi. Ba su da sauti, bidiyo. Ba za a iya kwafi cikin sauki ba. Dauki sarari da yawa. **Tsaya!** Siyan littattafai!

Sauya **diary, jarida** tare da fayil na dijital. Wadannan fayilolin kuma sun kunshi hotuna, bidiyo, sauti! Diaries, mujallu littattafai ne (duba littafin maye gurbin). **Tsaya!** Siyan littattafai!

Sauya **memo ofis** da email! Sauya **Rumbun takarda** tare da fayil na dijital! Sauya: Napkin takarda tare da adiko na zane! Ana iya sake amfani da su da za a iya wankewa! Tawul din takarda tare da karamin zane! Jakunkuna na takarda tare da jakunkunan zane!

Kare takarda bisa talla (**Junk mail**). Babu sauran sakon Junk!
Rarraba sakon takarce barna ce ta Muhalli, **MS R7**.

Takardar da ba ta dade da bugawa ba yanzu an shredded. An jika shi cikin ruwa. Da zarar mushy ana ciyar da shi zuwa tsutsotsi na gonar tsutsa.

Filastik

Filastik suna zubar da kananan kwayoyin cuta. Wadannan sun shiga cikin sarkar abinci ciki har da mutane (jini, kwakwalwa, gabobi). Ginawa a cikin jiki sune barazanar da ba a sani ba ga lafiyar dan adam da rayuwa.

Sauya **abin sha na filastik da kwantena abinci** tare da gilashin sake amfani da su, kwantena yumbu. Karshen samar da duk kwantena filastik. Karshen samar da duk kayan yankan filastik da bambaro. **Karya, MS R7.**

Sauya **filastik daukar jaka** tare da jakunkunan zane mai sake amfani da su. Karshen yin duk jakar filastik! **Karya shine lalata muhalli, MS R7.**

Sauya **takalman filastik** tare da zane ko takalma na fata. Karshen yin duk takalman filastik! **Karya, MS R7.**

Sauya **tufafin filastik** da bamboo, tufa, auduga ko suturar ulu. Karshen yin duk tufafin filastik! **Karya, MS R7.**

Sauya **kayan wasan filastik** tare da kayan wasan yara da aka yi da karfe ko itace. Karshen yin duk kayan wasan motsa jiki na filastik! **Karya, MS R7.**

Sauya **kwandon filastik don kayan masarufi** tare da casings da aka yi daga karfe ko itace. Karshen yin duk kwandon filastik don kayan masarufi! **Karya shine lalata muhalli, MS R7.**

Sauya **kayan aikin filastik** tare da kayan da aka yi daga karfe ko itace. Karshen yin duk kayan daki na filastik (ciki, waje)! **Karya, MS R7.**

Sauya **kayan aikin famfo filastik** tare da kayan aikin famfo (ciki, waje, karkashin kasa) sanya daga karfe. Karshen yin duk samfuran bututun filastik! **Karya, MS R7.**

Kare amfani, samun robobi a gida, makaranta da aiki.

Hadaddiyar siyayya, kantuna



A cikin Rukunin Siyayya mai kantuna 7 masu sayar da kayayyaki iri daya(jeans,..) kasuwanci daban-daban 7 masu cin riba da ke tafiyar da su ya zama almubazzaranci

makamashi, babban birnin kasar, filin bene. An maye gurbin kantunan Retail guda 7 da **1 CRON** kartin sayar da kayayyaki (**1 CRON ga kowane bangare**). An maye gurbin Rukunin Siyayya da '**CRBC** (CRON Retail, Bazaar Complex)!' Parasitic mafarauta masu cin riba (Kamfanin Siyayya, Dillalai) an rufe su, ana tuhumar masu su, ana tuhumar masu aiki, **MS R6**. CRON Retail yana maye gurbin duk kayan abinci mai sauri tare da lafiya (maras-giya) abin sha Bar. **CRBC** wani yanki ne na Shire Oasis (Mai gadi yana zaune a nan).

Salon kusa yana haifar da hayaki mai guba. Hadarin kiwon lafiya ne masu gurbataccen iska. Gurbacewar ta shiga cikin tsarin kewayar iska. Ma'aikata suna da kariya ta numfashi. Jahilai abokan ciniki(wadanda aka kashe) kar a yi. Shaguna a bude suke, suna yada hayaki mai guba da masu wucewa ke shaka. Wannan hadarin lafiya ya fi tsanani ga mata masu juna biyu, jarirai, tsofaffi. Idan an fallasa ku da hayaki mai guba ku kai karar salon da Cibiyar Siyayya don biyan diyya. Ka rufe su, ka hana su. gurfanar da masu shi, shuwagabanni,**MS R7** Hakanan ya shafi Salon Kyawawa da Masu gyaran gashi.**Lura!** Ba ya shafi masu yanke gashi.

Tsarin gari

Manufar Shirye-shiryen Shire ita ce amfani da filaye don amfanin al'umma da mazauninsu. Yana da mahimmanci ga al'umma da mazaunin su daidaita. All m laDole ne a yi amfani da shi don noman abinci, kiwo, tabbatar da samar da wurare masu tsarki don ciyayi na gida da na gida. (ba na waje). Ba za a yi amfani da kasar da ba ta da amfani don ginin gida, ba na gida ba. Ana rushe gine-ginen da ke kan kasa mai albarka kuma ana sake yin amfani da su a kan kasa mara amfani. Gidajen da ke da lambunan banza, gidajen biki, gidaje, gidaje masu zaman kansu, kauyuka masu ritaya ana maye gurbinsu da gidajen gungu na Shire a kan kasa mara kyau.

Biranan da ke da mazauna miliyan 1+ da hanyoyin kyauta suna da manyan matsaloli guda biyu: gurbatar yanayi da cunkoson sa'o'i. Duk matsalolin biyu suna bukarar yanzu ba mafita daga baya ba. Maganin Majibinci Mai Kula. Trams na kan hanya(duba Shirin Shirye-shiryen) maye gurbin mutum kai! Rail ya maye gurbin dogon jigilar Big rig.



A lokacin wani daftarin aiki a Ostiraliya daruruwan tumaki sun yi kuka yayin da suke bakin ciki a hankali suka mutu saboda kishirwa. Darussan golf na kusa sun shayar da launin kore. 'Yan wasan Golf sun sha ruwan sanyi galibi gauraye da barasa.



Wannan abin bankyama ne! **1 Allah** yayi fushi. Golf wani wauta mara amfani elitist nisha. Ya kare!Ana sake yin fa'idar wasan golf don habaka abinci. 'Yan wasan Golf

jama'a marasa amfani. Ba su cancanci rike mukaman jagoranci ba.
Majibincin Majibinci Abin kunya da Guji!

Rashin ruwan sha da zane-zane sun sa ba a yarda da yin
aiki da wuraren shakatawa na sirri, kasuwanci da masu
yawon bude ido ba. Duk wuraren tafki suna cike da kasa.
Ba a biya masu su diyya. CG Shame Shun!



Wasannin shahararru suna bukatar wuraren gina manufa (Zaure, Stadium..), kayayyakin
more rayuwa (Rail, Hanyoyi..). Wannan yana lalata albarkatun al'umma yana haifar da dogon
lokaci (Shire) bashi. Kayayyakin aiki ne masu barna makamashi kuma suna haifar da datti
mai yawa. Dakatar da gina wadannan wurare kuma a rushe da ke akwai.



Shahararrun wasanni na nishaɗin taron jama'a suna bukatar babban saka hannun jari a cikin
jama'a, jigilar gida da filin ajiye motoci! Babu wuraren zama, farashin kayayyakin more rayuwa
sun ragu. Yana kawar da hanya da parking 'Chaos'!



Wadannan abubuwan suna ba da nishaɗi, barasa, kola, sauran abubuwan sha
masu dadi, caca, abinci mara kyau (mai mai, mai, gishiri) sau da yawa tare da
tashin hankali (hari, fushi, jefa abubuwa, barna).





Lamarin ya haifar da datti (kwalabe, abinci, takarda, filastik, gwangwani) bukatan ajiya (gidan kasa). Caca tana haifar da aikata laifuka: Yaudara (nobbling, riging na result..), tsoratarwa, bakar fata, tashin hankali. Wannan ya kare!

Amfani da dabbobi

Zaluntar dabba ta kare. An rushe gidajen baturi. An maye gurbinsa da 'Yanayin Kyauta'. Ana tuhumar ma'aikatan gidajen batir, **MS R4**.



Rayuwa sufurin dabbobi ya kare fiye da kilomita 30. Ana tuhumar masu sabanin furodusa na farko, wakili, ma'aikacin sufuri, **MS R4**.

Nishaɗin dabbar circus ya kare. Ana tuhumar mai horar da dabbobi, ma'aikacin Circus, **MS R4**.

Jigo wurin shakatawa na dabba ya kare. Ana tuhumar mai horar da dabbobi, ma'aikacin wurin shakatawa, **MS R4**.

An rufe gidajen namun daji kuma an maye gurbinsu da Wuraren Dabbobi wadanda ke gida kawai na gida. An rufe gidan Zoo ba bisa ka'ida ba, ma'aikaci ya samu, **MS R4**.



Yakin Dabbobi Karshe. An tsare mai dabba, mai horo, mai talla, **MSR4**. Kowane mutum(s) bayar da caca, **MS R6**

Kisa mai ban sha'awa (farautar Safari, farautar sarauta, sauran farauta) na Dabbobi Karshen. Ana tuhumar Mafarauta, Mafarauta, **MS R4**

Rangers ne kawai ke iya kashe dabbobi.



Dabbobin tsere sun kare. An rufe wurin gasar, an ruguza. Ana tuhumar mai mallakar dabbobi, mai horarwa da kuma ma'aikacin wurin tsere, **MSR4**. An ruguza wuraren wasan tsere.



Noma

Yawan kiwo a kowace kadada yana haifar da wuce gona da iri, daga karshe zaizayar kasa. Sakamakon rashin ciyar da dabbobi masu wahala. Yawan kiwo, ya kare. Ga kowane manomin dabba mai wahala, mai kiwon dabbobi ya samu, **MS R4**

Har ila yau, zaizayar kasa tana faruwa ne a lokacin da aka cire duk itatuwa daga kasa. Babban dalilin zaizayar kasa da wahalhalun da dabbobi shi ne rashin kulawa da kuma karamin aiki. Magani na **CG: Shire** yana kirkirar **CRON** tare da kwararrun mutane da girman aiki na kasuwanci.



Soja

Sojoji sun gurbace da sufuri da ababen fashewa, **AN(Atomic nukiliya)**, **B (na halitta)**, **C (chemical)** makamai. Su barazana ne ga rayuwar mutum, dabba, da shuka. Masana kimiyya wadanda suka kirkira wadannan makamai suna samun **MS R7**. Wuraren da ake kerawa, tarin makaman nan sun ruguje, da Shire suka lalata. Gwamnatin da ta ba da izinin kera ko adana wadannan makaman an maye gurbinsu da samun, **MS R7**



Kashe makaman nukiliya!

Kimiyyar nukiliya kimiyya ce ta karewa babbar barazana ga rayuwar dan adam! Ana amfani da na'urori masu sarrafa makamashin nukiliya a tashoshin wutar lantarki da kuma tsarin motsa jiki. Ana amfani da Uranium ma'adinin rediyoaktif a cikin injinan nukiliya. Ana amfani da ragowar reactors a cikin makaman da ba a taba gani ba!



Kusa, rufe ma'adinan uranium! Karshen kimiyyar nukiliya! Kusa, wargaza tashoshin makamashin nukiliya! Kawar da makaman nukiliya! Gwamnatin da ta ba da izinin ma'adinan uranium, kimiyyar nukiliya, makamashin nukiliya, makamashin nukiliya, an maye gurbinsu, **MS R7 tsira!**

1 Allah yana jiran ya ji daga gare ku!

Tsira Addu'a

Ranar tsira 11.1.7 NATm

Masoyi **1 Allah**, Mahaliccin mafi kyawun sararin samaniya Majibincinka mai aminci mai tawali'u (1st suna) Godiya ga Rayuwar Bil Adama Na yi kokari in taimaki jikina, nau'in, al'umma su tsira Zan sa rayuwa ta a'a. 1 fifiko Da fatan za a goyi bayan kokarina na tsira **Domin** daukakar **1 Allah** da Kyawun Dan Adam



Ana amfani da wannan addu'a a ranar tsira (GG Kalender) ko kuma yadda ake bukata!



Jigogi na Ranar Nishadi* masu mahimmanci ga masu kula da muhalli:

Ranar Lalata 4.2.7 ~ Rana Mai Rarraba 6.2.7 ~ Ranar Holocaust 8.2.7 Ranar zama 9.1.7 ~ Ranar Tsira 11.1.7 ~ Ranar dabbobi 11.3.7 Ranar Lafiya 12.1.7
Ranar Kamuwa 12.2.7 Ranar Shrub 13.1.7
Ranar Bishiya 13.3.7 *Gudanar da lokacin Sabon-Age

Jigogi na Ranar Nishadi suna kula da al'umma suna bukatar bikin kunya kuma su tuna.

Konewa, datti, gurbata muhalli, lalata muhalli ba kawai barazana ce ga wannan tsara ba, tsara na gaba amma tsararraki masu zuwa. Yara za su ba da rahoton iyayen da ke konewa, zubar da shara, haifar da datti da yawa, gurbataccen iska, kasa, ruwa, lalata muhalli, lalata makomar 'ya'yansu. Iyaye suna yin lissafi, cire kuma **MS R7**'yan siyasar da ke ba da izini ko ke da alhakin: Konewa, datti, gurbatawa, lalata muhalli!

Iska mara numfashi Kuna da minti 4 don rayuwa Babu shan ruwa. Kuna da kwanaki 4 don rayuwa!

Mai gadin Kulawa yana rayuwa cikin jituwa da **1 Allah's** halitta!

Yawancin masu kula da muhalli suna da abubuwan da suka fi so. Suna kashe sha'awa, lokaci da kudi. Duk yana da kyau sosai, yana sa mutum ya ji dafi.

kunkuntar iyakokin mafi yawan dalilai. Sakamako ba tare da wata hanya ba a cikin manyan abubuwan da ke haifar da rayuwar dan adam: Gurbacewa (iska, kasa, ruwa), Tashin hankali (gida, al'umma, duniya), Wariyar launin fata (Estate passing on position, power, wealth; parasitic, predatory, ribar riba), Canjin yanayi!

Kungiya ce kawai mai karfin dabi'a, juriya mara iyaka da **1 Allah** da aka ba da mafita na iya tabbatar da rayuwar dan adam.

Shiga Mu! > Kasance Green! > Kasance Mai Kulawa!



Waliyyi kuma ya bi: Babu ra'ayi na tashin hankali, Sarkar Mugun nufi, Ra'ayin Tattalin Arziki, Littattafai 7, N-At-m, NAs.



AS it is WRITTEN
It SHALL BE