

Survival-Chain



Welcome to the Wonderful World of Human Survival

1GOD 1FAITH 1Church Universe Custodian Guardians

Scroll 2,

Obligation:2 :

*Protect the human body
from conception until its end.*

The Survival-Chain is the
foundation to keep this
Obligation.

*The Survival-Chain has 7
links all of them essential for
human survival.*

Breathable-air
Climate-protection
Drinkable-water
Eatable-food
Hygiene
Security
Sleep

Survival yours, your families, your
Community, the Planet is everyone's
priority...

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.



1GOD is waiting to here from YOU ! 



SURVIVAL – 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 recited on Survival-Day or when appropriate !

SvC SvC SvC SvC SvC SvC SvC

The **Survival-Chain** has 7 links all of them essential for human survival.

BREATHABLE-AIR without it you have minutes to live.

DRINKABLE-WATER nothing to drink you won't last a week!

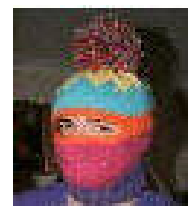
EATABLE-FOOD for energy & well being. No food you starve!

SLEEP for re-vitalizing. No Sleep you die!

CLIMATE-PROTECTION for survival.

HYGIENE to keep our body healthy.

SECURITY to protect from violence. No security no future!



Scroll:2, Obligations:2 tells us: Protect the human body from conception until its end. The Survival-Chain is the foundation to keep this Obligation. Denying any human these essentials is life-threatening a crime against Humankind, Anti-1**GOD** & prosecution is mandatory:**MS/R7**

The '**Shire**' (*Local-Government*) celebrates human survival.



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

C-G Kalender

Fun-day Themes



*Custodian-Guardian New-Age time-management



Breathable Air

Welcome to the Wonderful World of Human Survival

To survive the human-body needs **Breathable Air**.

The air we breath is made of gases (*nitrogen, oxygen, carbon dioxide, methane,...*), water & impurities (*dust, microbes, spores,...*). The air we breath needs high nitrogen & oxygen content. It also has low carbon dioxide & methane content. Water content (*humidity*) is needed, high humidity becomes uncomfortable & a health issue. Impurities are not needed they inflame lungs.

For how long can you hold your breath? 4Minutes, then you gulp for air. No breathable air to gulp, You die! People die quickly in fires, no breathable air.

Withholding breathable air is used as torture & killing of humans & animals. Withholding breathable air as torture (*water-boarding*) is common with US Administration, US government employees & US government-contractors. Torture is a crime to be prosecuted **MS/R7** (*humans*), **MS/R4** (*animals*)

Withholding breathable air to kill is accidental or used by self (*suicide*), government, others (*criminals*). *Accidental*: toxic-fumes in fire. *Self*: purposefully inhaling concentrated carbon dioxide or cooking gas. *Government*: hanging, gas-chamber. *Criminal*: garrotting, suffocating, hanging, strangling. Government & criminal killings are prosecuted **MS/R7**

Humans burning things has become the main threat to 'Breathable air.

It starts with the individual who use their windpipe as a chimney & their lung as sieve for toxic-fumes & air impurities. Using the human-body as chimney is a severe health-risk & an insult to **1GOD's** design. Smoking the addiction!

Addiction is repetitive compulsive behaviour gratifying a perceived need. Addicts delude themselves by not accepting the harm their behaviour is doing. Harm to themselves, family, friends, work-mates & community.

Addicts (*junkies*) are ignorant (*stupid*), gullible (*foolish*) & weak (*pathetic*)!

Addicts do not believe they are addicted as long as they are enjoying themselves & holding their lives together. Once addicted they become a threat to themselves & community. They become delusional, immoral, dishonest, deceitful, selfish, uncaring & anti-social. This forces the community to control their life-style. Limiting freedoms & rights.

Smokers stink from the mouth. Their clothing stink. They stink up a room. Their ashes are everywhere. Their butts are everywhere. They are dirty,

disgusting, stinking individuals. Shun them! Shame them.

Smokers are a health-risk to them-selves. They burn their lips, teeth, gums, mouth, throat, windpipe & lungs becoming sick, a burden to the community. Smokers are lazy taking many smoke-breaks & self-inflicted sickies.



Smokers are a health-risk to others. Pregnant smokers are hurting their unborn. After birth these newborn are sentenced to a life of having health issues. They may have deformities/disabilities,.. Hurting unborn: MS/R3

Smokers are negligent. They start fires, homes, grass, forest.. They are held accountable, MS/R4 & pay compensation. MS/R5 injured people &/or animals. MS/R6 killed people &/or animals.



Passive smoke (*assault*) hurts people. Smokers that create passive smoke are prosecuted, MS/R3 Entities (*work, leisure, entertainment,...*) that allow smoking are prosecuted, MS/R3 & have to pay compensation. Government that allow smoking are replaced & prosecuted, MS/R7

In 1951 it was established that smoking is unhealthy a severe threat. Government & Government agencies/departments that didn't 'Ban' smoking failed to serve & protect the community. Retrospective legislation is passed & these guilty get, MS/R7

Any individual or group, business or other entity that promotes (*advertising, marketing, freebies*), allows (*parents, teachers, work, clubs, eateries, entertainment venue,...*), profits (*suppliers, manufacturers, transporters, wholesalers, retailers*), makes available 'Smokes' &/or smoking accessories, MS/R7 It doesn't matter what the 'Smokes' contain. The act of smoking is the health-risk. **ZERO TOLERANCE to SMOKING !!!**

Individuals reduce the availability of breathable air by burning of dung, wood, coal, gas & oil for cooking (*includes barbeque*), heating & power. This Ends Now! Use electricity that is produced without burning. Breach results in confiscation, destruction of equipment & MS/R2

Power-Stations that burn (*coal, gas, oil, uranium,..*) to create energy are SHUT-Down & dismantled. Energy is produced by non-burning methods. Polluting Owners & operators are prosecuted, MS/R7 Coal & Uranium mines are closed & sealed. Mining Owners & operators are prosecuted, MS/R7

Burning to move domestic & non-domestic transport Ends! Gas & Oil have non-burning use. Domestic & non-domestic transport on Freeways is replaced with 'Freeway-Trams'! Long-distance overland transport is by Rail only.

Polluting Entertainment Ends. In the Air: Air-Shows, private-owned air transport (*plane, jet, helicopter, drone, space-shuttle,...*). In/under the water:

motorized boat racing, private-owned sea transport (*cabin-cruiser, cruise-ships, hovercraft, jet skis, speed-boats, yachts,..*). On the land: all 2,3 & 4 wheel motorized, cycles, bikes, buggies, SUV, sport-cars, limousines, luxury cars. Car-racing, car-stunts. Promoters of Polluting Entertainment & Providers of Vehicles for Polluting Entertainment are prosecuted, **MS/R7**

Nail salon create toxic fumes. Employees were breathing protection. Dumb customers (*clients*) don't. Nail Salons in Shopping-Centers are wide open. Their toxic-fumes embrace passers by. Exposing them to health-risks. Especially pregnant women, newborn & elderly. If you have been exposed to toxic-fumes sue the salon & the Shopping-Center for compensation. Nail salon are a health-risk an air polluter. They are visited by people who are too lazy to do their own nails & have too much money. Shut them down & ban them. Prosecute owners & executives, **MS/R7**

Beauty salon are a health-risk an air polluter. They are visited by people who are too lazy to do their make up & have too much money. Shut them down & ban them. Prosecute owners & executives, **MS/R7**

Hairdresser who create toxic-fumes are shut down, prosecuted, **MS/R7**
Hairdresser who don't create air pollution operate normally.

Capitalist (*greedy Parasite*) Governments encourage homes with vanity gardens. Home-owners use petrol motor garden-tools (*blowers, brush-cutters, chainsaws, mowers, shredders,..*) that pollute (*air, noise, soil*). Homeowners, Manufacturers & Retailers are prosecuted, **MS/R7**
Government that allow this pollution are replaced & prosecuted, **MS/R7**

Inside Insecticides are used, they attack the nervous system. They make unborn & newborn hyperactive. Insecticides irritate Human & pet respiratory systems. Do not use Insecticides inside.

Outside Insecticides are used on crops, orchards & food. Crops, orchards & food that have been contaminated are unfit for human or animal consumption. They are burned by the community (*Shire*). Commercial producers are prosecuted, **MS/R7** Government that allow this pollution are replaced & prosecuted, **MS/R7**

Military pollute the air with transport, explosives, A/N (*Atomic/nuclear*) B (*biological*) C (*chemical*) weapons. They are a threat to human, animal & plant-life. Scientists that create these weapons are prosecuted, **MS/R7**
Production facilities of these weapons are demolished, & burned by the community (*Shire*). Owners, directors, executives, supervisor of these facilities are prosecuted, **MS/R7** Military that have used or are using these type of weapons are prosecuted, from the rank of NCO upwards, **MS/R7**
Government that allow the production &/or storage of these weapons are replaced & prosecuted, **MS/R7**

Non-breathable Air. You have 4 minutes to live!



Climate Protection

Welcome to the Wonderful World of Human Survival

To survive the human-body needs **Climate-Protection**.

Climate-Threats: Sun (*radiation*), Temperature (*heat, frost*), Wet (*chill*), Wind (*burn, chill*). Climate-protection consists of Head-protection, Protective-clothing & Protective-shelter. Threat to human-body bare-skin (*nudity*) exposed to elements.

H-ps 1 (*Head-protection standard*) everything needed to protect your head. Head-protection consists of : '**E-p1**', '**V-Helmet**', '**Balaclava**', '**K-Scarf**'.

E-p1 (*Eye-protection*) is divided into 2 sections: **Practical:** single lens (*visor*). **Fashion:** 2 lenses.

1. **Rim:** needs to keep out airborne-particles on all sides (*bottom, sides, top*). Must be break-resistant (*does-not break when sat on*). Can be any color may be ornamental.
2. **Lens (s):** unbreakable, highly scratch resistant, block UV rays, not fogging up, glare adjusting (*changes darker/lighter, lighter/darker*).

Eye-protection is always worn when outside.

V-Helmet head-protection against knocks. Hair & Head need Climate-protection from cold-wet, extreme radiation & pollution. The head also needs protection from knocks: a **V-Helmet**.

The outside shell is metal or synthetic. It has a mid-line ridge (*may be decorated e.g. plumage*). A leather chinstrap holds a microphone. The visor is curved sideways & straight up & down, unbreakable, highly scratch resistant, blocks UV rays, not fogging up, glare adjusting (*darker/lighter, lighter/darker*). The helmet has a leather back as neck protector.

The **V-Helmet** has inside leather padding. Embedded in the padding are earpieces. A **Balaclava** (*Beanie*) or **K-Scarf** is can be worn under a helmet to keep inner lining of the helmet clean from perspiration, dandruff & grease. *Outside accessory:* bright-light/infra red-light lamp; a camcorder /camera.

Balaclava (*Beanie*). Balaclava cover the whole head exposing only the eyes. Is knitted out of wool or a mix of cotton & wool (*no synthetic fiber*). Can be any color or pattern may have a decorative pom-pom on top. When no face & neck protection is needed Balaclava can be rolled up & become a 'Beanie'.

K-Scarf. K-Scarf may cover the whole head exposing only the eyes. It acts as a head-cover & a veil (*maximum protection*). Is knitted out of wool or a mix of cotton & wool (*no synthetic fiber*). Can be any color or pattern.



Balaclava (*Beanie*) or **K-Scarf** both by covering the nose & mouth. Inhaling pollution, deadly contagious diseases & stinging insects are avoided. **Furthermore Allergies & Asthma are reduced. Reduces the effect of dry & cold air. Contains spreading contagious disease.**



Head-protection is always worn when outside.

Protective-clothing is needed to protect the human-body from climate, disease & pollution. The main body parts protected by Protective-clothing are skin & feet. Protective-clothing should always be worn outside.

Skin needs lots of protection, from Bites (*animals, human*), Stings (*Insects, Needles*), Infections (*Bacteria, Fungi, Germs, Virus*), Radiation (*Heat, Nuclear, Solar*), Exposure (*Acid, Fire, Frost, sharp-edges*).

Bite-protection: avoid angry/dangerous animals & humans.

Sting-protection: cover skin (*Protective-clothing*) except for eyes. Don't body-pierce or tattoo (*Self-mutilation by body-pierce or tattoo is abnormal sick*). Protect fingers when sewing.

Infections-protection: Clean skin & cover with Protective-clothing. Healthy Diet, Daily Fitness, Herbal Supplements & immunization.

Radiation-protection: cover skin (*Protective-clothing*) for heat & solar.

For nuclear a special suit covering 100% of body. **Warning!** Exposing bare Skin (*Nudity*) to the elements (*Weather*) is unhealthy.

Exposure-protection: Protective-clothing, *Coverall (with hood)* or *2-piece* made out of Flax, Cotton, Wool, or a mix of cotton & wool (*no synthetic fibers*) any color any pattern. Either should have a t-shirt neck, puffed* arms & legs closed at wrists & ankles (*draft proof*). *Puffed arms & legs allow elbow & knee joints to move freely also the air inside creates climate control for skin & body. Clothing needs to be made out of natural fibers e.g. animal-hides, cotton, plant-fiber, silk, or wool. Artificial-fibers are not to be used for clothing & anything touching human-skin. The production of Artificial-fibers clothing must stop & all existing stock destroyed.

Feet need protection from Climate & knocks. Skin, Toes & Ankles are at risk. Between toes is the ideal spot for Infections (*Bacteria, Fungi, Germs, Virus*). Toes are easily knocked. Toes are vital & need protecting. No Toes, No Walking. Ankles get knocked & twisted, both painful. Long-term, Ankle injuries lead to debilitating illness *e.g. Arthritis*.

Foot protection consists of Socks & Boots.

Socks are made out of Cotton, Wool, a mix of cotton & wool (*no synthetic fibers*) any color any pattern. Socks have pure silver (*no alloy*) particles woven in giving anti-bacterial, anti-microbial & anti-static properties & containing odors. Socks should cover Feet up to 7cm above Ankles.

Boots have upper protective leather (*no synthetics*), inner soft leather (*no synthetics*), soles leather or rubber. Boots need to protect Feet up to 7cm above Ankles. **Note !** Foot protection that does not protect Feet & Ankles is

useless. Foot protection should always be worn outside.
Hand-protection in the form of Gloves are worn as needed!

Protective-clothing is always worn when outside.

Protective-Shelter (*home, living, work*) a human need, protection from Crime (*Security*), Elements, Fire, (*Weather*) Insects & Pollution.

Room's floor, walls, ceiling, consist of Cyclone, Fire & high Humidity resistant Precast Concrete panels. **Floors** need to be wet-mop cleanable, non-slip, anti-static, mould & mildew inhibiting, hygienic.

Doors: Rectangular non-wood frame. *Outer*, solid, lockable inside & outside key opening insect screen-door, not lockable, 1-way vision. *Inner*, solid, lockable inside.

Horizontal Sliding-**Windows** are tinted double-glazed. Square non-wood frame. There are no curtains or drapes instead outside shutters (*lockable*) & inside horizontal sliding insect screens.

For **Heating*** central heating (*steam, hot-water*) is used. Cooling is by natural air circulation. Room-temperature 19-21°C. * Energy wasting is a Crime
Lighting* should be automatically switch On/Off. * Energy wasting is a Crime
Non-domestic Shelter Roof consists of Solar-panels.

Shelter is the place to start & raise a family (*Home*) a human specie survival need. Shelter needs to be affordable. **Universe Custodian Guardians** believe Humans have a **1GOD** given right to 'Affordable Secure Living Quarters (*Shelter*)'.



All Affordable Secure Living Quarters (*Shelter*) is Rental accommodation. Government has a duty to supply its population with Affordable Secure Living Quarters. Shelter is supplied by Local Government (*'Shire'*). For the **Shire** to supply Affordable living quarters all '**Freehold**' Land & domestic (*private-owned*) shelter must be transferred to it.

Rental accommodation provided by the **Shire** is cluster accommodation. All cluster accommodation have 3 levels of tenants + 1 level glasshouse: (*Ground Level, Level 1, Level 2, Glasshouse*). Cluster accommodation is nestled in a **Shire-Oasis**.

Cluster accommodation consists of Single-units (*1 room*), Couple-units (*2 rooms*), Family-units (*3 rooms...*). Mandatory guidelines (*family status, age*) apply. **Glasshouse** (*tenants can grow plants*).

Single tenant is entitled to 1 room community living. At age 63 transfer's to retirement accommodation (*mandatory*). Couple (*1 HE & 1 SHE*) tenants have 2 rooms: Living/Sleeping, Kitchenette & Toilet/Shower. Family tenants have 2 rooms + 1 room for each 2 children. After children leave home (*by age 21 mandatory*) there is a transfer (*mandatory*) to couple living.

Shire provide rental accommodation (*Weekly rent is 14% of gross weekly income of tenant.*) with electricity, laundry, maintenance, recreation, sewerage, waste removal & water. Utilities Minimum (*Free*)/Maximum (*paid*) usage apply.

Shire supplies rental accommodation with electricity (7 kWh per day per person Free Maximum usage per day per person 14 kWh), laundry (1 wash per week per person Free Maximum washes per week per person 3), maintenance, recreation, sewerage & water (70 liters per day per person Free Maximum usage per day per person 140 liters), waste removal (35 liters per week per person Free Maximum usage per week per person 70 liters).

Protective-Shelter for Survival, Security, Comfort...

Exposing bare Skin is Nudity (HE & SHE)

Exposing bare Skin (*Nudity*) to the elements (*Weather*) is unhealthy: Dust, Abrasions, Frost, Heat, Infections, Radiation, Stings, Wet, Wind. Cover skin & hair!

Bare Skin (*Nudity*) exposes the Skin to *Dust*. Dust dries up the Skin & clogs up the skin-pores stopping Skin from breathing. Also clogged up skin-pores are the breeding ground for infections (*itchy, painful*). Wash dust off! Use moisturizer!

Bare Skin (*Nudity*) increases having *Abrasions* which damage the skin are painful & untreated may lead to Infections. Treat Abrasions by cleaning with mild soap & water. Cover abrasion with dressing, hold in place with adhesive tape. Do not use antiseptic!

Bare Skin (*Nudity*) exposes the Skin to *Frost*. Frost damages the Skin this may be permanent. Remove the victim from the cold. Fill a shallow container with enough water (37%) to cover the frostbitten body part. NEVER rub or massage frostbitten tissue.



Bare Skin (*Nudity*) exposes the Skin to *Heat*. Heat dries up Skin & may destroy it leading to long-term pain & suffering. Severe and blistered burns require prompt medical attention.

Bare Skin (*Nudity*) exposes the Skin to *Radiation* (e.g. *Solar*). High U.V. Radiation makes Skin very sick. Often recognized too late!

Bare Skin (*Nudity*) exposes the Skin to *Stings*. Most common are Insect-stings (*Bee, Hornet, Mosquito, Wasp...*). Insect-stings are painful cause Skin-irritation, swelling & often severe sickness.

Bare Skin (*Nudity*) exposes the Skin to *Wet*. Prolonged exposure to Wet usually alters body temperature. If it lowers body temperature too much severe illness occurs.

Bare Skin (*Nudity*) exposes the Skin to *Wind*. Wind dries skin & may burn it. **Warning!** Exposing bare Skin (*Nudity*) to the elements (*Weather*) is unhealthy. **Note!** Skin protection (*Protective-clothing*) should always be worn outside.

SvC SvC SvC SvC SvC SvC SvC



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

C-G Kalender

Fun-day Themes





Sleep

Welcome to the Wonderful World of Human Survival

1 GOD's latest message the Law-Giver Manifest

1GOD 1FAITH 1Church Universe Custodian Guardians

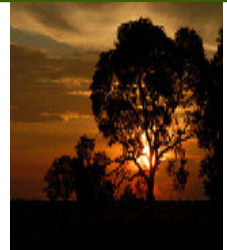
1/3 of everyday is spent lying down, part of this entails sleeping.



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.

Restful enough sleep is as important as Breathable-air & Eatable-food.

To get restful re-vitalizing sleep the bed-room (*BS-1*) 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.



Deficient sleep is depriving the body of its healing capacities affecting heart, immune, endocrinology, neurological, psychological & general anabolic functions. Deficient sleep may result in apnea, obesity, insulin resistance & chronic depression. Sleep deficiency may lead to death. Forced Sleep deficiency is classified as Torture.

Anabolic processes are required to sustain life & these are essential to healthy sleep!

Healthy sleep entails moving during sleep, lying straight or with raised knees, on back, either side or stomach.

Sleep is related with balancing the following systems: Cortisol, Melatonin, Growth Hormone, Insulin, Noradrenalin, Protactinium, Serotonin... Sleep & our weight are linked: 2 hormones (*Lepton & Reline*) work to control feelings of hunger & fullness.

Lack of sleep makes you less satisfied after eating & craving for more food resulting in overeating (*obesity*). Sleep-walking is an illness needing medical attention.

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.

1GOD is waiting to here from YOU ! 



S U R V I V A L – 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 !

Praying:

is the best method of staying in touch with **1GOD**
is the most used form of worshipping **1GOD**
is the most beneficial way (*safety-valve*) of expressing a persons
inner turmoil & emotions
helps coping with heart-ache & grief
with a group gives unity & moral-strength
needs to address a real & pressing need
needs to be supported by relevant action



During the 1.5 hour sleep break.

People get up, go toilet,... Before lying backdown 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.

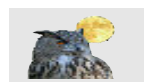
Note! People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours.

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 your ready for Life-experiences. When going outdoors wear '**Protective-clothing**' & **Head-protection** (*H-ps1*).

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.



BEDROOM: A good night's sleep necessitates a good sleep environment.

The room is 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, motor-powered beds, water-beds*) need to be kept outside the room. These waves interrupt natural sleep-cycles. Central heating (*steam, hot water*) is used. 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, mould & 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, mould & 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' contaminant.

'Ceiling & walls-cleaner' has anti-bacterial, anti-germicide, anti-static mould-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 electric 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 Warranty of 14 years. / 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*). The Outside frame is off the floor 0.09m. Enabling air circulation & cleaning (*under-bed*). Inside frame 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 empty space between floor & slats is for air circulation & cleaning (*not storage*) keep it empty. / **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 to be washed, supplemented, 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 keeps the spine in natural alignment, eliminates pressure points & supports different sleep positions (*side,*



back& stomach). / Quilt design must do the same.

Pillow design needs the ability to be fluffed to fit the unique sleeping posture of the user & increase facial circulation. Pillow design must be hypo-allergenic, free of toxins & machine-washable. Pillow design must 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 needs the ability to ensure effective heat distribution & air circulation. The design must be 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 quilt & quilt cover (*both*). Same applies to 'Hooded Quilt-bag'.

Hooded Quilt-bag

Universe Custodian Guardians 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. **Note!** When visiting (*holidaying*) bring your own covers.

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*) / Quilt / Hooded Quilt-bag

Pillow Inner-cover has a zip to enable filling, adding, replacing & washing. Inner-cover has pure silver (*no alloy*) particles woven in, giving anti-bacterial, anti-microbial, anti-static properties & containing odors. Pillow & Quilt outer cover is made of 100% cotton & has a zip. Hooded Quilt-bag 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.

Pillow/Quilt/Hooded Quilt-bag: *clean (hot water, no dryer, no dry-cleaning)*

Every 7 weeks, Pillow (*filling & both covers*), Quilt & Hooded Quilt-bag are washed in bio-degradable 60°C water. (*Note! No dry-cleaning*). **Drying outside 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 (*solid timber*)

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 (*solid timber*)

Bedside-table is a solid (*dried & aged*) timber furniture with 2 drawers. Bedside-table_size: width 0.7m, depth 0.4m & height 0.35m. Bedside-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 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

Herbal concoction consists of 7 herbs: Chamomile (*matricaria chamomilla*), Eucalyptus (*eucalyptus globulus*), Hops (*humulus lupulus*), Hyssop (*hysopus officinalis*), Lavender (*lavendula 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.

Night-Gown

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 when it is exchanged for another Night-gown.

Dressing-Gown

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 Dressing-gown.

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 should be washed in bio-degradable soapy 60°C water. **Warning!** No dry-cleaning. Drying should be in natural flowing air/breeze (*no dryer*) & shade (*no direct sunlight*).

C - G K L O C K

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

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:

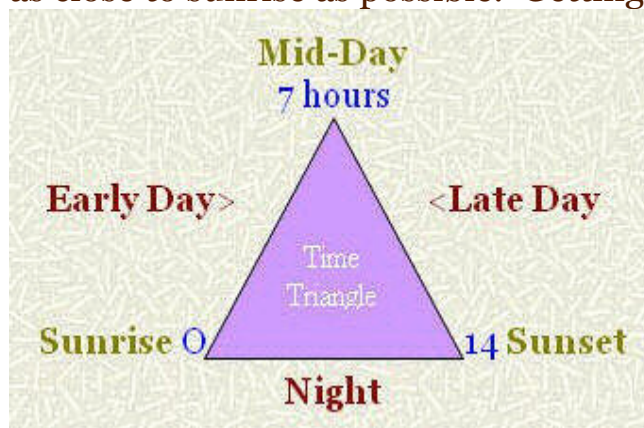
Line 1: the 14th hour, 12 minutes & 16 seconds.

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

Getting an un-interrupted deep sleep is natural & good for health. Night-Curfew makes this possible.



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 office, no manufacturing 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!!**

The Shire enforces Night-Curfew through Shire-Rehabilitation *MS-R1*. Repeat-Offenders are passed on to Provincial-Rehabilitation for mandatory Sentence caged rehabilitation *MS-R3*.



SLEEP 1/3 of everyday is spent lying down, part of this entails sleeping. Sleep is needed for survival of the human-body. To get re-vitalizing & restful sleep the bed-room must be as dark as possible & an absence of internal & external noise is a must. 'Shire' must implement Night-Curfew.

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 you're ready for challenges. 'Have a Good-Day, may **1GOD** Bless you'.

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

Endeavour 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. 1 hour should have passed since feed & cleansing.

Worship 'Sleep-Prayer'. To get restful re-vitalizing sleep the bed-room must be as dark as possible & an absence of internal & external noise is a must.

Note! 'Shire' (*Local-Government*) must implement 'Night-curfew'.

Hints

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

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

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

When using your Planner & at work or study don't let Time control You! Time should not 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

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

1GOD created time to measure Beginning & End of everything. **Universe Custodian Guardians** *new* time-management: **New-Age time** / C-G Planner.

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:

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

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



Planner Specifications

Order of Pages & instructions: **Daily:** Routine, Prayer, Fit
Contacts: Emergency, Addresses
Prayers: Plan, Planner, Time

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

***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**.

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