



*Malama - Kahu*

## kūmau ma

**A** ' Kela la i keia-e oaeouee? 'Mea nui, e hālāwai me' hala 2 ( 'Oia'i'o ma ka mea kanaka kino) '& E makaukau e maka mai ana mai ho'ā'o. E ku mai, i ke aniani o ke kapa i wae 'wai, e hele aku' la, hana 'kela la i keia-he pono (Kino) ', wor- moku 'kela la i keia-Prayer', holo'i maka & lima, i aina kakahiaka & loa'a'i ka lapaauia. Hō'ōia i kou 'kuhikuhipu'uone'. Ano, i kou makaukau no ka hana nui loa ia. 'Ua he Good- Day, ke **1GOD** Ho'opōmaika'i iā 'oe' .

### kela la i keia - Prayer

aLOHA **1GOD** , Mea nana i hana o ka loa nani ke ao holo'oko'a Help mai ia'u e maemae, compassionate & i haahaa E ho ohana i ka **7** Pepa la me alaka'i:

Au e ho'opale ai i kāu puke i haku ai & ho'opa'i hewa.  
E kū mai no ka unfairly pepehi, keakea, nawaliwali a nele Feed i ka poe pololi, malumalu noho & hō'olu'olu ma'i e hea aku oe:

1GOD, 1FAITH, 1Church, ke ao holo'oko'a malama kahu Mahalo oe no i keia la  
Kou loa haahaa ma ka pono a malama-kahu (1<sup>ST</sup> inoa) No ka mea nani o ka **1GOD** & ka maikai o Humankind



Keia pule ua ho'ohana 'ma'amau, wale paha i loko o ka pae ma kekahi-wahi' oe makemake, huli ana i ka hikina a ka lā maka paa. Kahea ma ka 'ohi'!



**CG Klock** lā ho'omaka ': **0 hola Sunrise** ~ **koke Day** mea, mai **0-7 hola** ~ **7 hola** mea **Mid-Day** ~ **Late Day** mea mai ka **7-14 hola** **Sunset** ~ **Pō** mea mai ka **14-21 hola** !

**A** ' Kela la i keia-e oaeouee? 'Nā Ho'oma'ema'e & hanai ole wale no au akā, i nā kanaka & mea kaumaha ma muli oe. Holo'i i na lima ma hope o kēlā 'la kipa & mua kela hānai. Holo'i maka ma mua o nā hānai. Palaki niho & holo'i kino a pau ma mua e hele ana i kahi moe. E hanai **5** manawa o ka lā.

**kela la i keia hooluolu ana**

Kela la i keia pono i, ka drinkable wai. Ka wai ua me i wae 'ia, inu he aniani (0.2l) 7 manawa (Morning, Breakfast, I Day-mea'ai māmā, Awakea, Late Day-mea'ai māmā, o ka aina awakea, Night) ka huina pau o ka 1.4l. hiki e inā i ka 7 makaaniani o ka wai me ka 'ē a'e e inu wai-ka nānā' ana: Honua-Coffee, Cocoa-he lepo lā, lā'au lapa'au-kī, Black-kī, Green -Tea. Kēia i ke mālama aku i wela a anuanu. Nō-Pi'ihonua i maikai. No hua-wai! No lem- onade! 'Ai ho'i 'nui No! A'ole! mea FRUCTOSE.

Kēlā me kēia pule-lā mea e i ka ai theme like: e like Day 1: ka lau ; Day2: nā manu'ai'ia ; Day3: ieaieieoa? ; Mid-hebedoma: aniuea ; Day5: Mea'Ai O Ke Kai ; Week-hope: Kukui & na anoano ; Fun-Day : nā mea kolo .

Breakfast E nā hua & / ai hua pisetakia, & / a hua, hua ... Awakea mea e komo Appetizers. Iho o nā'ai. No oi aku 100g o ka ai i ka lā.

7 Fashion mea i ai kela la i keia: Fungi (Fish) , mānoanoa ko (Bale, papapa, maize, ota, millet, quinoa, raiki, rai, sorghum, me ka hua palaoa) , Hot Chillies, Onions ('Ele'ele, uliuli, ulaula, luawai, chives, kālika, leek) , Parsley, Sweet-Capsicum, ka lau (Asparagus, ka papapa maka, broccoli, cauliflower, carrots, kupu ma ka hopena ...) . 'Ai-'A'ole-No ka: ua hana'ia-ai, & aaiaoe Ho'ololi 'ai.

**'Ōlelo A'o! Mua o na hanai oe ho'omana: Mahalo E Prayer**

**MAHALO - Prayer**

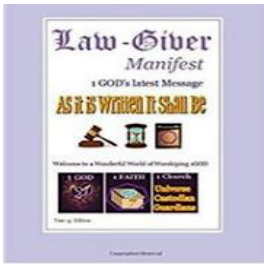
aLOHA 1GOD , Mea nana i hana o ka loa nani ke ao holo'oko'a Mahalo oe no ka haawi mai ia'u i kela la i keia inu & ai noho ma kou mea hou loa memo

Au e hooikaika nei e e ku i ke ola i nā lā E pono anei ia'u e hoolaia mai ai lakou agonizing me ka makewai & numbing pololi na eha, kou loa haahaa ma ka pono a malama-kahu (1<sup>st</sup> inoa) No ka mea nani o ka 1GOD & ka maikai o Humankind



E ho'ohana i kēia pule mua kela hānai!





**A** ' Kela la i keia-e oaeouee? 'Nā i ka pono a me ka hewa ho'opa'i. komo ai e hana 'i maikai **Random hana o ke aloha** '. E ano keia ano i au, i kanaka a puni oe, ke kaiāulu, nā mea kolo, ke kaianoho koholā ... **1GOD**

aloha Random hana o ke aloha. Hoopai hewa every- manawa ho'ohana i ka ' **Law-i auhauia hoikeia** ' like alaka'i.

**E** ndeavor no ka 'imi, ka waiwai & pili Knowledge', ' **E a'o & E a'o** '& kekahi, i 'Life-inā pilikia ka haumāna'.

Ke a'o 'ana, ao hele ma Life-inā pilikia ka haumāna i nui i kekahi mau mea kōkua ma **1GOD** oluulu ke ola.



Mau hana kōkua i loko o 'harmonizing' me ka kaianoho koholā & ola o? Ueo. Imi ho onui & ana Knowledge e kokua me ka i mai **1GOD** ' ka ninau ma ka hoopai-Lā.



**R** loa ua pono no ka ola a me ka maikai ola.

'O ka papa kuhikuhiE koena o ' **Hiamoe** '.

## hiamoe - Prayer

aLOHA **1GOD**, Mea nana i hana o ka loa nani ke ao holo'oko'a Hoku Welowelo ia'u i ka wa a'u i Ka Nani kūlana Hoku Welowelo mai ia'u, mai unsettling & ka hewa mana'o E mai ia'u i restful, hoola & hou-vitalizing hiamoe Mai e hopohopo loko i ka'u moe & hiamoe E ia'u hoomanao wale ka mea moe No loa ka nani o **1GOD** & ka maikai o Humankind



Keia pule ua ho'ohana 'ia ma mua e hele ana i ka hiamoe nui!

Hiamoe welau a ka mea i kela la-oaeouee?. 1hour E ua hala hope hānai & ho'oma'ema'e'ana. hoomana ' **Hiamoe-Prayer** '. E ki'i restful hou-vitalizing hiamoe i ka moe-lumi pono e like ka pouli me hiki & he wa e kaawale aku o na & mawaho halulu mea he pono. **Night-Ae** i kēia mea hiki. ' **Shire** ' ho'okō 'Night-Ae'.

## H INT

I ka hele ana mawaho mau kapa pono 'Protective- kapa'. e ho'opale ai i (Mau maka, ka lauoho, 'ili & wawae) ke kanaka-kino mai aniau, ma'i & haumia ea.





I ka hana ana i kela la-he pono (**Kino**) hana commonsense ma pehea e ho'okē'ai ai, e hiki i kā mākou 'oe a. **Ka hana ana 1 lā & i ka mea e hiki mai ana ka i pono.**

I ka hanai ana oia i pale unhealthy hooluolu ana e like (GM)

**Aaiaoe Ho'ololi 'ka ai: Alcohol , 'imi ho'opunipuni sweetener , Fructose (Monakō koko, kōpa'a) , Ua hana'ia-ai (O Hama, salami, sausage, ...)** .



I ka ho'ohana 'ana i kou kuhikuhipu'uone ma ka hana a me ka kuka nei lakou e ole e Time hooponopono oe! **Manawa ua'a'ole ia e ho'ohana 'ia wikiwiki kanaka. Ke kanaka kino ua i papahana no kekahi pū'ā.**

## **Kela la i keia-kino he kanaka nele.**

Kela la i keia-kino i ka maikai-ola pono, i kauwahi o ka mea i kela la-oeouee?. Ka mea, i pau na kakahiaka a pau. **Kela la i keia-kino mahuahua: wale no poepoe maika'i'ana, koko-holo, lolo-ha'awina, mea'ai digestion, penei kekahi-koi aku ia, Muscle-toning, pakiko-ia, stimulation o ka'ōnaehana pale'ea kahua. Na 7 kino i: Pahu, huila makani, puka-ponoi, Dumbbell, kukuli, Hook, kāna mau . All 7 kino a pau no ka HE & ia, & e hai.**

E ho'omaka me ka 1 hou & mahuahua i kekahi i kā mākou o ka 21. E ho ohana i commonsense Start me ka 1 hou & mahuahua i kekahi i kā mākou o ka 21. E ho ohana i commonsense ma pehea e ho'okē'ai ai, e hiki i kā mākou 'oe a. Noke akula i kela la i keia 'oe a ka pono. **Ka hana ana i 21 'oe a 1 lā & i ka hana ana i ka mea e hiki mai ana ka i pono. Ma hope o ho'opau i nā kino ku kukulu & hanu i loko o nui iho ia laila Exhale i ka i kā mākou hana i kēia 3 manawa. E hoomau i kou i kela la-oeouee?. 'Ōlelo A'o! 'A'ole i ka hana ana i mea he hoailona ia o ka huina pau' ole no ke kino, ha'aha'a ka ho'oponopono-ia, palaualelo, ...**

**umauma Ho'okō '1:** E kū lō'ihi, i na mea kua alo ana papamoe, a hiki i ka papahale (T- shape) manamana nui no umauma. Ano, ho'one'e i na mea kua ho'i i hiki i possib- Le. A laila, ne'e aku i na mea kua i ka mua manao kulana. **E hana hou i (21 max) !**

**huila makani Ho'okō '2:** E kū lō'ihi, i na mea kua lima sideways ana papamoe, a hiki i ka papahale (, T-shape) . Kālele ana i kou hihio ma ka hookahi pointhorizontal i ka papahale (, T-shape) . Kālele ana i kou hihio ma ka hookahi pointstraight mamua. Omaka haliu ae uaki-naauao (Ha'alele i ka akau) . Ho'omālama ma ke akaku wahi a ka huli ana'e i ko kino koa oe, e lilo ia. E mālama'oukou i

haliu ae la refocusing me ka hikiwawe e loa. E mālama'oukou i haliu ae la ia a hiki i ka lae o ka pōniuniu a 21 ana e ha'alele i whichever mai 1st. Ka hanu nui iho la ia e hele i kekahi mau'anuu steadying oe ia oe iho. **'Ōlelo A'o!** Mea ho'omaka 'ole hou mai ka ma'i ho'omaka me 1 huli ai ka hana ana i 21 huli max.

**A'o, ka wā e ho'omaka ana i ka na'au i ka'ona, manawa a pau.**

**Puka-kapiliia Ho'okō '3:** E ku nei e kukulu i ka hamama ana-kino a me na wawae o ke ki-laula ma ke ka'awale ku'eku'e lima ho'ohei luna ma ka akau huina (90 °, trident shape) . Press ku'eku'e lima e ku e ia aoao o ka puka-kino a haha aku ho'opilikia ma waena o po'ohiwi kōmi 'oe, paa (Helu 3) , Ho'oku'u ho'opilikia.

**E hana hou !** Ma hope o ka ho opa ho'opilikia mai ka hope hou Inhale ma ka ihu kōā kaulike e hoopiha mai ana i ka ia ma'i'a'ai i max, paa (Helu 3) , Laila, lohi Exhale ma waha i max.

**Dumbbell Ho'okō '4:** 1 dumbbell ua ho'ohana' HE (4kg) , oia (2kg) . **Mai hana 2 Dumbbells.** E kū kukulu a me na wawae o ke ki-laula ma ke ka'awale ku'eku'e lima i kou mau aogo poho huli ana i mua. E koho i dumbbell me ka lima hema anuenu e kou ku'eku'e aku a hiki i ka forearm mea ma akau huina (90 °) . Lohi laila kaomi bicep, ua leha aa-ka bele mai i ka uha mua, paa



(Helu 3) , Laila, lohi ha'aha'a dumbbell i ho'omaka posi ana hou ( 1-7) . Loli i ka'ākau lima hou ( 1-7) . Hana 3 ha'alele & 3 pono.

**kukuli iho la ia Ho'okō '5:** kukuli ana ma ka pule-moena (Mālama mau kuli) kino pololei, lima paa kau e ku e ia lakou kikala. E hāliu mai ke poo i mua a chin hoopa aku umauma. Ano lohi e kīhuli i po'o ho'i i hiki i ka mea e hele aku, i ka mea ia manawa hilinai ho'i a hiki i hiki mālama i kou mau lima naue ole ma na lākou kikala. **E hana hou i (21 max) !**

**Hook Ho'okō '6:** Ma ka pule-moena (Ho'opale mai anu) moe i lalo ma kou kua, ia mai na mea kua e poho ilalo e ku e ia kino. Ano lohi hoopili oukou poo mua E ho'ākea i na mea kua e poho ilalo e ku e ia kino. Ano lohi hoopili oukou poo imua a chin hoopa aku umauma i ka ia manawa E hapai i kou mau wāwae, kuli pololei, vertical (90 °) paa (Helu 3) , Laila, e ho'i lohi (Poo & wāwae) i kinohi. **E hana hou i (21 max) !**

**kāna mau Ho'okō '7:** Ma ka pule-moena (Ho'opale mai anu) moe i lalo ma kou kua, ia mai i na mea kua poho ia. Ano, manao kuli ku'eku'e pēnēia lakou kikala. Ka malama ana i poho kupaa lakou ma ka moena kāna mau kuli i ka pono a ka mea hoopa moena. Alaila, kāna mau kuli i ka hema no ka moena. E hana hou i pono & hema kāna mau helu kēlā me kēia ha'alele kāna mau. **Hana 21!**

## Po - TIME kino

He ma'amau ia i 2 ka hiamoe, a me ka mokuāhana i loko o-waena. Inā 'oe e hele i (E like, e hele i ka 'la) , I hoi mai, ua noho ma luna o ka wahi moe o ka maka, inu kekahi wai & hana 1 o ke kēia mau kino (Ua hana a pau kino oiai e noho ana ma luna o ka wahi moe o ka lihi kuli po'ohiwi-ākea ma ke ka'awale) . Every- manawa e ki'i i hana i ka'oko'a hoounauna.

**1st Creative:** E kau i ka poho \* o kou mau lima e kū'ē i ke waho o kou mau kuli. Press lima ma loko & kuli mawaho, paa 7 kekona

(E manao ho'opilikia i loko o ke kaula, wāwae & 'ūhā mua) . Ho'onānea, lawe i ka hanu, 'a'ohē 'oe a, wahi wai, moe iho, hiamoe maika'i. \* Oko i mau puupuu lima.

**2nd Creative:** e mau puupuu lima \* waiho ia ma luna o ka loko o kou mau kuli. Press puupuu lima mawaho & kuli loko, noho mālie 7 kekona (E manao ho'opilikia i loko o ke kaula, wāwae & 'ōpū) . Ho'onānea, lawe i ka hanu, 'a'ohē 'oe a, wahi wai, moe iho, hiamoe maika'i. \* Oko ho'ohana palahalaha poho.

**3rd Creative:** lena i na mea kaula (90%) ma ka umauma pae huli lima hema luna anuenue manamana lima, e huli lima'ākau lalo anuenue manamanalima.

Interlock manamanalima pilipaa. Ano, e huki mau lima ma ke alo o kuhikuhi, paa 7 kekona (E manao ho'opilikia i ka manamana lima, i na mea kaula, a me umauma) . Ho'onānea, lawe i ka hanu, 'a'ohē 'oe a, wahi wai, moe iho, hiamoe maika'i.

**4th Creative:** lena i na mea kaula (90%) ma ka umauma pae huli lima up- e kū pono, e huli lima'ākau i loko o ka lima. E kau lima i loko o ka lima e kaomi iho i ka mea ia manawa kaomi hamama lima maluna, ke manao nei 7 kekona. nana e hoole sequen

-ce, paa 7 kekona (E manao ho'opilikia i loko o na lima, i na mea kaula, 'ā'ī, umauma) .

Ho'onānea, lawe i ka hanu & wahi o ka wai e moe iho, hiamoe maika'i. No ia hana.

People me ka Makamae ho'i ho'okomo i kēia ho'okō 'ana i kēlā me kēia hookeikoi. E kau ka lima ma luna o nā kuli. K'ki i po'o ho'i ho'ohēi ho'i laila ka pōhaku i mua me ka losing hui 'ana me kuli (E manao ho'opilikia i loko o ke kaula, ho'i & 'ōpū) .

Ho'onānea, lawe i ka hanu, 7 'oe a, wahi wai, moe iho, hiamoe maika'i.

**'Ōlelo A'o!** People e noho ana i ka hailona i lā-manawa. He e hana 1 o ka night- manawa kino ma ka kuapo kela 2 hola.

**'A'ole i hana kino:** hoolilo oe ukele, palaualelo, unhealthy, blubbery, he kaumaha no oe ia oe iho i kou 'ohana hoa & kaiāulu, he ino la'ana i na keiki, mau naau, e e oi ma'i, awkward penei kekahi, make junger.

## Au Halau 'syourbody! K eepit F mea!



Hiamoe ua pono no ka ola o kanaka-kino.

7 hola (CG Klock) e hana.

Ka nele o ka hiamoe, hiki aku ai i ka make akā, ma hope o ka loa ola maalo ma kaumaha & spasm o ka pupule wale.

**'Ōlelo A'o!** He ma'amau ia i 2 ka hiamoe, a me ka mokuāhana i loko o-waena. 1st hiamoe mea ma kahi o 3.5 hola me ka 1.5 hora wanao ae ukali ia e kekahi 3.5 hola hiamoe.

I loko o ka 1.5 hola hiamoe wanao ae. People ala mai, e hele aku 'la .. Mamua o moe ana ho'i ia hana i ka po-manawa e hoohana i & i ka aniani o ka wai. 'O ka mea e ole ala mai, e pule, heluhelu, kākau, Leomakana e'au'au kai, hoa (I loko o ka hiamoe, mai hemo mai ua oi nanea wale maika'i ma i kō ai kanaka) , ..

T 'ane'i, ua mālama'-requisites mua moe ana ia i ka hiamoe. 1 hola E ua hala hope ka hope e'ai. Palaki niho & holo kino a pau ma mua e hele ana i kahi moe. Hoomana 'E hiamoe-Prayer'.

Ua 1 Gold-leo aniani pola (1 wale no na ka'awale) i loa'a ka lā'au lapa'au concoction ma window'ao'ao moe-papa'aina. Ua i ka inu ana-aniani ('A'ohe ea) pihā me ka 0.2l o ka i wae 'ia ka wai (Mea hou) ma kela a me keia moe-papa'aina. Kela a me keia po ma mua e hele ana i ka moe i aniani ma moe-papa. **'Ōlelo A'o!** Inu i ka po i kela manawa ma hope o kou kipa i ka 'la & ka i ka puu maloo ka wā, inu koena wā noho i loko o ke kakahiaka.



E ki'i restful hou-vitalizing hiamoe i ka moe-lumi (Bs-1) pono e like ka pouli me hiki & he wa e kaawale aku o na & mawaho halulu mea he pono. Local- Aupuni ( Shire) pono ho'okō Night-Ae

### Po - Ae

Ke kanaka kino i ole ho'ololi i ia e nocturnal. Kānaka hana'ino aku i ko lakou lolo-ka mana e hana i kekahi nocturnal Aloha Hawaii. Kēia Aloha Hawaii nei i pono i (Lehulehu, paulele i ka ho'omana, kalepa, ...) Kou ola pono. E ki'i restful revitalizing hiamoe ka bed- lumi pono e like pouli me hiki. An e kaawale aku ai na & mawaho halulu o ka pono. ' No ia mea, he Shire '

pono ho'okō i ka po-Ae a ua pono no ka maikai ola.

A 7 hola Night-Ae mai 14-21 hola (22- 6 hola, 24 hora Pagan- uaki) mea OAXA. No ka maikai ola, ka ho'ēmi'ana i ka ikehu consump- ana, ka ho'ēmi'ana i ka haumia ea & ka palekana o ke wildlife. Ka ho'ēmi'ana i ka hewa, hoemi lilo i ke aupuni a me ka paipai pū i multiplication.

I Night-Ae 'No' alanui amo ua 'ae' e ne'e ma luna alanui, koe wale pilikia kaa! No alanui kukui, kalepa ae la lakou kukui, ho'olaha ...mea ma luna o. No pā'oihana e hamama. No ea amo ua ho'ohana Air- awa i hoopili! Air amo pono pae i ke kokoke loa'a awa kahu! No hoino aku ana! Alahao wahi & ma'i i hoopili! Loko Ka noho wahi i loko o ke koa i hailona. Kanaka kia'i nō ma luna o patrol e hooko Night-Ae . 'A'ohe hana (Na mea a pau i pa'a) koe palena iki pilikia pilikino. No ikehu mea e ke ho'ohana 'ole no ka pilikia a me ka paio hahana maoli nō! 1 lehulehu kūkala nūhou Radio ia hoonoho ai i ua ia a pau nā lealea ua ua hō'ā'ia! No manufacturing, oihana, a retailer mea e hana 'ole ho'ohana ikehu! Homes Hiki nō ke ho'ohana hahana maoli nō kēia i loko o lō'ihi anu. People mea i ho'ohana kai mehana o ke kapa ma mua o ho'ohana paio hahana maoli nō.

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Night-Ae mea OAXA. No ka mea pono i ana o na kanaka-kino & kūloko kaianoho koholā. i ka **SAVEPLANETEARTH !!**

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A Shire hooko Night-Ae ma Shire-ho'opulapula **MS / R1**  
E hana hou i-hewa i hala aku ia i moku'āina-ho'opulapula **MS / R3**

**1GOD** hana manawa e ana Lokomaika'i & pau 'ana o na mea a pau. Na CG kuhikuhipu'uone ua haawi ia i kela kakahiaka i hapa o ke kūmau. E ho'ohana i ka kuhikuhipu'uone i alakai mai, 'a'ole e manawa e hooponopono oe! Manawa e ole e ho'ohana 'ia wikiwiki kanaka. Ke kanaka kino ua i papahana no ka hurry- ana. E ho'omaka i ka i ana i ka kuhikuhipu'uone-Prayer:

## PLA NN o Era - Prayer

aLOHA **1GOD** , Mea nana i hana o ka loa nani ke ao holo'oko'a Help ia'u ho'olālā i ka'u kela la i keia-oaeouee? Au e kālailai & nānā i ko'u manao, e paipai au'ē a'e e ho'ohana i ka kuhikuhipu'uone Mahalo oe, no ko'u kuhikuhipu'uone





Au e hooikaika nei e hana ia no ka pōkole & lō'ihimanawa ho'olālā No ka mea nani o ka 1GOD & i ka maikai o ka humankind

E ho'ohana i kēia pule i ke kakahiaka hapa o ka mea i kela la-oeouee?!

Ua You Make aha ee To lilo A malama Kahu?

AS it is WRITTEN It Shall BE

1 GOD    1 FAITH    1 Church



Universe  
Custodian  
Guardians

Law-Giver Manifest



Ka pau