



Privileges

1 Haki ya Mungu hupokelewa kwa ajili ya kukamilisha 1 Agano la Wajibu

mtu anapata 1 Agano 's Haki kwa kuwa kukamilika yao

1 Agano 's Wajibu. 1 Agano kutokana Haki wanapata chuma Haki ya Jamii. Baada ya kumaliza majukumu ya Jamii. Mahitaji ya Haki za hivi! Ni haki za binadamu!

vitisho kwa 1 MUNGU kutokana Haki: Ubinafsi, profiteering, Ufisadi, Ukosefu wa Maadili, kuchafua, kurithiwa uonevu (Falme), Uonevu wa kisiasa. vitisho yoyote ni daima uliofanyika accountable, MS R1-7



1 Agano kutokana Haki

- 1 Breathable, hewa safi
- 2 Kunywa, maji kuchujwa
- 3 Eatable, chakula na afya
- 4 Kinga, mavazi ya bei nafuu
- 5 Usafi, nafuu makazi
- 6 Ibada na Amini katika 1 Agano
- 7 Uhuru wa kujieleza na restrains maadili
- 8 Mate, kuanza familia
- 9 Kuwa mnyama
- 10 Kuwa na vurugu ya bure ya jamii
- 11 Free matibabu wakati wagonjwa
- 12 Free-elimu
- 13 kazi kuzawadiwa
- 14 kupokea heshima
- 15 kupokea haki
- 16 Mwisho kwa heshima
- 17 Je uhuru waliochaguliwa serikali



Kukanusha mtu yeyote chuma Haki ya Jamii ni uhalifu, **MS R6**

1 Agano anasubiri kusikia kutoka kwako!

ombi maombi

Ndugu **1 Agano** , Muumba wa ulimwengu mazuri mwaminifu lako la hivi mnyenyekevu mlezi-mlezi **(1st jina)**

I Fulfilled Wajibu wote & unyenyekevu ombi Haki zote Haki kuwa haki za jamii

Mimi kudai kuwa jumuiya kuidhinisha haki hizi Kuhamasisha jamii yangu kutekeleza haki hizi ajili ya Utukufu wa **1 Agano** na nzuri cha mwanadamu



Sala hii inaposomwa nyumbani au Mkutano!

yy

Upendeleo 1:

Breathable, safi Air!

Kuishi na binadamu mwili mahitaji na hewa ya kupumua. hewa sisi kupumua imeundwa wa gesi **(Oksidi, oksijeni, methane, carbon dioxide)** , Maji na uchafu **(Vumbi, microbes, spores)** . hewa sisi kupumua mahitaji nitrojeni juu na oksijeni. Pia ina chini dioksidi kaboni na maudhui methane. maudhui maji **(Unyevu)** inahitajika, high unyevu inakuwa wasiwasi na suala afya. Uchafu Si lazima wao kuchochea mapafu.

Kwa muda gani unaweza kushikilia pumzi yako? 4 Minutes, basi gugumia kwa hewa. Hakuna hewa ya kupumua kwa gugumia, You kufa! Watu wanakufa haraka katika moto, hakuna hewa ya kupumua.

Zuio hewa ya kupumua ni kutumika kama mateso, mauaji ya binadamu na wanyama. Zuio hewa ya kupumua kama mateso **(Maji ya bweni)** Ni jambo la kawaida kwa Utawala wa Marekani, wafanyakazi wa serikali ya Marekani na serikali makandarasi.



Mateso ni kosa kushitakiwa MS R7
(binadamu) , **MS R4 (wanyama)** .

Zuio hewa ya kupumua kuuu ni ajali, kutumiwa na binafsi **(Kujiua)** ,

Serikali, wengine (Wahalifu) . ajali: sumu-moshi katika moto. Binafsi:

makusudi kuvuta kujilimbikizia carbon dioxide au kupikia gesi.

Serikali: kunyongwa, gesi chumba. Jinai: garroting, aliyenyongwa, suffocating, kunyongwa. Serikali, mauaji ya jinai kupata, MS R7 Kumbuka! Killing kama adhabu serikali Anti- 1 Mungu, ni mwisho!

Binadamu kuchoma mambo ni tishio kuu kwa 'hewa breathable.

Inaanza na mtu binafsi wanaotumia koromeo zao kama bomba na uvimbe zao kama ungo kwa sumu-moshi na uchafu hewa. Kwa kutumia binadamu na mwili kama dohani ni kali afya ya hatari na tusi kwa **1 Mungu design. Sigara kulevya!**

Matumizi ya vileo inayojirudia compulsive tabia kuufurahisha haja alijua. Kulevya shaua wenyewe kwa kutokubali madhara tabia zao ni kufanya. Madhara kwa wenyewe, familia, marafiki, na kazi wenzi na jamii.

kulevya (Junkies) ujinga (Mjinga) gullible (kijinga) & dhaifu (Pathetic) ! Kulevya hawaamini wao ni wategemezi kwa muda mrefu kama wao ni kufurahia wenyewe na kufanya maisha yao kwa pamoja. Aliwahi kutumia dawa wanakuwa tishio kwa mimi na jamii. Wanakuwa delusional, kupambana kijamii, lisilo la haki, maadili, wadanganyifu, ubinafsi na asiyejali. Hii inalazimisha Shire (Jamii) kudhibiti maisha yao. Uzuiaji uhuru na haki.



Wavuta nuka kutoka mdomoni. mavazi yao stink. Wao nuka up chumba. majivu yao ni kila mahali. butts zao ni kila mahali. **Wao ni machafu, machukizo, watu binafsi stinking. Waachane nao! Aibu yao.**

Wavuta ni afya ya hatari kwa wenyewe. Wao kuchoma yao midomo, meno, ufizi, mdomo, koo, koromeo na mapafu kuwa mgonjwa mzigo kwa jamii.

Wavuta ni wavivu kuchukua mapumziko moshi nyingi na ubinafsi yatolewayo sickies. Kuwawajibisha!



Wavuta ni afya ya hatari kwa wengine. wavuta mimba ni kuwaumiza

ambaye hajazaliwa yao. Baada ya kuzaliwa mtoto mchanga hivi kifungo cha maisha ya kuwa na masuala ya afya. Wanaweza kuwa na ulemavu, ulemavu, .. wavuta wawawazito ni mashitaka, kuumiza ambaye hajazaliwa: **MS R3** .



moshi tulivu (**Shambulio**) machungu ya watu. Wavuta kwamba kujenga moshi passiv ni mashitaka, **MS R3** .

vyombo (**Burudani, burudani, kazi, .)** ili kuruhusu sigara ni mashitaka, **MS R3** na kulipa compensation. Serikali kwamba kuruhusu sigara ni kubadilishwa na **MS R7** .

Wavuta wamo katika ghafla. Kuanza moto, nyumba, majani, misitu. Wao ni kuwajibika, **MS R4** na kulipa fidia. Hiyo kuwadhuru watu na au wanyama, **MS R5** . Wao kuu watu na au wanyama, **MS R6** .



mwaka 1951 (**Kipagani kalenda**) ilikuwa imara kwamba sigara ni mbaya tishio kali. Serikali na Serikali mashirika, idara kwamba hakuwa 'Ban' sigara wameshindwa kutumikia na kulinda jamii.

Retrospective sheria hupitishwa na hizi kupata hatia, **MS R7**

mtu yeyote au kikundi, biashara au taasisi nyingine yanayochochea (**Free- bies, matangazo, matangazo**) , inaruhusu (**Wazazi, walimu, kazi, vilabu, eateries, burudani ukumbi ..**) , faida (**Wauzaji, wazalishaji, wasafirishaji, wauzaji wa jumla, wauzaji**) , Hufanya inapatikana 'Smokes' na au sigara vifaa kupata, **MS R7** Haijalishi nini 'Smokes' vyenye. kitendo cha sigara ni afya ya hatari.

Isiyoruhusu kwa sigara!

Watu binafsi kupunguza upatikanaji wa hewa ya kupumua kwa kuchoma gesi, kinyesi, mbao, makaa ya mawe, mafuta ya kupikia (**Pamoja na barbeque**) , Joto, umeme.

Hii Mwisho sasa! Matumizi ya umeme ambayo ni zinazozalishwa bila kuchoma. Kuvunja matokeo katika kuondolewa, uharibifu wa vifaa na **MS R2**



Power-Vituo kwamba kuchoma (**Makaa ya mawe, gesi, urani, mafuta**) kujenga nishati hufungwa na dismantled. Kuchafua Wamiliki, waendeshaji ni



mashitaka, **MS R7** . Makaa ya mawe, migodi Uranium hufungwa na muhuri. Mining Wamiliki na wahudumu (**Wachimbaji**) ni mashitaka, **MS R7** .

Nishati ni zinazozalishwa na njia zisizo kuungua. Wao haja ya kukata matumizi binafsi cha nishati. matumizi zaidi ufanisi wa nishati. Badala zikitoa up kudhibiti hali ya hewa, mavazi vizuri!

Burning hoja majumbani, Mwisho yasiyo ya ndani ya usafiri! Gesi na Mafuta na yasiyo ya matumizi kuungua. Ndani na mashirika yasiyo ya ndani ya usafiri kwenye Freeways ni kubadilishwa kwa 'Freeway-Trams'! Masafa ya ardhi usafiri ni kwa reli tu.



kuchafua Entertainment Mwisho.

Katika Air: Hewa Maonyesho, binafsi inayomilikiwa usafiri wa anga (Drone, ndege, ndege, helikopta, nafasi-kuhamisha ..).



Katika, chini ya maji: motorized mashua racing, binafsi inayomilikiwa usafiri bahari (Cabincruiser, cruiseships, hovercraft, jetskis, speedboats, yachts ..) .

Juu ya ardhi: kila 2,3 na 4 gurudumu motorized: mzunguko, baiskeli, buggies, SUV, mchezo-magari, magari ya kifahari, anasa magari. Gari racing, gari foleni. treni ya utalii. Mapromota kuchafua Entertainment na Watoa ya Magari kwa kuchafua Entertainment ni mashitaka, **MS R7**



Msumari saluni kujenga mafusho yenye sumu. Wafanyakazi na kinga ya brea lolote. wateja Dumb (**Wateja**) hawana. Chumba cha kutengeneza kucha katika Shopping-Centers ni wazi. Wao sumu-moshi kukumbatia wapita kwa. Kuwasababishia wao afya hatari. hasa wanawake wajawazito, watoto wachanga na wazee. Kama umekuwa wazi kwa sumu-moshi kushtaki saluni na Manunuzi-Kituo cha fidia.



Msumari saluni ni afya ya hatari hewa polluter. Wao ni alitembelea na watu ambao ni wavivu mno kufanya kucha zao wenyewe na fedha nyingi mno.

Kufunga yao chini, kupiga marufuku yao. Mashitaka wamiliki, watendaji, **MS R7**

Saluni ni afya ya hatari hewa polluter. Wao ni alitembelea na watu ambao ni wavivu mno kufanya viungo vyao juu, na fedha nyingi mno.

Kufunga yao chini, kupiga marufuku yao. Mashitaka wamiliki, watendaji, **MS R7**

Hairdresser ambao kuunda sumu-moshi inafungwa, kuwashtaki **MS R7** Hairdresser wasio kujenga uchafuzi wa hewa kazi ya kawaida.



kibepari (**Tamaa kulazimisha vimelea**) ments Govern-kuhimiza nyumba na bustani ubatili.

Wamiliki wa nyumba kutumia petroli motor bustani-zana

(**Brashi cutters, blowers, chainsaws, mowers, shredders ..**) kwamba kuchafua (**Hewa, kelele, udongo**) .

Wamiliki wa makazi, Viwanda, Wauzaji, kupata

MS R7 . Serikali kwamba kuruhusu uchafuzi hii ni nafasi yake kuchukuliwa na **MS R7** .

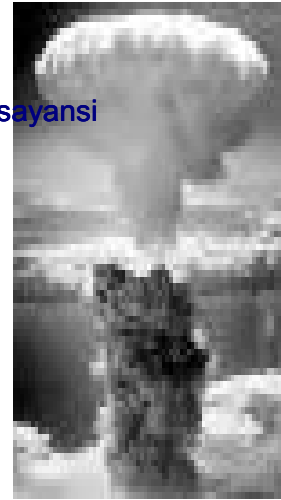
Ndani Insecticides hutumiwa, wao kushambulia mfumo wa neva. Wao kufanya hawajazaliwa na watoto wachanga hyperactive. Dawa kuiudhi Binadamu na mnyama mifumo ya upumuaji. Je, matumizi ya Dawa ya wadudu ndani.



Nje ya Dawa ya wadudu hutumiwa kwenye bustani, mazao, vyakula. Mazao, bustani, chakula ambayo yamekuwa kuingiwa ni yasiyofaa kwa matumizi ya binadamu au mnyama. Chafu matunda, mazao, chakula ni kuchomwa moto. Shire

(**Jamii**) . Commercial wazalishaji kupata mwenyewe **MS R7** . Serikali kwamba kuruhusu uchafuzi hii ni kubadilishwa, kuwashtaki **MS R7** .

Majeshi kuchafua hewa na usafiri, mabomu, A / N (Atomiki / nyuklia) B (Kibayolojia) C (Kemikali) silaha. Wao ni tishio kwa binadamu, wanyama na plantlife. Wanasayansi kuwa kujenga silaha hizi mashitaka, **MS R7** . Uzalishaji wa vifaa silaha hizo kubomolewa, na jamii (Shire) . Wamiliki, wakurugenzi, watendaji, msimamizi wa hospitali hizi kupata, **MS R7** . Majeshi ambayo kutumika au ni kutumia hizi aina ya silaha ni mashitaka, kutokana na cheo cha NCO kuelekea juu, **MS R7** .



Serikali kwamba kuruhusu uzalishaji au kuhifadhi silaha hizo ni kubadilishwa, kuwashtaki **MS R7** .



Fireworks ni polluter kubwa. Wanakuwa zaidi ya kawaida, kubwa zaidi kuchafua. Kulingana na hali ya hewa uchafuzi wa hewa inaweza msiweke kwa siku. Chembe uchafuzi settles juu ya maji asiivunje kuifanya hatufai kunywa. Fireworks Mwisho!

Laserlights kuchukua nafasi yao.

Mashirika yasiyo ya breathable Air Una dakika 4 kuishi!

Mtu yeyote, Shirika au Serikali kwamba anakanusha hewa ya kupumua au ni sababu, madhara ya hewa chafu. Ni kuwajibika, kuwashtaki wanaofugwa, **MS R7** . Mahitaji breathable Air ni **1 Agano** kutokana sahihi!

Isiyoruhusu NA AIR wachafuzi !!!!!!!

Upendeleo 2:

Kunywa, kuchujwa maji!

Kuishi mahitaji ya binadamu-mwili **kunywa maji**

60 +% ya mwili yetu ina maji. Kila kiini katika mwili wetu mahitaji yake.

Maji lubricates viungo wetu, inasimamia yetu mwili joto na flushes taka yetu ...



Condensed anga mvuke hutengeneza matone.
mvuto wa dunia pulls matone chini (**Kuanguka mvua**)
ya ardhi. Mvua ni chanzo kikuu cha maji safi. maji haya ya mvua
ni kutumika kwa kunywa, kuandaa chakula, kupika, kuosha, usafi
binafsi ...



mtu alikuwa na uwezo wa kunywa maji ya mvua, matumizi
yake kwa maandalizi ya chakula. Hii si advis- uwezo, maji ya
mvua ni unajisi, mbaya, sumu, tindikali, tasting mbaya,
mbaya kunusa. Kufulia haipaswi kushoto nje katika mvua na
kuwa chafu. Si tu gani kuangalia chafu na ni mbaya kunusa
lakini inaweza inakera ngozi.

Baridi mvua iko kama mvua ya mawe au theluji. Snow hujilimbikiza kwenye milima ya juu, Arctic na
Antarctic kujenga hifadhi ya maji safi. Snow ni nyeupe,



chafu theluji ni kijivu hata nyeusi. Black theluji hupatikana katika Himalaya,
barafu kote duniani, Greenland na Antaktika.

Jumuiya kujenga hifadhi ya maji safi. hifadhi hizi kutegemea maji ya mvua na theluji
kuyeyuka kujaza yao. Kwa sababu ya uchafuzi wa maji hayo yanahitaji matibabu kabla ya
matumizi ya binadamu au mnyama.



Hifadhi lazima kina badala ya kina. maji kina ni baridi, kupunguza uvukizi, mwani
ukuaji hasa sumu aina na wadudu infestation. Watersports ni marufuku na kuacha
kukojoa, hedhi na pooing majini. hila maji (**Boti, jetski,**

..) kuchafua (**Mafuta, petroli, betri asidi ..**) wao ni marufuku! **ubaguzi:**
Park Ranger usafiri.

Mtu anaweza kutegemea jamii kufanya hivyo haki. Hakuna tiba, sehemu ya matibabu, matibabu sahihi, kukata gharama, ufisadi, tabia ya uhalifu .. Home tiba ya maji ni kuwa lazima.

Home tiba ya maji inahitaji filtration. Hii ni kupunguza: **arseniki**, asbesto, klorini, klorofomu, carbonate ugumu, shaba, uchafu, madawa ya kuulia wadudu, metali nzito, risasi, dawa, kutu ... Pia katika hali ya joto maji kuchujwa yanahitaji kurekebisha ili kulinda dhidi ya mauti (**Viumbehai**) ugonjwa huo.



Vitisho kwa maji safi

Mara kwa mahitaji ya maji safi itazidi upatikanaji wa maji safi.

mvua chafu inaweza kusababisha rangi ya peel, kutu ya miundo chuma (**Madaraja**) , Mmomyoko wa mawe, kunyauka majani, mimea, ngozi kuwasha ... Angalia 'breathable Air' na 'Green Concept' kwenye ushauri jinsi ya kudhibiti uchafuzi wa mazingira.



Umwagiliaji! Kwa kutumia chini ya ardhi kwa ajili ya kilimo cha umwagiliaji depletes chini ya ardhi hifadhi ya maji kwa kasi zaidi kuliko inaweza kujaza. Kusababisha kukauka Ecosystem nzima, kujenga uhaba wa maji safi. Chini ya ardhi umwagiliaji mwisho. Mtu yeyote kinyume cha sheria kwa kutumia chini ya ardhi kwa ajili ya kilimo cha umwagiliaji ni mashitaka, **MS R7** . Serikali kuruhusu chini ya ardhi umwagiliaji, ni kubadilishwa, kuwashtaki **MS R7** .



Umwagiliaji, kwa kutumia Freshwater kutoka mito, maziwa, mkondo ... kupungua mtiririko wa maji. Hii moyo kutokana na joto. Kusababisha ukame! Aina hii ya umwagiliaji ulisababisha mwisho ustaarabu. Mwisho umwagiliaji.

Chafu njia za maji ya (**Mkondo, bwawa, mkondo, ziwa mto ..**) kujenga uhaba wa maji safi. maji Storm- kujazwa na madawa, sumu, sumu .. haramu utupaji wa taka za viwanda, sumu, sumu, .. Kuchafua ya mkondo wa maji mwisho, wachafuzi ni mashitaka, watu binafsi **MS R3**

wengine wote **MS R7** .



Kuongeza maji safi

Desalination inatumia mengi ya nishati, gharama kubwa. Ulaji wa maji ina mbaya ya athari ya mazingira, kuunganisha idadi kubwa ya samaki, samakigamba, mayai yao, ... ndani ya mfumo. wanyama wakubwa wa bahari wako dhidi skrini mbele ya muundo ulaji. Kemikali matibabu, corro- Sioni, kujenga brine joto ambayo hutolewa tena ndani ya bahari.



Desalination ina high boroni maudhui yanayofanya duni ubora wa maji. maji haya kutumika katika kilimo, ufugaji na uzalishaji wa chakula husababisha high boroni cha lishe. Muda mrefu kuteketeza ya viwango vya juu boroni ni mbaya.

maji recycled taka, maji taka hupitia matibabu ya msingi kuchukua yabisi, madini ni kuondolewa, filters kuondoa bakteria wengi na virusi.

Maji ni basi kulazimishwa kwa utando wa kuondoa molekuli. Toilet kwa bomba ni fursa ya mapumziko ya mwisho. Uchunguzi si yatangaza hatari ya afya wote.



maji ya chupa (Ya gharama kubwa) yanafaa kwa usafiri. Plastiki chupa ya maji kutolewa kemikali ambazo huwa hatari wakati joto juu (Jua, heater) . Glass (Hakuna risasi) chupa ni ilipendekeza.

maji ya kunywa ladha

Kwa aina maji ya kunywa inaweza kuwa ladha. Baadhi harufu ni unheal- yako na ni kuepukwa. maji ladha inaweza kuwa aliwahi baridi au moto.

Yanafaa vinywaji ladha: Nyama dondoo, Kuku dondoo, Cocoa, Chai, Kahawa, Matunda, mboga, viungo, mboga.



Hatari kwa afya vinywaji ladha na kuongeza nyongeza: Pombe, bandia rangi, bandia harufu, bandia na sweetener asili, Kaboni, Cola

, Mzuri, Nishati vinywaji, Lemonade, decaffeinated kahawa, Matunda-juisi, vihifadhi, Sodium, ..



maji ya kunywa ni bora



Ratiba ya kila siku: Kupata up, na 0.2l glasi ya kiurahisi chilled maji, kuchujwa. Kabla ya kila mlo (**Breakfast, Mapema Siku ya vitafunio, Chakula cha mchana, Marehemu Siku ya vitafunio, Chakula cha jioni**) na 0.2l glasi ya kiurahisi chilled maji, kuchujwa. Kuwa kunywa glasi (**Hakuna plastiki**) kujazwa na 0.2l ya maji kuchujwa kwenye kila meza ya kitanda. Kunywa wakati wa usiku kila wakati baada ya kutembelea choo na wakati akiwa koo kavu, kunywa mapumziko wakati kupata hadi asubuhi.



No-kioevu ulaji. Una siku 4 kuishi!

Yoyote Mtu, Shirika, Serikali kwamba anakanusha maji ya kunywa au ni sababu na athari za maji machafu. **Ni kuwajibika, MS R7**

Coffee kunywa mbinguni kuchochea



Coffee kinywaji iliyotengenezwa tayari kutoka mbegu kuchoma ya coffeeplant.

Coffee ni kwa kutokana na kavu, kuchoma, mbegu za mti wa kahawa, kupandwa katika moto, hali ya hewa ya mvua pamoja ikweta. Kuna 2 aina: maharage Robusta na ladha na nguvu na mwili kamili. Arabica maharage hukuzwa katika urefu juu, na ladha laini na sifa zaidi ya kunukia.

Mara baada ya ilichukua na kavu, kahawa ni kuchoma karibu 200 ° C.

Hii inaruhusu sukari katika maharage ya caramelize na ladha ya kahawa ili kukuza. tena maharage ni kuchoma, au juu ya joto, nyeusi roast, itakuwa na kamili ladha. Kwa ujumla inakaanga mwanga na kali, zaidi tindikali ladha, wakati nyeusi

inakaanga na undani, tajiri ladha. roast giza si lazima, 'nguvu'. nguvu ya kikombe cha kahawa inategemea ni kiasi gani maji ni aliongeza wakati kahawa ni kuwa iliyotengenezwa.



Jinsi ya ma keac up ofcoffee?

Jinsi ya kupata zaidi kutoka kikombe yako favorite ya kahawa.

1) Kubwa tasting kahawa huanza na maji kubwa tasting. Kama maji kuchujwa haipatikani, matumizi ya maji baridi kutoka kwenye bomba. Basi ni kukimbia kwa sekunde chache aerate kabla ya kuongeza kwa aaaa.

2) Acha maji kufika mbali jipu kabla kumtia kwenye kahawa (**Papo hapo au matone-filter**) CHEMBE. Kiwango maji scorches CHEMBE & athari juu ya ladha.

3) Wakati wa kutumia maziwa (**Haipendekezwi**) kuongeza kwa kikombe baada ya maji. Kama maziwa aliongeza 1, kahawa inaweza kuchanganya pia. maji ya moto unaweza scald maziwa, kubadilisha ladha.

Kumbuka! utamu (**Sukari au bandia**) uharibifu kahawa!

Decaffeinated si kahawa lakini hatari ya afya.

Matumizi tu wasio Maziwa whitener.

maandalizi :

pombe,

Instant,

Njia ya matone-Filter Coffee; Espresso (Mashine) .



decaffeinated Kahawa a Afya ya hatari!

Decaffeination inatumia kutengenezea. Kutengenezea mabaki mara nyingi upset tumbo.

Logic! Coffee bila Caffeine kushindwa madhumuni ya kunywa kahawa.

Maganda ya kahawa a mazingira hatari!

Coffee Maganda kila 1 billion ni maafa ya mazingira. Wao si majumbani. Wao si kuwa recycled. **STOP! Uzalishaji!**

mashitaka, **MS R7** . **STOP!** Kwa kutumia nao!

Jinsi ya kunywa kikombe cha kahawa?

Kupata ladha bora, ladha basi ni baridi kidogo kuliko kuchukua slurps kubwa kuliko sipping. slurps kubwa ya kahawa kutolewa harufu zaidi. Harufu na ladha yake, ya mbinguni. Kuna wicketi kahawa na maziwa:

Espresso ni kinywaji kujilimbikizia iliyotengenezwa na kulazimisha maji ya moto chini ya shinikizo kupitia kahawa laini ya ardhi. Ikilinganishwa na njia nyingine ya kahawa pombe, Espresso ina msimamo mazito, kiasi kikubwa cha yabisi kufutwa na povu. Espresso ni msingi kwa ajili ya vinywaji vingine: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-risasi, Lava, Mote. Aliwahi na tabasamu.

Cappuccino: maandalizi texture, joto ya maziwa ni hatua muhimu zaidi. Maziwa yanayochemka na kuongeza hewa Bubbles vidogo sana kutoa ni nyororo tex- tana (Povu) . risasi ya Espresso ni kuweka katika kikombe, moto povu maziwa aliongeza, yapo na 2cm nene povu, kumaliza na kuinyunyiza ardhi Cinnamon.



latte: joto juu ya maziwa hakuna froth. risasi ya Espresso ni kuweka katika kikombe. Moto maziwa aliongeza, yapo na kuinyunyiza kakao mbichi.

macchiato: joto juu ya maziwa hakuna froth. Jaza kikombe 2/3 na maziwa. Kuongeza risasi ya Espresso. Juu na majani peremende.

Mocha: kufanya mbichi kakao moto. Jaza kikombe 1/2 kwa kakao moto. Kuongeza risasi ya Espresso. Juu juu na maziwa na maziwa froth. Kuongeza kuinyunyiza kakao mbichi.

lava: 1st risasi ya Espresso. Kuongeza nip ya concentrat- juisi ed Mandarin. Kuongeza risasi



Mote: Jaza kikombe 1/2 kwa moto pep- permint chai. Kuongeza risasi ya espres- hivyo. Juu kwa moto

ya moto ghafi Cocoa. Top maziwa ya moto povu. Kuongeza kuinyunyiza ardhi mdalasini.

povu maziwa. Kumaliza na kuinyunyiza ardhi mdalasini.



Americano: risasi ya Espresso ni kuweka katika kikombe. maji ya moto ni aliongeza.

Gringo: Jaza kikombe 1/2 kwa maji ya moto. Kuongeza 2 picha za Espresso. Juu kunyunyizia Nutmeg.

Duo-risasi: Kuongeza 2 picha za Espresso. maji kisha moto.

Cocoa kunywa mbinguni kuchochea



miti Cocoa kukua katika, maeneo ya moto wa mvua ya kitropiki. Ni matunda ni Maganda. Ndani ganda kuna mbegu (Maharage) . Cocoa maharage ni akageuka katika siagi ya kakao na unga.



Maandalizi Moto Cocoa:

1 kijiko kakao,

1 kikombe: soya maziwa, mbuzi maziwa au nyingine zisizo za maziwa maziwa.

1 kijiko vanilla dondoo, Dash ya mdalasini, Dash ya nutmeg.

Kuchanganya viungo katika sufuria kati na joto juu ya ukubwa wa chini ya moto, whisking mpaka frothy na moto.

chai kunywa mbinguni kuchochea



Camellia kupanda evergreen. Ni majani ilichukua na kushughulikiwa kutupa Tea. Chai msingi ni nyeusi au kijani. Huenda kuwa ladha au sented.

Mlezi Guardian chai ya maandalizi, mahali huru kusindika chai majani katika infuser chai. Weka infuser katika kikombe kioo. Chemsha maji, acha jipu, wakati bubbling vituo kumwaga katika kikombe kioo. kufurahia !

(A) Kama vile vituo bubbling kumwaga juu nyeusi chai. Baada ya dakika 1 koroga infuser mara 3. Baada kuondoa mwingine dakika. Kunywa, au kuongeza juisi yoyote machungwa kwa ladha, au basi ni baridi, baridi & vinywaji. Onyo si kuchafua na utamu, whiteners (Bandia, au ya asili) .



(B) sekunde 10 baada ya vituo bubbling kumwaga juu chai ya kijani. Koroga infuser mara 3. Baada ya dakika 1 kuondoa. Kunywa, au kuongeza chochote jiwe matunda juisi kwa ladha, au basi ni baridi, baridi, kunywa.

Onyo si kuchafua na utamu, whiteners (Bandia, au ya asili) .

Mitishamba chai mbegu maandalizi, mahali mbegu huru taabu katika infuser. Weka infuser katika kikombe kioo. Chemsha maji, acha jipu. Kama vile vituo bubbling kumwaga juu mbegu. Baada ya dakika 1 koroga infuser mara 3. Baada ya dakika nyingine 7 kuondoa. Kunywa, au basi ni baridi, baridi ya kunywa. Onyo si kuchafua na utamu, whiteners (Bandia asilia) .



Mitishamba majani maandalizi ya chai. sawa na kijani chai.



Mitishamba mzizi chai maandalizi, chopp mizizi. sawa na nyeusi chai.

Kwa kutumia microwave wakati pombe teabag hutoa ladha.

Ondoa lebo kutoka teabag kuhakikisha chuma kikuu imeondolewa. Wengi vitambulisho karatasi kutumia wino bei nafuu, discoloring maji, kuingilia ladha.

Weka maji ya moto katika chai-kikombe > kuongeza uchaguzi wako wa Chai-mfuko > joto katika microwave kwa sekunde 30 kwa nishati ya nusu (400-500 Watts) > Basi ni pombe katika microwave kwa dakika > iondoe > kufurahia!

maji ya kunywa ni bora (inaweza kuwa na ladha)

Upendeleo 3:

Eatable, chakula na afya!

Sehemu ya kawaida ya kila siku ya kula. Jinsi afya sisi, kwa muda mrefu jinsi ya kuishi. Ina mengi ya kufanya na tabia yetu kula.

Feed mara 5 kwa siku:

'Breakfast, ni pamoja na Maji, mboga, viungo, Honey, Kahawa, ..

Mapema Siku ya vitafunio, ni pamoja na Maji, Matunda, mimea, Chai, ..

chakula cha mchana, ni pamoja na Maji, saladi, yai, Kahawa, ..

Marehemu Siku ya vitafunio, ni pamoja na Maji, Nuts, Matunda, Spices, Cocoa, ..

Chajio'. ni pamoja na Maji, Chakula cha jioni mandhari, Chai au kahawa .. mboga.

7 Foods yanayopaswa kuliwa kila siku: fungi (Uyoga) , nafaka (Shayiri, lentil, mahindi, shayiri, mtama, quinoa, mchele, mtama, ngano) , Moto Pilipili, Vitunguu (Kahawia, kijani, nyekundu, spring, chives, vitunguu, leek) , Parsley, Sweet-Capsicum, Mboga (Avokado, maharage, broccoli, cauliflower, karoti, mbaazi, sprouts ..)



Kila wiki ya siku inahitaji kuwa na Chakula cha jioni mandhari: kwa mfano Day1: mboga,

Day2: kuku, Day3: mamalia, Katikati ya wiki: mtambaazi, Day5: Chakula cha baharini,

Wiki ya mwisho: Nuts & Seeds; Siku ya furaha: Wadudu.

Diet-No-No 's: sweetners bandia, viwandani-chakula, maumbile iliyopita chakula aliongeza Fructose.

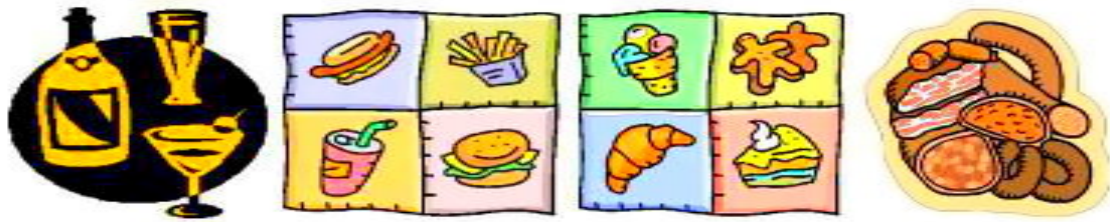


fructose sababu kubwa ya ugonjwa wa kisukari & Obesity (Blubber-People) .

Fructose ni mbaya kama huja katika Sugar au Matunda. Kuongeza Fructose wakati wa usindikaji wa kinywaji au chakula ni afya athari. Usindikaji, usambazaji, uuzaji wa aina hii ya kinywaji au chakula ni makosa ya jinai tabia & mahitaji ya kuendesha mashtaka. **MS R6**

ubaguzi: **unprocessed matunda , matunda , Honey , mboga .**

Sema Hapana kwa : Kitu chochote ambacho ina: **Fructose, glucose, Sugar, Biscuits, mikate, kinywa-nafaka, Chocolates, Matunda-juisi, Ice-cream, Jam, Ketchup, Lollies, Lemonades (Cola, Nishati, ...)** Mraba, Muesli- baa, Michuzi, Mvinyo ...



Viwandani chakula ni pia chumvi ina preservatives nyingi sana, mara nyingi mno greasy & ina sukari aliongeza kuifanya yasiyofaa kwa matumizi ya binadamu, wanyama kipenzi & mifugo. **Viwandani chakula ni shinikizo cause of high-damu, clogging ya mishipa & Obesity (Blubber-People) .** Usindikaji, usambazaji, uuzaji wa vyakula viwandani ni tabia ya uhalifu wanaohitaji kuendesha mashtaka. **MS / R6**

Sema Hapana kwa: **Maziwa-maziwa, maziwa-jibini, Fast-chakula, ham, hamburgers, ALAMI, ...**

viwandani: **Mkate, nyama, Pizza, Sausages,**
kusindika : **Matunda, Supu, Mboga ...**



GM-Food ni nini watu kweli hutumia. Yote huanza kama maumbile iliyopita (**Engineered**) Mbegu (**GM-Crop**) . GM-Crop sababu ya mtiririko

-juu ya athari hubadili nzima kwa Chakula mnyororo. Kujenga mutations ambayo kujenga Magonjwa mpya, maisha kutishia Global-Mapigo katika wote wa Chakula mnyororo! **PAMOJA WANADAMU!** Watu watakuwa wagonjwa zaidi, kufa mdogo, ulemavu zaidi, watoto zaidi mgonjwa Mimba zaidi ... Itabadilika DNA ya binadamu.

GM-Food Survival Tishio: Alfalfa, mtoto-chakula, Bacon, mikate, mahindi, kifungua kinywa-nafaka, kanola, mayai, ham, siagi, nyama, viazi, papai, mbaazi, kuku, mchele, sausages, maharage, nyanya, ngano, zucchini, ...

mahitaji kutoka kwa jamii chakula unadulterated. **HAPANA:** Pombe, maumbile-mageuzi, Madawa ya kuulia wadudu, Insecticides, viwandani chakula
hakuna aliongeza: Salt, Sweeteners (Bandia au ya asili) , ...

kusherehekea: Chakula Day 7.3.7

Siku njema ya afya 12.1.7

CG Kalender (New Age wakati usimamizi)



Upendeleo 4:

Kinga nafuu nguo!

Kinga-mavazi inahitajika kulinda binadamu mwili kutoka hali ya hewa, magonjwa na uchafuzi wa mazingira. **Kinga-mavazi** anahitaji kuwa comfor- meza & muhimu. **Kinga-mavazi** ni kuwa bei nafuu. mavazi Protective- lina kichwa-cover, mavazi, soksi & Ulinzi miguu.

mkuu Ulinzi lina balaclava, beanie, K-scarf, Kinga & kofia ya chuma. **Balaclava (Beanie)** , K-scarf i s knitted nje ya pamba au mchanganyiko wa pamba na sufu (**Hakuna synthe- tic nyuzi**) . Unaweza kuwa alama yoyote au mfano. Jicho ulinzi & kofia kutoa UV ulinzi. visor ni ikiwa sideways & moja kwa moja juu na chini, malisho, yenye scratch sugu, vitalu UV rays, si fogging up, mng'ao kurekebisha (**Nyeusi / nyepesi, nyepesi / nyeusi**) . kofia ina ngozi nyuma ya shingo mlinzi.



Kinga-mavazi inahitajika kulinda binadamu mwili kutoka hali ya hewa, magonjwa na uchafuzi wa mazingira. **mwili** sehemu kuu ulinzi na kinga-mavazi ni ngozi & miguu. **Kinga-mavazi** lazima iwe huvaliwa nje.

Kinga-mavazi, coverall (Pamoja na kofia) au 2-kipande kufanywa nje ya Flax, Pamba, Sufu, au mchanganyiko wa pamba / sufu (**Hakuna nyuzi sintetiki**) rangi yoyote / muundo. **Aidha wanapaswa kuwa na t-shirt shingo, wenye kujivuna * silaha na miguu kufungwa katika mikono & vifundoni (Rasimu ushahidi) . * Majivuno silaha & miguu** kuruhusu elbow / goti viungo na hoja kwa uhuru pia hewa ndani ya inajenga kudhibiti hali ya hewa kwa ngozi na mwili.

Nguo ni kufanywa nje ya nyuzi za asili: wanyama ngozi, kupanda kwa nyuzi, hariri,



pamba au sufu. Bandia-nyuzi si kutumika kwa ajili ya nguo kugusa binadamu ngozi. Uzalishaji wa bandia-nyuzi nguo mwisho.

Nguo za kujikinga ni starehe, muda mrefu, kivitendo, affordab- le. mtindo (Designer studio) kinga-mavazi ni overpriced, ghali, impractically & muda mfupi. Haikubaliki!

Feet haja ya ulinzi kutoka hali ya hewa na knocks. Ngozi, Toes & vifundoni wako katika hatari. Foot ulinzi lina soksi na buti. Daima kuvaa ulinzi mguu wakati venturing nje.

Soksi ni kufanywa nje ya Pamba, Sufu, mchanganyiko wa pamba na sufu (Hakuna synthetics) rangi yoyote muundo wowote. Soksi lazima cover Feet hadi sentimita 7 hapo juu vifundoni.

Buti na ngozi ya juu ya kinga, ndani laini ngozi (Hakuna synthetics) nyayo za ngozi au mpira. Buti kulinda Feet hadi sentimita 7 hapo juu vifundoni. Synthetic viatu jua kali juu ya miguu kuchemsha yao. Huwezi kutembea.



Hand ulinzi katika mfumo wa kinga (Hakuna synthetics) huwaliwa kama inahitajika!

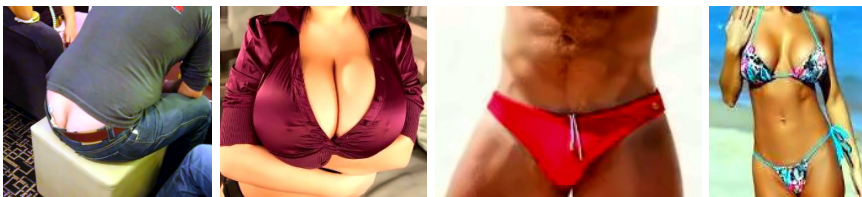
SHUN:

Mbuni studio ni wasomi sehemu ya utajiri na ubaguzi wa rangi. studio designer ni juu-bei. Imetayarishwa na kazi ngumu. Imeundwa kwa ajili ya kiburi vizuri mbali snubbing wakijitahidi masikini & maskini. Waachane watu kuvaa hizi.

Mbuni studio! Watu ambao ambapo Mbuni studio! Muuzaji ambao huuza Mbuni studio! Overpriced Protec na lengo-mavazi! Impractically mtindo protective- nguo! Nguo za kujikinga kufanywa nje ya nyuzi artificial-! AIBU & SHUN watu mzaha nyumbani- chini. Wao kulipa kwa kuwa na Cothing kuangalia nikanawa nje, na makusudi ripped & mashimo alifanya ndani yao.



Haikubaliki trashy mavazi code:



Hebu watu trashy kujua kwamba wao ni trashy.

Waachane synthetic nguo viatu. Mwisho wa uzalishaji wa nguo sintetiki, viatu.

synthetics Haramu wazalishaji kupata, **MS R6** .



Kulinda mwili wako kutumia kinga-mavazi nje!

Upendeleo 5:

Usafi, nafuu Makazi!

Binadamu na **1 Agano** kupewa haki ya: 'nafuu Quarters Salama Hai (**Makazi**) '. Serikali ina wajibu wa kusambaza idadi ya watu wake na robo nafuu salama kuishi. **Makazi imetolewa na ' Shire '**

(Serikali ya Mtaa) . **Sehemu ya Shire-kupanga. NYUMBANI !!**

Kwa **Shire** kusambaza nafuu robo ya maisha yote ya ardhi Freehold na malazi ya ndani (**Private inayomilikiwa**) kuhamishwa kwa hiyo. Empty kuhamishiwa mali ni kujazwa na watu wasiokuwa na makazi na familia katika orodha ya kusubiri. Multi-chumba cha kulala nyumba na mmiliki 1 tu haja ya kuchukua katika wavamizi wengine. Haikubaliki tabia ya kupambana na kijamii kwa 1 mtu mwenye zaidi ya 1 chumba cha kulala.



All Nafuu robo ya maisha ni kukodisha malazi. Hatimaye ubatili mapambo bustani, bure amesimama nyumba ni kubadilishwa na jamii nguzo-nyumba. **Cluster malazi ya kukodisha hutolewa na 'Shire.**

All malazi nguzo kuwa na viwango vya 3 ya wapangaji + 1 cha Glasshouse

Ground Level, Level 1, Level 2, Glasshouse bustani (**Wapangaji wanaweza kukuza mimea**) . **malazi Cluster lina Single vitengo (1 chumba) , Couple-vitengo (2 rooms) , Familia-vitengo (3 vyumba ...)** . Lazima mistari **Guide-** (**Hali ya familia, umri**) kuomba.

All nafuu Salama Living Quarter ni kukodisha malazi.

Weekly kodi ni 14% ya pato lake la kila wiki ya mpangaji. Nyingi wapangaji kodi ni 14% ya jumla ya mapato ya pamoja ya kila wiki za wapangaji. Kwa mfano \$ 100 jumla ya kila wiki ya mapato, kodi ya \$ 14. \$ 1000 pato la kila wiki ya mapato, kodi ya \$ 140.

Shire usambazaji wa umeme (**Hakuna gesi**) na maji na kila siku kiwango cha chini (**Free**) / (**Wakati huo kulipa**) upeo kukatwa matumizi. **Shire pia ugavi commu- waliozungumza** kufulia, matengenezo, burudani, taka taka-kuondolewa.

Single mpangaji ana haki ya 1 sebuleni jamii. Katika umri 63 transfer wa kustaafu malazi (**Lazima**) . **Single 1 chumba mpangaji inatumia juu ya vyoo huo ngazi ya jamii, kuoga kituo na katika ngazi ya chini ya kufulia, bath.**

Couple (1 HE & 1 SHE) wapangaji na 2 vyumba: kuishi, kulala sana, kitch- enette na choo, oga. Kushiriki kufulia, kuoga katika ngazi ya chini. **Move (Lazima) na 'Family-vipande' wakati watoto kufika.**

Family wapangaji na 2 vyumba (**Hai, kulala, kitchenette na choo, oga. Kushiriki kufulia kuoga katika ngazi ya chini**) + 1 chumba kwa kila 2 dren chil-. Baada mtoto wa mwisho hatua nje (**Kwa umri wa miaka 18 lazima**) . **Couple uhamisho (Lazima) kwa wanandoa kuishi. wanandoa kuwa moja, uhamisho (Lazima) kubagua kitengo.**

makazi ni nafuu, starehe, usafi, kinga ... **Shire jumuiya nguzo-nyumba kutimiza mahitaji ya binadamu! mahali pa kuanza na kukua familia.**



Cluster-Homes kuruhusu ndogo: Aquarium, terrarium, ndogo mbwa. Usiruhusu Paka, Wanyamapori, wanyama wa ndani, kitu chochote ambacho ni kubwa zaidi ya mbwa ndogo, hakuna uzalishaji. **Viumbe walio tishio kwa wapangaji na makazi.**

Kumbuka! Wapangaji kwa akili, kimwili, ulemavu wa kijinsia, kuishi katika malazi maalum zinazotolewa na Serikali ya Mkoa wa.

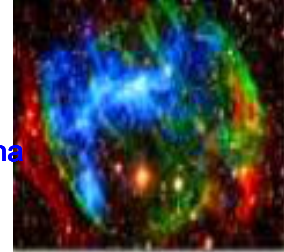
Kusaidia Jumuiya Cluster-Housing. Home yako!

Community yako!

Upendeleo 6:

Ibada na kuamini **1 Mungu!**

Mlezi Guardian kuabudu siku **1 Agano . 1 Agano** anataka heshima, anataka idolized. **1 Agano** ambaye ni HE, SHE. Original Soul kwamba kuundwa Physical Universe (**Binadamu Destiny**) na Universe kiroho (**Mbinguni**) . idolize **1 Agano** kuonyesha heshima, ibada.



1 Agano anataka Wanadamu kuwa mlinzi wa kimwili Universe (**Binadamu Destiny**) . Kama Human- aina unavyokuwa **1 Agano** anatuma kutumika kama mwongozo. ujumbe wa hivi karibuni ni ' **Sheria Mtoa Manifest** ' inafanya mazungumzo yote ya awali umepitwa na wakati.

1 Agano alitoa sehemu ya awali Soul kwa lifeforms wote katika Physical Universe. Ibada inaweka Soul kuwasiliana na Universe kiroho.

Mtu binafsi, ibada ya jamii inaweka binadamu kuwasiliana na **1 Mwenyezi**.

kumwabudu **1 Agano** unahusu kuomba, kujali, kutumia, kufurahia **1 MUNGU** s ubunifu. Ibada ni umoja wa kila kitu ambayo ni ya kupendeza kwa **1 Mungu**, kama wao kushughulikia masuala ya imani, au matendo ya muumini.

Hii ni pamoja na mila, imani, kazi, shughuli za kijamii, tabia binafsi



1 Agano hataki lengo kujengwa sehemu za Ibada.

Kwa hiyo lengo kujengwa misikiti ni demolis- hed. Vifaa nyenzo recycled jengo "Bila malipo Wakufunzi tion 'misombo. Mlezi Guardian ibada anywh- kabla ya kuwafikia, wakati wowote au kwa Furaha ya Siku saa Mkutano katika shule .

1 Agano hataki sadaka. Lakini kutafuta, kupata, kutumia maarifa maisha yote. Kupita juu ya maisha uzoefu, maarifa mwendelezo. Kwa hiyo Madhabahu ni kubadilishwa kwa lectern.



1 Agano anataka tu **1 IMANI** na Mikutano mingi (**Makundi Sala**) . **1 IMANI** ina 1 mwongozo (**Sheria Mtoa Manifest**) inahitaji tu **Church 1** (**Universe Custodian walinzi**) na 7 huru tawala

anayewakilisha **7 makabila** .

1 IMANI ni Dini tu na kufanya makundi mengine yote ya kidini, Cults. Cults ni kubadilisha na **1 IMANI** . mlezi mlinzi ni kujitahidi kwa unyenyekevu wa kubadilisha wasioamini **1 IMANI** .



Kuna mtu 1 tu Idol, **1 Agano** ! Kila kitu kingine ni sanamu ya uongo. **Waachane sanamu za uongo na kitu kushikamana kwao.**

Mlezi Guardian na **1 Agano** kupewa haki ya kufanya mazoezi ya Dini yao. Mtu yeyote au shirika ambalo anakanusha au kuzuia haki hii ni ' **Wanahofia** '. Aidha tunaomba kwamba **1 Agano** ana kwao kuwajibika katika maisha na **Maisha ya baadaye**.

kumwabudu **1 Agano** inahusisha Praying. ni njia bora ya kukaa katika kuwasiliana na **1 Mwenyezi**. **Wakati hakuna 1 unazosikiliza! Wakati hakuna matumaini! Ombeni! 1 Agano kusikiliza.**

1 Agano anasubiri kusikia kutoka kwako!

1 Agano maombi

Ndugu **1 Agano** , Muumba wa mazuri Universe Mama na Baba wa Universe 1 na tu Idol kwa ajili yangu kuabudu ninaahidi hawana sanamu nyingine

Mimi waachane Idols zote za uongo na kutumia tena alama zao mimi hujitahidi kukarabati Souls zote potofu Kwa Glory of **1 Agano** na nzuri cha mwanadamu



Onyesha ibada yako kwa ajili ya Muumba!



Upendeleo 7:

Uhuru wa kujieleza na restrains maadili!

Mlezi Guardian mkono uhuru wa kujieleza na restrains maadili. **Katika bure Community** kila mtu, isipokuwa rehabilitators, ana haki ya kuwa na sauti zao.



Wao haja ya kuwa na uhuru wa kujieleza etiquette: hakuna lugha mbaya
(Angry, kubwa, rude, kuapishwa) .

Uhuru wa kujieleza inaruhusu jamii ili kuongeza uelewa wa umma, ushiriki. Uhuru wa kujieleza kuhamishiwa kamati za jamii huleta uaminifu zaidi na uwazi. Hakuna kitu ni bora kuliko jamii huru, kujadili kwa uhuru.

Uhuru wa kujieleza ni kubwa kuliko kuzungumza tu, kujadili, kujadili, wa kusema ing. Basi inahusisha mbalimbali kamili ya mawasiliano ya (Audio, digital, intel -lectual mali, zilizochapishwa, matusi, Visual) ambayo inapatikana. Copyright udhalimu wa Ufisadi, profiteering ni ukiukaji kwa Free Hotuba .
Wakidai Hakimiliki ni uhalifu, MS R6

Uhuru wa kujieleza mahitaji kutekelezwa restrains maadili. Kutumia Free usemi encite, chuki, uharibifu na vurugu jinai, **MS R3** . Kwa mfano Marekani uhalifu kuigiza, kuelezea FBI kikali mauaji mtu kama kuua nzuri. Yao ni hakuna kuua nzuri. Ni encites kutekeleza sheria ya kuua. Muuaji-Cops ni wahalifu mwoga kwamba ni wanaofugwa ndani.

Kutumia Free hotuba ili kuona ponografia ya watoto ni uhalifu, **MS R3** .
kutoa (Kufanya, na kufanya inapatikana) mtoto, mtu mzima picha za uchi ni jinai, **MS R6** .

Kutumia Free hotuba ya kudanganya, kwa faida ya jinai, **MS R3** .

Kutumia Free hotuba kupotosha, km Mashoga akidai kuwa sawa na ya kawaida. Si kweli, Mashoga na ulemavu ngono ambayo ni tishio kwa specie kuishi. kujamiana yao discusting (Haja kubwa, mdomo wa kike)
tabia ni tishio kwa watoto. **Wakidai mashoga ni kawaida ni kupotosha wa aina mbaya, MS R4** .
Hii inatumika kwa vyombo vyote vya habari zinazopotosha kuhusu ulemavu wa kijinsia.

Vyombo vya habari kwa kutumia Free hotuba kuonyesha mashoga kulea watoto kama kawaida. vyombo vya habari hii ni kupitisha watoto molesting uhalifu zaidi wa kutisha, **MS R7** . **Watendaji, wafanyakazi wa uzalishaji, distributors ni mashitaka,**
MS R7 .

Isiyoruhusu kwa KIMAPENZI Ulemavu PARENTING

Uhuru wa kujieleza ni kuwa bora kabisa, kutumika na kulindwa. Matumizi mabaya ya hotuba Free ni ya kumalizika. **Mara nyingi serikali inatumia Free usemi brain-**

kuosha, encite, kwa propaganda, kupotosha, uongo. Wajumbe wa Serikali kwamba kuishi kama kwamba ni kuondolewa katika Serikali. Hawawezi kusimama kwa kuchaguliwa tena. Wao si kuwa akachaguliwa. Wao ni shunned.

uhuru (Ndoto, Ndoto) ni kukosekana kwa uwajibikaji matumizi mabaya ya Uhuru wa Kusema. uhuru huu, kufanya kama wewe kama, huru, uhuru kutokana na kutumia nguvu ya serikali, uhuru kutoka katika utumwa wa dhambi. Aina hii ya uhuru ni ubinafsi na huathiri usalama na maisha ya jamii.

Binadamu hawezi kushughulikia Freedom sana. uhuru kupita kiasi husababisha Anarchy, Boredom, Ukosefu wa Maadili, ... Binadamu haja kutekelezwa Sheria na Kanuni (Kulingana na maadili) , Kutumia LGM kama mwongozo!

Uhuru wa kujieleza kutumika kuwajibika kwa kujizuia maadili ni gundi inayounganisha jamii pamoja. Aina hii ya jamii ina **1 Agano 'S** msaada. Hii ni mlezi mlezi wa jamii.

Uhuru wa kujieleza na maadili restrains **1 Agano** kupewa fursa!

Upendeleo 8:

Mate, kuanza familia!

1 MUNGU s Design anataka wanadamu (**1 HE, 1 SHE**) ya mate na kuzidisha kwa specie kuishi. Design Community kwa ajili ya kuishi bora, HE na SHE kuingia Mtakatifu-Matrimony Mkataba na kuanza familia. familia mpya huzua watoto wao kwa msaada wa jamii.



1 MUNGU s Design kuhakikisha specie maisha ina inbuild tamaa kwa mate. Kwa specie primitive ni kupandisha yoyote jinsia opposite aliyepita certain courting mila. Binadamu ya juu zaidi, kudanganya! Wao circum-vent courting na, Tamaa!

Kupata mate. wapagani (**Ukristo, ...**) kutafuta upendo. Mate kwa tamaa kuwa trashy na wengi kamwe kupata mate ya kuzidisha na.

mate kibepari ya kuwa trashy na wakati mwingine kuongeza mali na au ushawishi. Tamaduni nyingi na wazazi kuamua. Mashirika ya hizi ni kwa maslahi ya jamii.

Mlezi mlezi na Serikali ya Mkoa wa kuamua wakati wa '**CE**' (**Dharura ya Jamii huduma**) ambao inaingia 'Mtakatifu-Matrimony'

mkataba (H-MC) . Kila 17 mwaka SHE na kila mwaka 18 HE kuhudhuria.

Wakati wa CE kila mtu ni tathmini juu ya jinsi gani wanaweza kuwa na manufaa zaidi kwa kabila. CE pia husaidia na uteuzi mpenzi.

SHE na HE kwamba kimwili hawawezi kuzidisha kuwa 'Foster-wazazi. Wanaingia 'Holy- Ndoa' Mkataba. 'CE' vya 'Watoto'.



MTAKATIFU - MATRIMONY begi nn ingofaf ami ly.

Kufurahisha **1 Agano** , kwa specie maisha, ili kutimiza hatima 1 ya, kutokufa Human- aina ': Mate, Zidisha na kuanza familia! Watoto wanahitaji kukua katika maadili, upendo, kujali mazingira na **HE SHE** mifano ya roll-. '**Mtakatifu - ndoa** ' Mkataba inashughulikia masuala haya ya kimaadili na kisheria. Same jinsia, Confused jinsia au Mtoto molester hawezi kuingia katika Mkataba huu.

Ulemavu wa kijinsia (Same jinsia, Confused jinsia au Mtoto molester) , Huwezi kuingia katika Mkataba huu. Yoyote ambayo aliingia 'HMC' kuwa nayo kufutwa. Hata wale kuhalalishwa na maadili Anti- **1 Agano** Serikali. Sexual Ulemavu, wewe ni kamwe sawa. Hawa ni watu wanaohitaji kuwatenga. Kulinda watoto.

' **Mtakatifu-Matrimony** Mkataba 'ina mwanzo na mwisho. Inaanza juu ya Harusi Siku na kutiwa saini. Ni mwisho wakati mtoto mdogo kutimiza umri wa miaka 17 kwa ajili ya SHE, umri 18 kwa HE.

P re -Sisi dd ing - Da yre qu ir eme nts

'CE' inashughulikia yote makubwa mahitaji kabla weddingday. Kunaweza kuwa na kesi ambapo 'CE' si utunzaji, kabla ya mahitaji ya siku harusi.

HE na SHE kutangaza 'Engagement' zao katika '**mkutano** '. Wao kwenda '**Shire** ' ofisi kujiandikisha katika 'Anzisha Family' Bila shaka. Wakati wa kozi wanapata matibabu, kuonyesha kwamba wao ni uwezo wa kushika mimba Pia profile inahitajika kuonyesha akili na hisia uwezo wa kulea watoto. Kushindwa aidha, matokeo katika kufuta Ushiriki na

" **Hapana**" HM Mkataba.

wanandoa haja ya kisasa, "**AVL & E (Mali dhidi Madeni & Enti -tlement) taarifa** '. Any Mali, Haki kupokea, Madeni

zilizotumika kwenye Weddingday ni aliongeza kwa 'AVL & E'statement.

Kumbuka! Single mzazi, un-ndoa wazazi, watu wenye ulemavu sexual- (Sawa wa kijinsia, kuchanganyikiwa jinsia, watoto molester) Huwezi kuongeza watoto.

Sisi DD ing - Da yre qu ir eme nts.

Harusi ni uliofanyika siku ya 6 kufikia Celebrant kutoka Sheriff Shire-ofisi. Bibi na bwana harusi ugavi Finger-pete (*) 'Medicals, Maelezo na AVL & E ya.

Wao kuleta Wazazi ndugu na dada. Hakuna mtu mwingine anaruhusiwa kuhudhuria (Hakuna watoto) .



KUMBUKA ! SHE anaendelea yake familia jina. * SHE vidole pete, 9 karati wazi waridi dhahabu, yamechongwa sasa, bibi na bwana harusi 1st majina.

HE vidole pete, 9 karati wazi njano-gold, yamechongwa sasa, bwana harusi na bibi 1st majina.

1 Agano anasubiri kusikia kutoka kwako!

kuzidisha maombi Kusherehekea kuzidisha Day 3.1.7

Ndugu 1GOD , Muumba wa ulimwengu mazuri mwaminifu lako la hivi mnyenyekevu mlezi-mlezi (1st jina)

Shukrani 'Wewe kwa starehe ya kujamiana anauliza kwa uzazi uzazi na afya Ahadi mate & kuzidisha

Hivyo wanadamu wanaweza kutawala Physical Universe Kwa Glory of 1GOD na nzuri cha mwanadamu



sala hii ni kutumika juu ya siku ya harusi na kuzidisha Day

yy



Lodi kubwa ya harusi sherehe na mapokezi fujo ni Anti-jamii, kiburi. Wao ni shunned na Jamii. Waachane na Aibu!

Holy - Matrimony Contract



Title: CG ' Mtakatifu-Matrimony ' mkataba

lengo: Mate, Zidisha & kuanza familia!

Time-span: Huanza Harusi Siku. Mwisho wakati mtoto mdogo
inakamilisha umri 17 kwa SHE, umri 18 kwa HE.

watoto: 3 ni lazima, zaidi ni zuri.

kujamiana: haki za pekee kujamiana! Daily kujamiana bora kupata mimba 1st-
wakati.

kushika mimba: Hakuna mimba baada ya wiki 10, msaada wa matibabu ni
lazima. Hakuna mimba baada ya wiki 50, mkataba ni kufutwa.
Lazima Mimba kila mwaka mpaka upendeleo wa watoto 3 ifikiwe.

uzazi: HE & SHE lazima kuchukua Uzazi kozi. HE & SHE
Lazima kuhudhuria Shire-SMEC & Province-PHeC kama inavyotakiwa.

talaka: 1 chama kinahitaji hatia. * Hatia looses kila
haki kutoka kwa 'AVL & E' kauli + faida yoyote yaliyotolewa wakati wa mkataba. Pia
kuna kuwa si zaidi ya kuwasiliana na watoto.

* Wote hatia, watoto kwenda katika malezi.

Sababu za Talaka: Ulevi, uzinzi, wanaofugwa rehab-
ilitation, uzembe wa akili, 7 wiki juu ya msaada wa maisha, 50% au
zaidi ya kimwili-ulemavu.

Imesainiwa na: Bride
Bwana arusi

Ilishuhudiwa na Celebrant:

Tarehe:

waliohudhuria:

.....
.....

Enforced by: Shire Sheriff



Religious marriage rituals are to be performed on weekday 7. After the couple return from their honeymoon. They can attend to their religious obligations. E.g. attend Gathering.

After concluding the Holy-Matrimony Contract (H-MC) the couple have 2 choices. Enter a Companion Contract (CC) , or separate.

Companion Contract



Title: ' Companion' Contract

Purpose: Companionship, sharing life !

Time-span: Until separating or death. Separating has to give 3month's notice at Shire-office.

Closing 'AvL&E' statement from 'H-M' contract or new 'AvL&E' statement becomes part of contract. If separating each gets half of assets owned. At death of 1 the other gets all. Any wills are ignored.

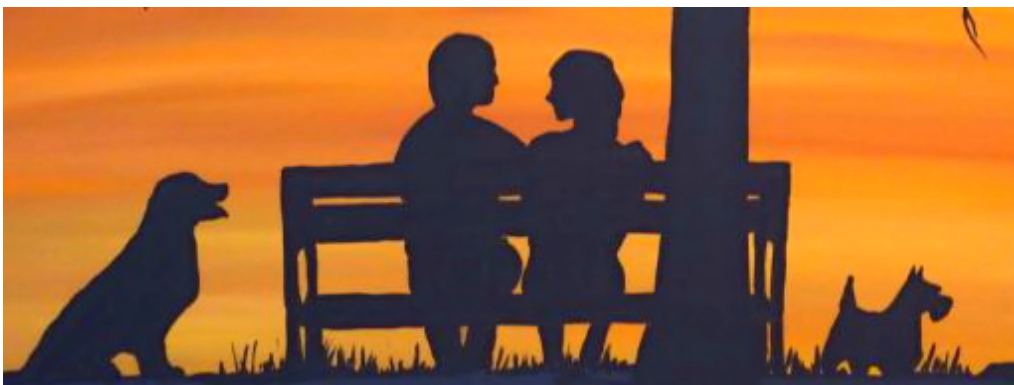
Signed by: SHE.....
HE.....

Witnessed by Shire Officer:

Date:

Companions' may exchange rings after signing a 'Companion Contact'. SHE finger-ring, 9 carat plain white-gold, engraved his and hers 1st names.

HE finger-ring, 9 carat plain white-gold, engraved hers and his 1st names.



1 GOD is waiting to hear from you !

Companionship Prayer

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

Thanks' You for the enjoyment of companionship Asks for long lasting sharing companionship Pledges to harmonize & share

Socialize with other companionship couples For the Glory of 1 GOD and the Good of Humankind



This prayer is used when entering contract!

yy

INFIDELITY is breaking a promise to remain faithful ...

Infidelity is breaking a promise made between a HE and SHE to remain faithful to each other. That promise may be a verbal agreement between lovers, mentioned in a love-letter, or part of marriage vows. Breaking that promise is a breach of trust a disloyal act an unfaithful transgression. Every breach is accountable!

Infidelity is a breach of promise. A moral wrong by either a HE or SHE or both. This transgression entails shunning by family, friends, neighbors, community,...

ADULTERY

During the term of a 'Holy-Matrimony Contract' any sexual trans- gression is a moral wrong that also is a community crime. Sexual transgression (anal, oral or vaginal) by husband with another SHE, HE or Animal. Sexual transgression (anal, oral or vaginal) by wife with another HE, SHE or Animal. These transgressions are, 'Adultery'. Adultery results in mandatory canceling of a, ' Holy- Matrimony Contract ' (divorce) .

If the wife is not pregnant and there are no children. The Adulterer (HE or SHE) is prosecuted, MS R4 ! Everything owned by the Adul- terer goes to the victim of this betrayal as compensation. Husband and wife are adulterers both are prosecuted, MS R4 and everything

they own goes to Treasury.

If the wife is pregnant and or there are children. The Adulterer (HE or SHE) is prosecuted, **MS R5** ! The Adulterer (husband or wife) is not allowed to see or be near the children ever. Everything owned by the Adulterer goes to the victim of this betrayal as compensation.

Husband and wife are adulterers both are prosecuted **MS R5** and everything they own goes to Treasury. Children go into Foster-care and are never to see their parents again.

Divorce

Divorce becomes mandatory when 1 or both parties of a ' **Holy- Matrimony Contract** ' breach it or become unable to fulfill their obligations.

Repeat offenders of Addictions (see Scroll 4) . Adultery .

If 1 or both parties of, H-MC enter Caged-Rehabilitation. If 1 or both parties of, H-MC are 7 weeks on life-support. Certified Mental incompetence. Certified 50% or more physical-disability.

Divorce 1 party needs to be found guilty. Guilty loses every entitlement from the 'AvL&E' statement plus any gains made during contract. Also there is to be no more contact with the children. Both guilty, children go into foster care. Assets go to treasury.

Separate

Separation after completing **H-MC** . Value of 'AvL&E' statement is divided equal. Both parties are to stay in touch with children (grand- children) .

Separation of Companions after giving 3month's notice at Shire-office . Value of 'AvL&E' statement is divided equal. Both parties are to stay in touch with children (grandchildren) .

Parenting

Currently a majority of Parents are not capable to give their children the opportunity to produce their best. This is due to wealth-apartheid many children are denied the opportunity to produce their best. Custodian Guardian have the answer:



End wealth-apartheid asset-strip and cage (**MS R6**) the criminals who are cause and effect of wealth-apartheid.

Custodian Guardian use community parenting, Free education, Learn & Teach, Shire SmeC and Province PHeC! Community parenting a collusion of scholars, educators, medico's and parents. Join us for good parenting.

SmeC ' Shire medical & education Complex'.

PHeC ' Provincial Hospital & education Complex'.

PDEc ' Provincial Defense & Emergency center'.

CE ' Community Emergency service'



Child naming

Custodian Guardian give their new-born 3 names. 1st name (up to 10 letters) , 2nd name (up to 10 letters) , family name (up to 10 letters) . None of the names has more than 10 letters. C-G pick the new-born's name before birth. A new-born's name represent the continuation of a mothers' and fathers' family heritage.

The 1st name of a SHE new-born has a female 1st name from the mothers family (alive or deceased) . The 1st name of a HE new-born has a male 1st name from the fathers family (alive or deceased) . At birth the parents are undecided on a name. The new-born is given the default 1st name. A SHE new-born gets the mothers' 1st name. A HE new-born gets the fathers' 1st name. Names once given cannot be altered.

The 2nd name of a SHE new-born has a female name from the fathers family (alive or deceased) . The 2nd name of a HE new-born has a male name from the mothers family (alive or deceased) . At birth the parents are undecided on a name. The new-born is given the default 2nd name. A SHE new-born gets the fathers' mothers' 1st name. A HE new-born gets the mothers fathers' 1st name. Names once given cannot be altered.

When entering a ' **Holy-Matrimony Contract** ' SHE keeps her family-name as does HE. The Family-name of a SHE new-born is the mothers' family-name (mandatory) . The Family-name of a HE new-born is the fathers' family-name (mandatory) .

Privilege 9 :

Have a pet!

Part of a Custodian Guardian's duty is to live in harmony with animals. A 'Custodian Guardian family' will incorporate animals into their family. These animals are known as pets. They are trained, cared for and loved.

Pets are to be no danger to the community, the Habitat and it's wild life. Pets are non-poisonous. Pets are not predators. Pets are not wildlife. Pets are no bigger then a small dog. Pets can't fly.



Mammal pets are desexed. Only licenced breeders can breed.
Unlicenced breeding, **MS R3** for each animal.
Mammals must not just be kept inside but get outside exposure.

Dogs and their carers have to complete obedience training. Failing to do so, **MS R1** . Large Dogs are not used as pets. Breach, large dogs are taken from owner,
MS R1 . Only small dogs live in Cluster Homes.



Cats are predators and like to roam making them unsuitable as pets, breach, **MS R3**. Flying birds need to be free to fly. Making them unsuitable as pets, breach,
MS R2 .

Cluster Homes allow small: Aquarium, terrarium, small dogs. Don't allow: Cats, Wildlife, domestic animals, any- thing that is larger than a small dog, no breeding. Creatures that are a threat to tenants and or habitat.



Aquarium



Aquarium part of the Custodian Guardian Education system. Every SmeC, PHeC have Aquarium. Children are taught Aquarium maintenance. Cold water and Tropical fish are most suited for cluster-homes.

Terrarium

Terrarium are part of the C-G Education system. Every SmeC and PHeC have Terrarium. Children are taught Terrarium maintenance.

Small Terrarium are most suited for cluster-homes.



Pets are allowed to behave natural. Before getting a new pet owners need to educate themselves about how their pet behaves natural. Ignorant pet-owners may force pets to behave unnatural. This becomes cruelty to pets.

Cruelty to Pets

Mutilating: clipping ears, tail,... **MS R2**



Fashion fur trimming. Painting fur, skin,... Dressing them up,...
Treating them as human, denying them to be themselves. **MS R2**

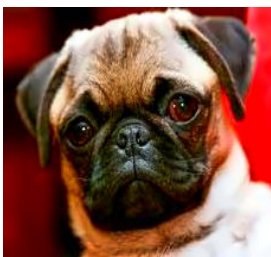


Hurting: beating, kicking,... **MS R2 for each animal!**

Torturing: bait, lab animal,...
MS R3 for each animal!



Thrill-killing: hunting, poaching, roadkill, safari,... **MS R4 for each animal!**



Breeds: Pugs, English, French Bulldogs are bred with evermore flat faces. Pet owner are attracted to the flat face for its childlike resem blance. The inbreeding results in side-effects. Breathing



problems have dogs collapsing: during hot weather, heart disease due to poor breathing. Unfortunate that the dogs suffer their whole life, because of human cruelty. Pet owner think the breathing difficulty are charming personality features. This type of breeding ends, **MS**

R4 for each animal! Shun and Shame owners!

Keeping 1 pet without it socializing with it's own kind is cruel. Animals are also part

of, 'C.G. Free-Education' and 'Teach & Learn'.

Some are domestic animals, others are pets. **Not wildlife.**

SmeC : New-born club, Basic-School, Girl's only School, Family-College all have pets. Looked after by educators, mothers, scholars. SmeC also have farm animals and wildlife studies.



PHeC : Boy's only school, Apprentice-College, Technical College, Leadership-College, Leadership-Camp all have pets. Looked after by scholars, educators and fathers. PHeC also have farm animals and wildlife studies.

1 GOD is waiting to hear from you !

Pet Prayer

Celebrate Pet day 11.3.7.

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

Thanks you, for the joy of Pets I shall train, care for and cherish all pets I endeavor to be a responsible caring Pet keeper I shall protect Pets from cruelty and mistreatment For the Glory of **1 GOD** and the Good of Humankind



This prayer is used on Pet Day or whenever needed.



Pets are a responsibility
Neglecting pets anger **1 GOD**

Privilege 10 :

Have violent free community!

People have a right to feel save in their home. They have a right to feel save at study and work. That is why the 'Custodian Guardian Shun Violence' concept is made available (see C.G. non violence concept) for implementation in every Shire .

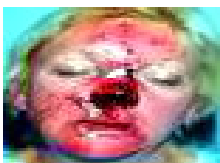
Shire provide Sentinel services. Sentinel handle low to middle risk guard and patrol duties. On, or off duty a Sentinel will report anti- social behavior (vandalism, crimes, pollution) and report any community health and safety issues. Sentinel will arrest for perceived broken breaches and committed crimes. Then call his station for a patrol to pick up the arrested.

Shire provide a mandatory 7 hour Night-Curfew from 14-21 hours (C.G. Klock) . For good health, reduction in energy consumption, less pollution and protection of wildlife. Reduction in crime, cost to government, encouraging multiplication.



Emergency-service workers are assisting Law-enforcement. By being vigilant of breaches of Rules, Regulations on or off work. They may have to make civilian arrest's. CE reservist may be called to help.

People help their neighbors when under attack.
Workers help fellow workers. Educators & Scholars help each other.
Every Shire's aim is to be violent free.



Having a violent free community is a Right and Duty. Every person has a right to feel save. Every person has a duty to help people who have violence inflicted on them. **Not doing so, MS R2**

People who allow violence, watch violence, **MS R2** People who encourage (cheer on, help) , incite, violence, protect violent people from arrest, **MS R3**



1 GOD is waiting to hear from you !

Victims of Crime Prayer

Memorial-day 2 . 4 . 7 .

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

Asks to ease the anguish & pain of Victims of Crime Help Victims of Crime get Justice and compensation I promise to help punish crime unending Ask that Evil is punished in Life and Afterlife For the Glory of 1 GOD and the Good of Humankind



Prayer is used on Victims of Crime Day (Fun-Day theme) !



Violence starts with the unborn. Violent surroundings in-still the propensity to violence for the rest of the life. The propensity to violence needs a trigger to turn violent. **Triggers:** Alcohol, anger, fear, peer-pressure, contact-sport, fight-sport, ignorance, humiliation, mind altering substance, lack of empathy, provocation, violent video, violent video-games,...

An unborn exposed to mum and dad verbally abusing each other. Learn that it is okay to verbally abuse and will do so later in life. A unborn exposed to mum being physically hurt by dad. SHE newborn will later in life endure physical abuse by HE. HE newborn will think it's alright to hurt SHE.



Aggressively abusing, intimidating, dominating others is bullying. Bullying starts with intimidation and can evolve into assault. Bully's usually surround themselves with hapless cowardly individuals. **Bully and gang become guilty by association. Intimidation, MS R1 . Threats, MS R2 . Hurt or killing: individual, child, Juvenile, Adult, Senior or Gang rules apply.**

V i o l e n c e i s t h e t h r e a t
STOP V I O L E N C E s t a r t a t h o m e

Privilege 11 :

Free treatment when sick!

Free treatment when sick is a **1 GOD** given right to good people. Free treatment is not available to Rehabilitators. People with self-inflicted health-issues (Addictions, cannibalism, elective surgery, mutilations, suicide,...) don't get free treatment.

1 GOD is waiting to hear from you !

Good-health Prayer

Celebrate Good-health Day 12.1.7

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



This prayer is used on Good-health Day



Private, paid (**greed, profiteering, waste**) for health care ends. Private health insurance is obsolete its assets are confiscated without compensation. Private practises are absorbed without compensation by the '**SmeC** (Shire medical & education Complex) '. Private Hospitals are absorbed without compensation by the '**PHeC** (Provincial Hospital education Complex) '.

Private, greedy profiteering healthcare in corrupt Wealth Apartheid countries have self regulating bodies. They protect negligent criminal healthcare practioners from prosecution. This body lobbies for unjust Laws. It also helps their members to rip off patients. Every selfregulating body (**not just health**) is shut, its administrators caged, **MS R6**

University educated 'GP (**General Practioner**) ' are not real medics. They are pill dispenser for Pharmaceuticals. The Pharmaceuticals reward these fake medics with cash, gifts, trips,...



Custodian Guardian medical training for 'GP' is via ' **SmeC** '. SmeC offer free-medical care (preventive, continous and after-care) .

Custodian-Guardian medical training for 'Specialist' is via ' **PHeC** '.
PHeC offer free hospital care.



Custodian Guardian ambulance, emergency training is via ' **PDEc** (Provincial Defence & Emergency center) '. PDEc offer free ambulance and emergency services.

Many Pharmaceuticals' are poisonous and don't cure.
They ease (maybe) discomfort and need to be taken long term. They 'ALL' have side effects demanding more Pharmaceuticals' (poison) more side effects.

A parasitic predatory profiteering marketing system.
Create demand > repeat (dependancy) > introduce new (side effects) products (many victims end up taking 14 pills with side effects a day) . Reward sales people (Doctors) . This corrupt system is why health-care is so expences and wasteful.



Pharmaceuticals' are primitive expensive treatment. Pharmaceuticals' are a last resort treatment. Shun Health-care practioners that only prescribe Pharmaceuticals'. They are incompetent corrupt "Quacks". Demand they be disqualified. **Note!** Adhering to custodian guardian diet advice and following exercises, reduces ailments by 80 %+.



Rehabilitators that receive limited healthcare are billed. Rehabilitators cannot go on life-support.
Rehabilitators don't receive cosmetic surgery.

People with self inflicted health issues pay for health- care: Alcoholics, Dare-devils', Thrillseekers', Druggies', Fasters', Mutilators' (body piercing, circumcision, cosmetic surgery, tattoos, transfusions, transplants) , Smokers, ... People that don't care about their health are held accountable.



The Community owes GOOD people, FREE MEDICAL

Privilege 12 :

Free education!



Free Education is a **1 GOD** given right to good people.

Free Education is the 1st step of fulfilling Scroll 1 Belief 4, "Humankind is to seek, gain knowledge then apply it".

Custodian Guardian Free Education is available from cradle to cremation. Children, juvenile with mental, physical, sexual disability don't attend Free education. They are looked after & live in specialized provincial compounds.

SmeC (**Shire medical & education Complex**) beginning and end of Free Education. HE from age '0-9', SHE from age '0-16' & Seniors from age '63 onwards until end.



SmeC is a careerpath for only SHE (mothers) ! Every SmeC has a 'Gathering'.

Free Education at **SmeC** : Children attend 6 days a week from 1 hour after Sunrise to 1 hour before Sunset. Children are provided with cover all, footwear, educational material, food and drink. They rest, have a bath (**New born club**) , the rest have a shower.

Mothers attend 6 days a week from 1 hour after Sunrise to 1 hour before Sunset (they get 3 hour break) . Mothers are provided with cover all, foot wear, food, drink and get paid (**1x wmw**) . Can shower. **Note!** When leaving, Mothers and Children change. Everything provided stays. There is no home work.

Age 0–2: a newborn attends with his mother a '**SmeC: Newborn club**' 6 days a week. Newborn on completing year 2 receive '**New- born club Diploma**' Mothers completing 280 hours club learning and teaching receive: '**Year 1 Apprenticeship 'SmeC' Certificate** '

Age 3–9: boys & girls (**Scholars**) attend 6 days a week mixed classes (co-ed) **SmeC: Basic-School** ' Scholars on completing year 9 receive '**Basic-School Diploma**' . Mothers completing 140 hours Basic School learning & teaching receive: '**Year 2 apprenticeship 'SmeC' Certificate** '

Age 10–14: girls (**Scholars**) attend 6 days a week girls only classes at '**SmeC: Girl's only School**' . Scholars on completing year 14 receive

' **Girl only School Diploma** ' Mothers completing 140 hours Girl only School learning & teaching receive: ' **Medical & Education Trade- Certificate** ' .

Age 15–16: girls (**Scholars**) attend 6 days a week paid (**1x wmw**) classes at ' **SmeC: Family-College** ' . Scholars on completing year 16 receive ' **Family-College Diploma** '

62 year old SHE teach: SHE passes on Life Experiences to next generation (**paid 3x wmw**) at **Family College** .

Age 63 or over senior (co-ed) education is available at ' **SmeC: Senior Activity Club** ' .



PHeC (**Provincial Hospital & education Complex**)

provides continous Free Education. HE from age '10- 18' ' **Boy's only school** ' , & ' **Apprentice-College** ' .

HE & SHE further education: **Technical-College**, **Leadership-College**, **Leadership-Camp**.

Age 10 – 14: boy's (**Scholars**) attend 6 days a week boys only classes at, ' **PHeC Boy's only school** ' . In groups of 14, they learn through watch, listen, try, understand & teach (**wltut**) . After completing year 14 receive a ' **Boy School Diploma** ' . **Fathers on 1 day a week roster- duty** are trained and operate as teachers aid.

Age 15 – 18: boy's start a 3 year rewarded (**1 wmw**) apprenticeship at ' **PHeC Apprentice College** ' . In groups of 14, they learn through watch, listen, try, understand & teach (**wltut**) .

Year 1 they attend College 3 days & work at a **CROn** 3 days.

Year 2 they attend College 2 days & work at a **CROn** 4 days.

Year 3 they attend College 1 day & work at a **CROn** 5 days.

After completion earned: ' **Trade-Certificate** ' .

62 year old HE teach: HE passes on Life Experiences to next generation (**paid 3x wmw**) at **Apprentice College** .

Age 63 or over senior (co-ed) education is available at ' **SmeC: Senior Activity Club** ' .

Further Education is available for HE, SHE at ' **Technical-College** ' . They hold 1 month fullday Supervisor courses. This is a 1 hour after

Sunrise to 1 hour before Sunset 6-days a week 4 week course. **Daily- routine:** prayers, exercises, psychology, communication, delegation, leadership, com -mittees,.. After successful completion earned ' **Supervisor-Certificate** '

' **Leadership-College** ' provides for HE, SHE 2, 1 month fullday courses '**Leader-Diploma**' & '**Manager-Diploma**'. Leadership course daily-routine is similar to Supervisor course + emergency-service obligations. After completion receive ' **Leader-Diploma** '.

Manager course involves starting setting up a ' **CROn** ' + emergency- service obligations. Completion earn's ' **Manager-Diploma** '. '**Leadership-Camp**' 2 month full day administration course for HE, SHE. Course sets up a ' **Cluster-CRON**

and deals with an emergency (**PDEc training**) .
Completion earn's ' **Administrator-Degree** '.



PDEc (**Provincial Defence & Emergency center**) operates '**CE** (**Community Emergency service**) '. **CE** operates 1 year compulsive '**Community Emergency** ' service' training by 17 year old SHE & 18 year old HE. It retrains reservist.

PHeC & PDEc share 'Leadership-Camp training. Everyone who received 'CE' training becomes a reservist. Every HE that completed 'CE' becomes a reservist on standby, until age 49. SHE after completing '**H-MC (Holly-Matrimony Contract)** ' becomes a reservist on standby, until age 49.

Provincial Government provides 'Free-Education' from unborn to including Seniors. Non Government education is not supported and closed. **Education (free, public) is** provided by the Province & Shire.



SmeC ' Shire medical & education Complex'.

PHeC ' Provincial Hospital & education Complex'.

PDEc ' Provincial Defense & Emergency center'.

CE ' Community Emergency service'

Education is a collaboration between Parents, Educators and medics.
It involves Free-education, Free-health and Apprenticeships.
No, homework! No, non government education! No, Universities!

1st Learn, when comprehending, start teaching. In free education fast learners teach slow learners. At work the experienced worker trains new-comers. At home, grandparents teach children, grand children. Parents teach children.

1 GOD is waiting to hear from you !

Education Prayer

Celebrate Education Day 6.1.7 .

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

Promises to seek, gain, apply Knowledge all life long To Learn & Teach via Free Education To support public Free-education Pass on Life Experiences to next generation For the Glory of 1 GOD and the Good of Humankind



This prayer is used in class and on Education Day



Plagiarize to build on and advance new ideas. Why rewrite some- thing that is well written. A good piece of writing should be cherished not be mutilated by rewriting. **Plagiarize a good piece of writing and then expand on it** . Evolution (**good enough for 1 GOD**) progresses by building on existing and then creating new. Reading a good piece of writing encourages the mind to lift one's intellect to the high standard of the original. **Stopping** this thinking to concentrate on rewriting is mediocre time-wasting education. Be smart, 'Plagiarize'.



Plagiarism does not only apply to writing. Plagarism applies to all 'IP' (**Intellectual Property**) . The Community gives people the means and opportunity to develop Intellectual Property. Therefore all 'IP' is community property to be used by all! Profiteering from 'IP' is plundering the Community a **Crime: ' MS R6 '**

All 'Intellectual Property' belongs to the community for the benefit of all. In corrupt, greed, profit driven Anti-1 **GOD** countries, plagiariz- ing may infringe copyright. **Claiming Copyright is stealing from the**

community, criminal behavior: ' **MS R6** '

Homework is the most dishonest and useless form of learning or teaching. A Scholar is under pressure from distractions, ignorance, friends, parents, timeline... Most homework is not done by the scholar who is being assessed and graded. Homework because of its dishonest nature is useless and misleading for assessment. Parents and Educators supporting homework, support cheating, dishonesty.

Educators have moral issues when marking. They suspect that the scholar didn't do the assignment. Because of this uncertainty any marks given are useless. Homework as tool of



assessment of comprehension is misleading. Therefore Homework is fake, a waste of time and resources. **NO HOMEWORK**

Assessment : Is needed to make Teach & Learn useful and effective.

Note ! There is: 'NO Homework' !!!

Scholars are assessed for comprehension assignments completed in class. Whenever a study-module is completed, Scholars get assignments to assess comprehension. The comprehension assignments are completed in class. **Note !** There is: ' **NO Homework** ' !!!

There are 2 assessment: **Pass** or **Fail**.

70 Pass rate is 70% comprehension. A fail and the scholar has to repeat the study-module until a pass. **Note !** Only the module needs repeating not the whole year.
%

There is no final year Assessment or final examinations (**useless activity**) . Assessment is only for each module, not for accumulated modules. When a Scholar has passed all set modules a Course Certificate is issued.

Educators are assessed for work competence, dedication to 'Learn & Teach' and pupil comprehension. A teacher needs to be able to 'self assess' their teaching performance. A class pupil comprehension-rate of 90% plus is acceptable. **90**
%

Anything less, educator (**Teacher**) is removed, retrained.

Before each teaching term all study-module comprehension assign-

ments for the term must be 'successfully' completed by the relevant educator. The Educator needs a Pass rate of at least 90%. Failure, the educator does not teach this subject that term. An assessment is made if that person is suitable to be involved with Education. **Note:**

C-G do not support multi skilling. Knowing a little bit of everything and nothing well. Makes a person mediocre, not suitable for education. Educators are to be knowledgeable specialists'.

80 % A School pupil comprehension rate of 80% plus is acceptable. Less, Principal-Educator is removed. Returns to teaching.

A school year is divided into 3 terms. Term 1, the 1st, 5 months. Term 2, the next 4 months. Term 3, the last 5 months of the Custodian Guardian Kalender. There are no school holidays. Educators, scholars are entitled to 2, 1 week holidays. Taken separate, 1 week at a time. At least 3 months' apart. Must apply at least 4 weeks in advance. Parents apply for scholars.

Note: Free education providers have field trips (day or longer) in every term. Field trips are free, mandatory. Educators, scholars and some parents (as needed) participate.

Exercise

Scholars, Educators daily (mandatory) participate in indoor exercises (use LGM as guide) . Gym's, Oval's are closed (mandatory) . Contact sport, fight-sport, elite-sport (1 winner, many losers) are banned

Any headmaster, educator deviating is removed from Education.

Sexual-Disability

Scholars that show signs of, 'Sexual-Disability' (child-molesting, same gender, confused gender) . Are evaluated by a committee (educators, medics, parents) . If found afflicted are transferred to, 'SDQC' (Sexual- Disability Quarantine Compound) . For their own protection and protect the other children.

Mental-Disability

Scholars that show signs of, 'Mental-Disability' . Are evaluated by a committee (educators, medics, parents) . If found afflicted are transferred to, 'MDQC' (Mental-Disability Quarantine Compound) . For

their own protection and protect the other children.

Physical-Disability

Scholars that show signs of, 'Physical-Disability' . Are evaluated by a committee (educators, medics, parents) . If found afflicted are trans-ferred to, 'PDQC' (Physical-Disability Quarantine Compound) . For their own protection and protect the other children.

Seek > gain > apply knowledge via
Free Education <Learn & Teach

Privilege 13 :

Rewarded work !

Every person has a **1 GOD** given right to be useful and have rewarded work. Unemployment is not acceptable. A burden to the community. A useless life.

Rewarded work is divided into wage earner and volunteer. Wage earner looks after the needs for the physical side of life, receiving monetary reward. Volunteering is good for the Soul. **1 GOD** loves volunteers! **1 GOD** is watching!

For economic management, wages and conditions (**wmw**) are set by Provincial Government. '**wmw**' are set annually. **wmw** may stay the same, or go up, or go down as economic conditions require.

To set wages and conditions they are standardized. For best economic management everyone's a wage earner. Private, State ownership are abolished and replaced by **CROn** . Unions are deregistered. Govern-ment sets wages and conditions. There are 7 pay grades.

Pay is based on a 'weekly minimum wage ' (**wmw**) and a multiplier.

Payscale starts wmw x1 (minimum) to wmw x7 (maximum) :

wmw x 1	unskilled, apprentice	wmw x 5	Leader Manager
wmw x 2	skilled, Trady	wmw x 6	Administrator
wmw x 3	Master-Trady	wmw x 7	
wmw x 4	Supervisor		(maximum)

wmw 6 days, 7 * hours a day, 42 hour workweek, no work on day 7

(Fun-Day) . Daily work-hour span (Time-Triangle) : 1 hour after Sunrise to 1 hour before Sunset. Outside this time only emergency services work (Night-Curfew) . Weekly no more then 18 hours (3 hours a day) of part-time work. No casual work.

* C.G. Klock, New-Age time-management is used

Conditions for all 7 pay grades:

Expecting SHE' s receive 7 weeks paternity leave,

wmw 1 then **SmeC** rules apply ~

HE' s receive 1 week maternity leave, **wmw 1** ~



Sick-pay for all pay-grades, **wmw 1** ~

There is 3 day grievance leave, **wmw 1** ~



There are 2, 1 week (14 days)

annual-leave pay-grade, **wmw 1**

~ There is no annual-leave loading, nor long-service leave ~

Work gear, Food, Drink, hygiene are provided.

Work conditions: A workplace is to be healthy, safe, with protective gear and footwear worn as needed. Push- ing people to do more work in less time is unsafe, unheal- thy and decreases quality. There are breaks every 3 hours. Total hours worked (includes overtime, 10% loading) a day must not exceed 10 hours .



Career path! Apprenticeship, when there is an opening, promoted by work experience, seniority. Further study after qualifying (**HE, SHE**) . When there is an opening, promoted by work experience, seniority. Further study after qualifying. When there is an opening, promoted by work experience, seniority. ...

Tax for income up to wmw7 : 0% ~ Tax for income above wmw7 : 100% ~ Tax for fringe benefits : 100% !

Workers who cannot find full or part-time work.

Are usefully employed (Good-doers') by the ' Shire ' on **wmw x1** . Having Good-doers eliminates unemployed !



1 GOD is waiting to hear from you !

Workers Prayer

Celebrate Workers Day 5.1.7 .

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

Asks for help so I may be a useful worker May my efforts be appreciated & rewarded fairly I endeavour to do my best at all times I will make my community proud of me For the Glory of 1 GOD & the Good of Humankind



This prayer is used on Workers Day



Privilege 14 :

Receive respect !

Custodian Guardian give 'Respect' they in return want to be respected Receiving respect is part of a harmonies family, workplace, communi- ty. Receiving respect is a privilege. C.G. show respect to other C.G., to Elders and members of the 1 Church (UCG1) . They also show respect to other deserving people.

Receiving Respect is showing admiration for virtue or achievement . It may take time and effort to become aware of good qualities. When aware and where appropriate, honor those qualities with Respect.

Parents receive respect from their children. In return parents respect their children's growing pains. Elderly receiving respect from younger show respect via knowledge-continuity. People show respect to elect- ed leaders. Workers show respect to CROn committee members.

Respect is not a Freebie. Respect is earned! People who have not earned respect. Do not receive respect. They need to improve.

Are you receiving respect, 'Yes, Good'! Not receiving respect, 'Why Not'! Self evaluate, ask others. You may need to change. Others may need reprimanding.

Respect ! A worthwhile Goal !

Privilege 15 :

Receive justice !

Receiving Justice is a **1 GOD** given human right! The greatest threats to Justice are Hereditary-Tyrants, Political-Tyrants and Wealth apartheid. Denying this **1 GOD** given privilege is insulting **1 GOD** and a commu- nity crime **MS R6-7**



A threat to Justice is In-justice, Elitism, Corruption,.. (Chain of Evil) . Injustices are the result of estate and arrogant, selfish and power addicted Hereditary and Political Tyrants. Hereditary-Tyrant's abdicate or are caged, **MS R7** . Political-Tyrant's are caged, **MS R7** . Wealth-Apartheid, estate, ends. Corrupt, Parasitic, Predatory, Profiteer's are asset stripped, caged, **MS R6** . Replaced by **CRON** and **wmw**.

Custodian-Guardian support a just, democratic society. That is based on, or behaving to what is morally right, fair and written in the, **Law-Giver Manifest** .



To receive justice. There are enforced Laws. Upheld by a non-combatting Judiciary (Sheriff Lawyer Pool, Marshall Barrister Pool) . Who collaborate to find, 'Truth'. Proclaim, 'Guilty' or 'not Guilty'. Hand out, accumulated 'Mandatory Sentence', Rehabilitation'

and compensation as warranted. **Note!** There are no juries. There is no civil litigation.

1 GOD's Justice



Judgment-Day > Purity-Scales
 (Scroll 7) Relive Prayers

JUST I CE a HUMAN-R I GHT



Privilege 16 :

End with dignity !

Custodian Guardian believe **1 GOD** has the right to decide who lives or dies. People have a **1 GOD** given right to end their life with as much dignity as events allow. That entails ending an unlivable life by putting the life and death decision in **1 GOD's** hands.

A Person on life-support have it turned of (by medical staff) after 3 day's (mandatory) . **1 GOD** then decides if that person lives or dies. Leaving a person longer on life-support is torture, a crime, **MS R7** .



A Person is told they have a life threatening illness. 1st their body is butchered (surgery) . Still alive the person is burned (screaming in agony) with radiation. Still alive the person is now poisoned (Pharm- aceuticals) . Still alive you may be cured for now. Or you are not cured, after the torture you are left to die a slow and agonizing death. It is cruel inhuman. Not an end with dignity.

Custodian-Guardian support preventive health consisting of diet, exercise and immunization. Surgery is a last resort medical procedure. Radiation treatment is torture not to be administered. Pharmaceuticals' are to be avoided, they are an unhealthy ripp-off. They all have side effects and are a great health risk to be avoided.

A Person unable to make a sandwich and eat it now or in the foreseeable future. May want to invoke the **1 GOD** decision making process (live or die) . Every person has the right to deny: treatment, food and drink (no liqued intake your dead in 2 day's) . Denying a person this right is torture, a crime, **MS R7** .

1 GOD's design is that everything in the Physical Universe has a beginning and end, including the human-body. Human compassion demands putting an end to suffering. Not 'artificially prolong' life. Artificially prolonging life is interfering with **1 GOD** 's design (the Soul's mission) .

To avoid being buried alive, cremation is a must. Cremation also frees the Soul. **Note!**
Graveyards are a health-risk, a waste of land.



Self inflicted killing (euthanasia, suicide) is a sign of a weak mind, a weak spirit. It is a Life-experience for the Soul. Other humans should not interfere unless there is a danger to others. 1 GOD will handle this on Judgment-Day. Helping a person to a self-inflicted killing is acceptable as long as the relevant court accepts that there is a death-wish. Severe suffering is torture. End it!! Note! Humans end it (compassion) for suffering animals. However they lack the same compassion for their own kind.

Ending life with dignity is a human right.

1 GOD is waiting to hear from you !

Soul Prayer

Dear **1 GOD** , Creator of the most beautiful Universe Please Welcome a member of our community A humble custodian guardian who struggled to be good A much loved person who fulfilled their mission Fire frees this Soul for Judgment-Day A unique Soul missed For the Glory of **1 GOD** and the Good of Humankind



This prayer is used after a person died or any time. Is used at a End-Portal Ceromony of a Crematorium.



Privilege 17 :

Have freely elected government !

Humans are social creatures. They like to belong.
Freely elected committees fulfill this need. Leadership by 1 is Tyranny. Leadership by committee is fair.



Hereditary and Political-Tyranny are replaced with multi choice freely elected (**1 st past the post**) governance. Governance represents HE, SHE with equal representation. Elected officials use the '**Law-Giver Manifest**' as guide.

People are supporting freely elected Government by voting in elections. Not voting may result in radicals taking over Government and establishing a Tyranny (hereditary or political). Tyrants are removed caged, **MS R7**. 'Universe Custodian Guardians' support only 2 types of government, 'Province' (provincial) and 'Shire' (local).

After establishing a Province it is divided into 35 political districts. Each district elect 1 HE, 1 SHE to Parliament for a term of 4 years (Quattro years). The candidate (HE, SHE) with the most votes is elected. The 70 elected are known as Rulers. Custodian Guardian support independent's not parties.



The **7 Provinces** are governed by Central Committee (Parliament). This Parliament is made up of 70 Rulers. 36 Rulers form a Government. The Government Rulers are known as **Legislators** and non-Government Rulers are called **Checkers**. Checkers supply a Ruler-Umpire who Chairs' Parliament.

Rulers elect by secret vote a committee of 7 Legislators and 1 Ruler-Umpire. The Rulers 1st elect 1 HE, 1 SHE. Between them the 1 with the higher vote becomes 'Chief'Legislator. The other 'Checker Ruler-Umpire' (E.g. SHE is Chief, HE is Ruler-Umpire). Same amount of votes the more senior becomes Chief.

Next the Rulers elect 3 HE, 3 SHE Legislators. Same amount of votes the more senior become Legislators. The Chief disburses the 5 Commander's (Environment, Exterior, Interior, Knowledge, Shires) and 1 Auditor portfolios. The Province is now governed.

Note! Parliament's Ruler-Umpire is also auditing the Auditor. Parliament Accountability is paramount !

The Province creates a 'Shire'. The Province offers 3 'Advisers' to the 'Shire'. The 'Shire' council is made up of 3 'Advisers' and 2 'Kalifs' (1 HE, 1 SHE) 'Kalifs' are elected every 4 years on the 1st Day of Passover-Month, Quattro-Year * by the 1st past the post system.

* New-Age time-management, C-G Kalender



Custodian Guardian vote in all elections that they are eligible for.

HOW to VOTE

The candidate to vote for:

A HE or SHE no younger than 28 or older than 70. Is or has been a parent.

Is an employee or volunteer or retired. Is mentally and physically fit. Has no University education.

Has not completed any caged Rehabilitation. Has no sexual disability (same gender, confused gender, child molesting) . Uses the 'Law-Giver Manifest' as their guide. Is a Custodian Guardian

NOTE !

Custodian Guardian Supporters and Klan Elders may nominate, support, endorse and SHUN candidates in elections. Custodian Guardian Members (Zenturion, Praytorian, Proclaimer) cannot support, nominate or endorse candidates outside the 1Church administration.



Voting is a civil-duty.

Freely elected Government is a human-right.

After receiving earned 'Privileges'. It is time to learn about 'Failings'.

AS it is WRITTEN It Shall BE

For the Glory of 1 GOD and the Good of Humankind!

End