

Daily Routine

A 'Daily routine' is essential to meet 'Obligation 2 (**Protect the human body**)' and 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 and hands, have breakfast, get dressed. Check your 'Planner'. Now you're ready for challenges. 'Have a Good-day, may **1 GOD** Bless you'.

A 'Daily routine' includes cleanliness and feeding not only of 'I' but all other people and creatures depending on you. Wash hands after every toilet visit and before every feed. Wash face before every feed. Brush teeth and wash whole body before going to bed. Feed 5 times a day: '**Breakfast, Early day snack, Lunch, Late day snack, Dinner**'. Have a glass of lightly chilled filtered water with each feed!

Note! Before every feed You worship: **Thank You Prayer**

Every weekday needs 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**.

When feeding **avoid** unhealthy Nourishment: Alcohol, Artificial sweetener, Fructose (**glucose, sugar**), Genetic modified food (**GM**), Manufactured-food,... Greasy, salty, sweet fast food. Carbonated drink containing: Alcohol, Caffeine, Kola, sodium, sweetener!



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

1000's of years of 'Evil' are coming to an end! **Be Good! Cage Evil!**

Endeavor to 'Seek, gain and apply Knowledge', '**Learn & Teach**', pass on 'Life-experiences'. Learning, Teaching passing on Life experiences are essential to a useful **1 GOD** pleasing life. These activities help in 'harmonizing' with the local habitat and survival of species. Seeking gaining and applying Knowledge helps with answering **1 GOD**'s questions on Judgment-Day.

Rest is needed for survival and good health. The main rest is '**Sleep**'. Sleep ends a Daily routine. 1 hour should have passed since feed and cleansing. Worship '**Sleep Prayer**'. To get restful revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must. Night-Curfew makes this possible. '**Shire**' implement 'Night-curfew'.

H i n t s

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.

When going outside always wear suitable 'Protective clothing' (**no artificial fibers**). To protect (**eyes, hair, skin, feet**) the humanbody from climate, disease and pollution. Outside nudity is trashy!

When doing Daily Fit use commonsense on how fast to reach maximum repeats. Exercising 1 day and not the next is not beneficial. It's your body, keep it fit!



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.

Don't let Ideas be forgotten or lost. Every day lots of ideas are thought off and quickly forgotten or lost. The reason being they where not preserved, recorded or written down. The best are lost!

Memory is unreliable when it comes to preserving and nurturing new ideas. Carry a notebook (**planner**) or recorder with you and when an idea develops, preserve it! Weekly file your ideas!

Review your ideas. As you review your ideas (**every 4 weeks is good**). Some will have no value. They are not worth hanging on to. Discard them. Some ideas appear useful now or at some later date. Keep these, file them: 'Active', or 'Later'. Now, take the 'Active' file.

Pick an idea! Now make this idea grow. Think about it. Tie the idea to related ideas. Research, try to find anything akin or compatible with this idea. Investigate all angles, possibilities. When you think your idea is ready to be applied. Do so. Get feedback, fine tune idea.