



Custodian - Guardian

Daily Routine

A 'Daily-routine' is essential to meet 'Obligation 2 (Protect the human body)' & be ready to face upcoming challenges. Get up, have a glass of lightly chilled filtered water, go toilet, do 'Daily-Fit (Exercises)', worship 'Daily-Prayer', wash face & hands, have breakfast & get dressed. Check your 'Planner'. Now your ready for challenges. 'Have a Good-Day, may **1GOD** Bless you'.

DAILY – Prayer



Dear **1GOD**, Creator of the most beautiful Universe
Help me be clean, compassionate & humble

Using the 7 Scrolls as guide:

I will protect your creations & Punish Evil.

Stand up for the unfairly attacked, disadvantaged, weak & needy

Feed the hungry, shelter homeless & comfort sick

Proclaim:

1GOD, 1FAITH, 1Church, Universe Custodian Guardians

Thank you for today

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

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



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



C-G Klock 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 !

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.**

Daily NOURISHMENT

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

Every week-day is to have a food theme: e. g. Day 1: Vegetables; Day2: Poultry; Day3: Mammal; Mid-week: Reptile; Day5: Seafood; Week-end: Nuts & Seeds; Fun-Day: Insects.

Breakfast should include Fruit &/or Nuts &/or berries, egg... Lunch is to include Salad. Dinner includes Vegetables. No more than 100g of meat a day.

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

Note! Before every feed You worship: **Thank_You_Prayer**

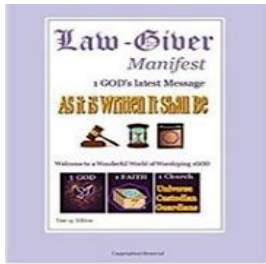
THANK YOU – Prayer

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



Use this prayer before every feed !





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

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



These activities help in 'harmonizing' with the habitat & survival of species. Seeking gaining & applying Knowledge helps with answering **1GOD's** questions on Judgment-Day.



Rest is needed for survival & good health. The main rest is '**Sleep**'.

S L E E P – Prayer



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



This prayer is used before going to Sleep !



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

H i n t s

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





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

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



When using your Planner at work or study don't let Time control You! Time is not to be used to hurry people. The human body is not designed for hurrying.

Daily-exercises a human need.

Daily-exercises a good-health must, are part of the Daily-routine. They are completed every morning. Daily-exercises increase: all-round well-being, blood-circulation, brain-activity, food digestion, mating-urge, muscle-toning, self-esteem, stimulation of immune system. The 7 exercises are: Chest, Windmill, Door-frame, Dumbbell, Kneeling, Hook, Swivel. All 7 exercises are for HE & SHE & are repeated.

Start with 1 repeat & increase to a maximum of 21. Use commonsense Start with 1 repeat & increase to a maximum of 21. Use commonsense on how fast to reach maximum repeats. Persisting with daily repeats is beneficial. Exercising 21 repeats 1 day & not exercising the next is not beneficial. After finishing the exercises stand erect & breath in deeply then exhale to the maximum do this 3 times. Continue with your Daily-routine. **Note !** Not exercising is a sign of total disregard for the body, low self-esteem, laziness,...

Chest Exercise 1: Stand tall, arms bent horizontal to the floor (t-shape) thumbs touching chest. Now move arms back as far as possible. Then move arms to the original bent position. **REPEAT (21 max) !**

Windmill Exercise 2: Stand tall, arms outstretched sideways horizontal to the floor (t-shape). Focus your vision on a single point horizontal to the floor (t-shape). Focus your vision on a single point straight ahead. Start turning clock-wise (left to right). Focusing on the vision point until the turning body forces you to lose it. Keep

turning refocusing as soon as possible. Keep turning to the point of dizziness or 21 turns whichever comes 1st. Breath deeply walking a few steps steadying yourself. **Note!** Beginner or recovering from illness begin with 1 turn increasing to 21 turns max.

Warning, always stop when starting to feel dizzy.

Door-frame Exercise 3: Stand erect in open door-frame with feet hip-width apart elbows bend upwards at right angle (90°, trident shape). Press elbows against sides of door-frame until you feel tension between shoulder blades, hold (count 3), release tension. **REPEAT !** After releasing tension from the last repeat inhale through the nose evenly filling the lungs to max, hold (count 3), then slowly exhale through mouth to max.

Dumbbell Exercise 4: 1 dumbbell is used HE (4kg), SHE (2kg). **Do not use 2 Dumbbells.** Stand erect with feet hip-width apart elbows to your sides palms facing forward. Pick up dumbbell with left hand bending your elbow until the forearm is at right angle (90°).



Slowly squeeze bicep, lifting dumb-bell up towards shoulder, hold (count 3), then slowly lower dumbbell to starting position **repeat** (1-7). **Change to right arm repeat** (1-7). **Do 3 left & 3 right.**

Kneeling Exercise 5: Kneel on a prayer-mat (protect knees) body erect, hands firmly placed against buttock. Incline head forward until chin touches chest. Now slowly tip head back as far as it will go, at the same time lean back as far as possible keeping your hands firm on the buttocks. **REPEAT (21 max) !**

Hook Exercise 6: On a prayer-mat (protect from cold) lie flat on your back, extended arms palms down against body. Now slowly incline head forward extended arms palms down against body. Now slowly incline head forward until chin touches chest at the same time lift your legs, knees straight, vertical (90°) hold (count 3), then slowly return (head & legs) to beginning. **REPEAT (21 max) !**

Swivel Exercise 7: On a prayer-mat (protect from cold) lie flat on your back, extended arms palms down. Now bent knees heels touching buttock. Keeping palms firm on mat swivel knees to the right until they touch mat. Then swivel knees to the left touching the mat. Repeat right & left swivel counting each left swivel. **Do 21!**

NIGHT – TIME 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 1 of the following exercises (All exercises are done while sitting on the bed's edge knees shoulder-wide apart). Every-time you get up do a different exercise.

1st Exercise: Place the palms* of your hands against the outside of your knees. Press hands inward & knees outward, hold 7 seconds (You feel tension in arms, legs & shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use fists.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward & knees inward, hold 7 seconds (You feel tension in arms, legs & stomach). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use flat palms.

3rd Exercise: Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 7 seconds (You feel tension in fingers, arms, & chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

4th Exercise: Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand press down at the same time press open hand upwards, hold 7 seconds. Reverse sequence, hold 7 seconds (You feel tension in hands, arms, neck, chest). Relax, take a breath & sip of water lie down, sleep well. No repeats.

People with a tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees (You feel tension in arms, back & stomach). Relax, take a breath, 7 repeats, sip water, lie down, sleep well.

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

Not doing exercises: makes you unfit, lazy, unhealthy, blubbery, a burden to yourself your family friends & community, a bad example to children, depressed, you be more sick, awkward mating, die younger.

It's your body! Keep it Fit!



Sleep is needed for survival of human-body.

7 hours (C-G Klock) should do.

Lack of sleep leads to death but only after a very painful transit through depression & spasm of insanity.

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

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

There are pre-requisites before lying down to sleep. 1 hour should have passed since the last feed. Brush teeth & wash whole body before going to bed. Worship 'Sleep-Prayer'.

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



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

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 (public, private, commercial ,...) good health. To get restful revitalizing sleep the bed- room must be as dark as possible. An absence of internal & external noise is a must . 'Therefore a Shire'

must implement night-curfew which is needed for good health.

A 7 hour Night-curfew from 14-21 hours (22- 6 hours, 24 hour Pagan-clock) is mandatory. For good health, reduction in energy consumption, reduction in pollution & protection of wildlife.Reduction in crime, reducing cost to government & encouraging multiplication.

During Night-curfew 'No' road transport 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 Air-ports 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. Sentinel are on patrol to enforce Night-curfew.

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

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

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

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

PLANNER – Prayer



Dear **1GOD**, Creator of the most beautiful Universe
Help me plan my Daily-routine
I shall analyze & review my plan
I will encourage others to use a Planner
Thank you, for my Planner



I endeavor to use it for short & long-term planning
For the Glory of 1GOD & the good of humankind

Use this prayer in the morning part of the Daily-routine!



Have You Got What It Takes To become
A Custodian Guardian ?

AS it is WRITTEN It Shall BE

1 GOD 1 FAITH 1 Church



Universe
Custodian
Guardians

Law-Giver Manifest



End