

Essentials



taupū

Basic:

Pure Daily, ngā Daily, CG Kalender, Daily Fit, Day Fun- kaupapa, 7
Panuku tirohanga, Kawenga Takohanga, Time- Triangle, Pōti, Protection.

Concepts CG

No ariā tutu, Justice ariā. Kāore he ariā pai (cron) , Ariā ohaoha, Faanahoraa
o te kino. taiao (Green) ariā, Survival mekameka. whakahaere wā (NA.tm.)

Hoki te kororia o te 1 Ihowa me te pai o Arama!

Welcome to the wonderful world of worshipping 1GOD

1 GOD 1 FAITH 1 Church

Universe
Custodian
Guardians

Law-Giver Manifest

Kei te tatari 1 Atua ki te whakarongo i a koe!

Daily inoi

aroha **1 ATUA** , Kaihanga o te tino ataahua Universe Āwhina kia ahau ma, aroha me te haehaa Mā te 7 Panuku rite aratohu:



ka tiaki ahau o koutou fakatupu me Tatatia kino.

E tu ake mo te whana patua, rawakore, ngoikore, me te rawakore Feed te matekai, whakaruru manene, me te whakamarie Karanga mate:

1GOD, 1FAITH, 1Church, Universe kaitiaki kaitiaki Mauruuru koe mo tenei ra

Koutou haehaa tino kaitiaki-kaitiaki pono (1st ingoa)

Hoki te kororia o 1 ATUA me te pai o Arama

whakamahia tēnei inoi te wāhanga ia rā o te mahinga o ia rā, anake ranei i roto i te rōpū i roto i tetahi-wahi rite koe, anga katia te kanohi te ra putanga. Karakia i te Haaputuputuraa.



Mauruuru koe inoi

aroha **1 ATUA** , Kaihanga o te tino ataahua Universe Mauruuru koutou hoki te tuku i ahau ki te inu Daily, me te ora kai i to koutou karere hou



feinga ahau ki kia tika kai Kia nga ra e tohungia e ahau faingata'a matewai & hiato Hunger mamae tou haehaa tino pono kaitiaki-kaitiaki (1st ingoa)

Hoki te kororia o 1 ATUA me te pai o Arama

Whakamahia tenei inoi i te aroaro o nga kai!



Me wiki-ra katoa ki te whai i te kaupapa Dinner:

Day1: **Vegetables**; Day2: **heihei**; Day3: **kararehe whāngote**;

Mid-wiki: **ngārara**; Day5: **kaimoana**;

Wiki-mutungā: **nati** , **Seeds**; **Fun-Day**: **Pepeke**.



ngā Daily

He 'Ko te faufaa ki te whakatau' mahi Daily Tufakanga 2 (**Tiakina te tinana tangata**) 'A kia rite ki te kanohi i te mau tamataraa ka ū mai. Haere ake, i te karaihe o te wai tātari iti mātao, haere wharepaku, mahi 'Daily Fit (**Mahi**)', koropiko 'pure Daily', horoi kanohi me ringa, kai te kai, kia kakahu. Tirohia koutou 'Mahere'. **Na to koutou rite hoki tamataraa. 'A ani i te-ra pai, kia 1 ATUA Whakapaingia koe** '.

He ' mahinga o ia rā 'ngā ma'á, me te kai e kore anake o' ahau 'engari ētahi atu iwi, me mea katoa i runga i a koe. Horoi ringa i muri i nga haerenga wharepaku me te aroaro o nga kai. Horoia mata i mua i nga kai. Whakapakarihia niho, me te horoi tinana katoa i mua i te haere ki te moenga. **Whangaia 5 wa he ra:**

'Parakuihi, **Early ra paramanawa, Tina, Late ra paramanawa, Dinner**'. A ani i te karaihe o te wai tātarihia iti mātao ki ia kai!

Tuhipoka! I mua nga whangai koe koropiko: **Mauruuru koe pure** _

Me rāwiki ki te whai i te kaupapa kai: **tauira Day 1: Vegetables ; Day2 : heihei ; Day3 : kararehe whāngote ; Mid - wiki : ngārara ; Day5 : kaimoana ; Wiki - mutunga : Nati & Seeds ; Fun-Day : pepeke .**

A, no te kai **karo** Te faaamuraa hawata ana: Alcohol, reka horihori, te huahuka (**Te kūhuka, huka**) , Whakarerekētia Genetic kai (**GM**) , Hangaia-kai, ... Hinuhinu, tote, kai nohopuku reka. inu koropupū kei roto: Alcohol, kawhe, kola, konutai, reka!



He ' mahinga o ia rā 'ngā te pai, me te whiu kino. Te pai tā mahi ' **mahi Random o te Hamani Maitai** '. Kia atawhai ki ahau, ki te iwi a tawhio noa koutou, te hapori, atu mea, te nohonga ... **1 ATUA**

aroha ana mahi Random o te Hamani Maitai. Whiua whakamahi everytime kino nga ' **Fonó- Foaki Manifest** ' rite aratohu.

1000 o o tau o 'kino' kei te haere mai ki te mutunga! **Kia pai! Kino whare herehere!**

E ndeavor ki 'Rapua, riro ka tonu Knowledge', ' **Ako & whakaakona** ', _ haere i runga i 'Life-wheako'. Ako, whakaako haere i runga i mau ohipa Life aehu- e faufaa ki te whai hua **1 ATUA** te ora reka. tauturu i ēnei mahi i roto i 'harmonizing' ki te nohonga rohe me te ora o momo. Rapu whiwhi me te tonu Knowledge āwhina ki te whakahoki **1 ATUA** ' s pātai i runga i whakawa-Day.

hiahiatia okiokinga te mo te ora, me te hauora pai. Ko te okiokinga matua ko 'Moe'.
Moe mutu te mahi Daily. kia 1 haora i haere mai kai me te purenga. koropiko 'Pure
Moe'. Ki te whiwhi reka te whakaoranga moe me kia rite pouri rite taea te whare
moenga. He ngaro o te haruru roto, o waho, ko te pau. hanga Night-Rāhui tenei taea. 'Shire
'
whakatinana 'Night-pou rāhui'.

NÍ H

He Night-hora i 14-21 haora 7 haora (22- 6 haora, 24 haora karaka Pagan-) He
whakahauanga. Hoki hauora pai, whakaiti i roto i te'e consump- pūngao, whakaiti i roto i te
parahanga & tiaki o kararehe. Whakaitinga i roto i te hara, whakaiti utu ki kāwanatanga, te
akiaki i whakarea.

A, no te haere i waho kakahu tonu e tika ana 'kakahu paruru-' (Kahore he muka horihori) . Hei
tiaki (Kanohi, makawe, kiri, waewae) te humanbody i te āhuarangi, mate me te parahanga.
Ko trashy kirikau waho!

A, no te mahi Daily Whakauru whakamahi commonsense i runga i te āhua o nohopuku ki te
tae tāruaruatanga mōrahi. e kore he painga te faaohipa 1 ra, me te kore te muri. te reira
koutou tinana, kia mau pai ai!



A, no te te whakamahi i tō Planner i mahi ako ranei e kore e tukua te mana 'Time'
koe! Kei te kore ki te kia whakamahia Time ki hohoro iwi. E kore te te tinana
tangata hangaia mō te hohoro.

Kaua e tukua Ideas e wareware ngaro ranei. E whakaaro i nga ra rota o whakaaro atu me te
hohoro wareware ranei ngaro. Ko te take e kore ratou wahi e tiaki, tuhia ranei tuhituhia iho. Kua
ngaro te pai!

He hārakiraki Memory ina tae mai te reira ki te tiaki me te poipoi whakaaro hou. E mauria he pukapuka (Mahere)
kaiwhakamahara ki a koutou, me ranei ka whanake te whakaaro, e tiaki i te reira! kōnae Weekly koutou
whakaaro!

Arotake i o koutou whakaaro. Ka rite ki te arotake koe koutou whakaaro (Katoa 4 wiki he pai) . Ka whai
ētahi kahore uara. e kore e utu iri i runga i ki ratou. Tūraki ratou. whai hua puta ētahi whakaaro inaianei
ranei i etahi rā i muri mai. Kia mau ki enei, kōnae ratou: 'Active', 'muri' ranei. Na, tangohia te kōnae
'Active'.

Tangohia te whakaaro! Na meinga tenei whakaaro tupu. A feruri i te reira. Herea te whakaaro ki ngā
whakaaro e pā ana. Rangahau, tamata ki te kitea tetahi mea rite hototahi ki tenei whakaaro ranei. Tūhura
koki katoa, e taea. A, no te whakaaro koe he rite ki te kia tono koutou whakaaro. Rave i te reira. Haere
urupare, pai whakaaro rangi.

Kaitiaki Guardian Kalender

1. Star-marama

W 1	1	2	3	4	5	6	7	FW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	F
W 3	1	2	3	4	5	6	7	CW 3	1	2	3	4	5	6	7	F
W 4	1	2	3	4	5	6	7	FW 4	1	2	3	4	5	6	7	M

2. Sun-marama

3. Mercury-marama

W 1	1	2	3	4	5	6	7	CW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	S
W 3	1	2	3	4	5	6	7	FW 3	1	2	3	4	5	6	7	F
W 4	1	2	3	4	5	6	7	MW 4	1	2	3	4	5	6	7	F

4. Venus-marama

5. Whenua-marama

W 1	1	2	3	4	5	6	7	CW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	S
W 3	1	2	3	4	5	6	7	CW 3	1	2	3	4	5	6	7	F
W 4	1	2	3	4	5	6	7	FW 4	1	2	3	4	5	6	7	F

6. Moon-marama

7. Mars-marama

W 1	1	2	3	4	5	6	7	CW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	S
W 3	1	2	3	4	5	6	7	CW 3	1	2	3	4	5	6	7	F
W 4	1	2	3	4	5	6	7	FW 4	1	2	3	4	5	6	7	F

8. Jupiter-marama

9. Saturn-marama

W 1	1	2	3	4	5	6	7	CW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	S
W 3	1	2	3	4	5	6	7	CW 3	1	2	3	4	5	6	7	F
W 4	1	2	3	4	5	6	7	FW 4	1	2	3	4	5	6	7	F

10. Uranus-marama

11. Neptune-marama

W 1	1	2	3	4	5	6	7	CW 1	1	2	3	4	5	6	7	C
W 2	1	2	3	4	5	6	7	FW 2	1	2	3	4	5	6	7	F
W 3	1	2	3	4	5	6	7	CW 3	1	2	3	4	5	6	7	C
W 4	1	2	3	4	5	6	7	FW 4	1	2	3	4	5	6	7	F

12. Pluto-marama

13. Solar-marama

W 1	1	2	3	4	5	6	7	C	1	kapenga	
W 2	1	2	3	4	5	6	7	F	Quattro-tau		
W 3	1	2	3	4	5	6	7	C	1	2	Quattro - kapenga
W 4	1	2	3	4	5	6	7	F			

14. Kapenga-marama

Whakauru Daily (mahi)

mahi Daily he hauora pai me, he wahi o te mahi o ia ra. E oti ratou i tenei ata. mahi Daily whakanui i: katoa-a tawhio pai-oranga, toto tohanga, mahi roro, nakunaku kai, hinaaro mating-, uaua toning, whaiaro-kiritau, whakaongaonga o te pūnaha ārai mate. **Ko te 7 mahi he: Aaka, Pūrerehau, Door anga, Dumbbell, turi, Hook, Mōnenehu . Katoa 7 mahi he hoki HE, OIA he e toutou.**

Tīmata ki te 1 tukurua, ake i ki te mōrahi o 21. Whakamahia commonsense i runga i te āhua o nohopuku ki te tae tāruaruatanga mōrahi. Tohe ki te tāruaruatanga rā he painga. Te faaohiparaa i 21 tāruaruatanga 1 ra, me te kore te faaohiparaa i te muri e kore e pai. I te mutunga o nga mahi tu me te manawa i roto i hohonu na exhale ki te mōrahi mahi tenei 3 ngā wā. Haere tonu ki tō mahi Daily. **Tuhipoka! Ehara i te faaohiparaa i te mea he tohu o te ta'etoka'i katoa mo te tinana, iti te kiritau-, mangere, ...**

pouaka Mahi 1: E tu roroa, ringa whakapae piko ki te patunga witi (Āhua t-) koromatua e pa uma. Nuku ringa hoki tae noa ki taea (E kore e hopu) . Na ka neke ringa ki te tūranga piko taketake. **tukurua (21 max) !**

Pūrerehau Mahi 2: Tu roroa, rima toro tītaha hori- zontal ki te patunga witi (T-āhua) . Arotahi tō kite i runga i te wāhi kotahi tika mua. Tīmata tahuri tākaraka (I mahue ki te matau) . Te arotahi ki runga i te wāhi whakakitenga tae noa ki te ope tinana tahuri ki te ngaro koe i te reira. Kia mau ki tahuri tāpae rite wawe tonu. Kia mau ki tahuri ki te mata o te whanoke 21 hohoko ranei Whiriwhiria mai 1. Manawa hohonu e haere i te torutoru kaupae te tamaruraa e koe. **Tuhipoka! Beginner ora i timata mate ki 1 tahuri te whakanui ake ki te 21 ranei tahuri max.**

whakatūpato, mutu tonu ka tīmata ki te ite āmai.

anga tatau Mahi 3: Tu i tuwhera anga tatau ki waewae whanui hip motu nga tuke piko whakarunga i koki matau (90 °, Trident āhua) . nga tuke Press ki taha o te anga tatau tae noa ite koe mānukanuka i waenganui i matatahi pokohiwi, mau (Tatau 10) , Te tuku mānukanuka. I muri, kia ngawari folo roto i te ihu whakanoho whakakī i te pūkahukahu ki max, mau (Tatau 3) , Ka āta exhale roto i mangai ki max.

Dumbbell Mahi 4: whakamahia 1 dumbbell te HE (4kg) , OIA (2kg) . **Kaua e whakamahi i 2 Dumbbells.** Tu whakaara ki waewae whanui hip motu tuke ki o koutou taha kapu anga whakamua. Tangohia ake dumbbell ki te ringa mau

piko tou whatiānga noa ko te kikowhiti i koki matau (90 °)
Āta kotēhia bicep, ara dumbbell ake ki mau pokohiwi (Tatau 3) , Ka āta raro dumbbell ki tīmata tūranga, **tukurua (1-7)** . Hurihia ki te ringa matau, **tukurua (1-7)** .



turi Mahi 5: Tuturi i runga i te whakatū tinana prayermat, whakanohoia mau ringa ki whakapūioio. Tahuri mai upoko mua tae noa ki te pa kauae pouaka. Na āta matamata upoko hoki tae noa ki ka haere ai, i te wa ano okioki hoki tae noa ki taea pupuri koutou ringa u ki runga ki nga papa.

tukurua (21 max) !

Hook Mahi 6: I runga i te prayermat (**Tiaki i matao**) takoto flat i runga i tou hoki, atu ringa nikau ki raro ki te tinana. Na āta tahuri upoko whakamua roa ringa nikau ki raro ki te tinana. Na āta tahuri upoko mua tae noa pa kauwae uma i te wa ano ara o koutou waewae, turi tonu, poutū (90 °) mau (Tatau 3) , Ka āta hoki mai (**Pane, waewae**) ki te timatanga. **tukurua (21 max) !**

nōhanga Exercise 7: I runga i te prayermat (**Tiaki i matao**) takoto flat i runga i tou hoki, atu ringa kapu ki raro. Na turi piko rekereke pa- raa whakapūioio. E rongoa nei i kapu u ki runga ki nga turi whāriki nōhanga ki te matau noa pa ki ratou moenga. Na nōhanga turi ki te maui mo te moenga. tika tukurua me te nōhanga maui tatau ia nōhanga mahue. **Mahi 21! I muri whakaoti pai ia. A ani i te karaihe (0.2l) o iti mātao te wai tātari.**

mahi te po-wā

Ko reira noa ki te whai 2 moe ki te whati i roto i waenganui i. **Kia whiwhi ake koutou (Ki te haere ki te wharepaku ...)** , I runga i hoki mai noho i runga i mata o te moenga, inu etahi wai, me te mahi i te 1 o nga mahi e whai ake nei (**E mahi mahi katoa i noho i runga i turi mata pokohiwi o te moenga whānui motu**) . wā katoa whiwhi ake koutou mahi he mahi rerekē.

Mahi 1: A tuu i te kapu * o koutou ringa ki te waho o koutou turi. ringa Press roto, turi waho, mau 7 hēkona (**Ite koe mānukanuka i roto i ringa, waewae, pokohiwi**) . **Kia wātea, tangohia te manawa, kahore tukurua, he wai inu, takoto iho, pai moe.** * Whakamahi rerekētanga ringa.

Mahi 2: hanga ringa * tuu ia ratou ki te roto o koutou turi. Press ringa waho, turi roto, mau 7 hēkona (**Ite koe**

mānukanuka i roto i ringa, waewae, puku) . Kia wātea, tangohia te manawa, kahore tukuru, he wai inu, takoto iho, pai moe. * Whakamahi rerekētanga kapu flat.

Mahi 3: ringa Bend (90%) tahuri i te taumata pouaka ringa mau whakarunga piko maihao, tahuri ringa matau whakararo piko maihao.

maihao Interlock kiki. Na wahia ringa i roto i te huarahi i te ritenga, mau 7 hēkona (Ite koe mānukanuka i roto i maihao, ringa, uma) . Kia wātea, tangohia te manawa, kahore tukuru, he wai inu, takoto iho, pai moe.

Mahi 4: ringa Bend (90%) tahuri i te taumata pouaka ringa mau paroita ngatahitia ake mau, tahuri ringa matau ki te ringa. A tuu i ringa ki te ringa press iho i te taua wa press ringa tuwhera whakarunga, mau 7 hēkona. sequen whakamuri

-ce, mau 7 hēkona (Ite koe mānukanuka i roto i te ringa, ringa, kaki, uma) .

Kia wātea, tangohia te manawa & moku o takoto wai ki raro, pai moe. Kāore he tukuru.

Iwi ki te kukū hoki tāpiri tenei mahi ki ia mahi: A tuu i ringa i runga i turi. upoko hongā hoki piko hoki ka toka mua i waho ngaro whakapā ki turi (Ite koe mānukanuka i roto i ringa, hoki, puku) .

Kia wātea, tangohia te manawa, 7 tāruaruatanga, te wai inu, takoto iho, pai moe.

Tuhipoka! People e noho i te rota i roto i te ra-wā. E ki te mahi 1 o nga mahi wā po i roto i te hurihanga i nga 2 haora. Whakaoti ki te karaihe (0.2l) o iti mātao te wai tātari.

Ehara i te mahi mahi: hanga koe ere, mangere, e hawata ana, blubbery, he pikaunga ki koe koutou hoa whānau me te hāpori, he tauira kino ki ngā tamariki, te tumatatenga, kia atu mate, kahui roriori, mate junger.

He maa wāhanga o te pai ia! Kia pehea te hauora e tatou, pehea te roa tatou e ora. Kua he rota ki te mahi ki to tatou peu kai.

Whangaia 5 wa he ra:

'Breakfast, ngā Water, otaota, kakara, Honey, Coffee, ..

Early Day-paramanawa, ngā Water, Fruit, otaota, Tea, ..

tina, ngā Water, huamata, hua manu, Coffee, ..

Late Day-paramanawa, ngā Water, nati, Berries, kakara, Cocoa, ..

Dinner '. ngā Water, kaupapa Dinner, Tea kawhe ranei .. Vegetables.

7 Foods e kia kainga ra: Fungi (Mushroom) , Grains (Rai, parei, pi, kānga, ōti, rai, quinoa, raihi, Sorghum, witi) , Hot chilies, aniana (Parauri, matomato, whero, puna, chives, kāriki, rīki) , Pāhiri, Sweet-Capsicum, Vegetables (Apareka, pini, broccoli, kareparāoa, kāreti, pī, .. tupu)

kaupapa Fun-Day

C> Whakanui-ra F> ra-Fun M> ra-Memorial S> Whakama-ra

marama	Day	Day
Star	-Tau Hou 1.1.1 Day	1.3.7 Day Shire
Sun	BlossomDay 2.1.7	Victims 'o Day Crime 2.4.7
Mercury 3.1.7 Day Whakarea	Victims 'o Day War 3.4.7	
Venus	Day tamariki 4.1.7	Day Pollution 4.2.7
Earth	Day Workers 5.1.7	Day metua vahine 5.3.7
Moon	6.1.7 Day Mātauranga	Day Defoliant 6.2.7
Mars	Grandparents Day 7.1.7 Day Te faaamuraa 7.3.7	
Jupiter	8.1.7 Day Universe	Holocaust Day 8.2.7
Saturn	Day nohonga 9.1.7	9.3.7 Day Cron
Uranus	Day matua 10.1.7	Pera Day 10.2.7
Neptune	Survival Day 11.1.7	Pet Day 11.3.7
pluto	Day pai-hauora 12.1.7 Faatītīraa Day 12.2.7	
solar	Rakau riki Day 13.1.7	Tree Day 13.3.7
kapenga	Kapenga Day 14.1.7	Quattro Day 14.0.2

Fun-Day kaupapa mo te hapori te whakatutuki Me ki whakanui kia whakama mahara. whai wāhi i Celebrations , Memorial , whakama , Te tau katoa a Day ko te nui, wahi faufaa o te ora hapori. Feohi'a ki ētahi atu iwi he nui hoki pūmautanga aronganui whaiaro.

whai matou **1 ATUA** ! Mahi 6 ra & hanga ra 7 he Fun-Day.

Te whakawhanaunga, kia koa, waiata, kanikani, kai, inu (Waipiro-kore) , Kata engari ano inoi me te whakaaro rapu au maite i roto, te oaoa. Tirohia te Gathering. Tautoko ngā kaupapa Fun-Day.



Kei te tatari 1 Atua ki te whakarongo i a koe!

Fun-Day inoi

aroha **1 ATUA** , Kaihanga o te Universe tino ataahua au haehaa tino pono kaitiaki-kaitiaki (**1st ingoa**)

Mihi 'e koe mo tenei wiki tamataraa tamata ahau

ki te ora i te Daily-pure

I teie mahana whakanui ahau & koropiko ki te utuafare & hoa ui ahau mo arata'iraa mo te Wiki haere mai hoki te kororia o **1 ATUA** me te pai o Arama



I te kaupapa ngā whakamahia ra ko te inoi e hāngai ana + te inoi Fun-Day!

7 panuku tirohanga

Panuku 1: **Belief** pure ai ta

he he **1 ATUA** ko wai te mea e rua HE me OIA!

1 ATUA hanga 2 Universe, ka tīpakohia te tangata ki te hei kaitiaki o te Universe tinana!

he tapu i te haputanga ora Human me reira ko te titauraa ki te tini!

E fa'ahinga ko ki te rapu & riro te matauranga ka faaohipa i te reira!

Ko te Ture-Foaki Manifest whakakapi karere o mua katoa **1GOD** tonoa!

He nui Numbers me tau 7 he hanahana!

He he he Mo'ui Hili Iá, me reira e anahera!

Panuku 2: **herenga pure titauraa**

koropiko **1 Atua**, tūraki atu whakapakoko katoa

Tiakina, te tinana tangata i te haputanga

roa te ora, e rapu, taonga me te tono mōhiotanga

Mate ki te tini me te tīmata ake whānau

Whakahonoretia, faatura koutou matua, me kuí

Tiakina te Taiao me ngā puka ona ora katoa

Whakamahia te ' Ture Foaki Manifest ', roha ai i ona karere Tiakina

kararehe i nanakia me te ngaro

E tu ake mo te whana patua, rawakore, ngoikore, me te rawakore

Whangaia te matekai, i peia atu? Whakaruru me whakamarie mate

E whakahe ana te whakawa he, ta'e totonú, me tūkinu taiao

Mahi mahi utu, kahore loafing

A ape i a te horoi ake Pollution

Kia Tatatia pai kino

Tahu ki te ahi, graveyards tata

Kia tika a hoatu faatura tika ana Pōti i roto i Elections katoa!

Panuku 3: **Painga pure tono**

Breathable, hau ma

A ani i tutu hapori free

E inumia ana, te wai tātari A ani i te mōkai
Eatable, kai hauora mātauranga Free
Paruru, kakahu utu Free maimoatanga ka mate
Mā, whakaruru utu Kia riro te faatura
Koropiko, me te whakapono i roto i **1 ATUA** Kia riro te whakawa Speech
Free ki arai morare mahi Mate utu, tīmata te utuafare
kāwanatanga i pōtitia noa

Whakamutua te tura

Panuku 4: mau hape mau hape pure

ma'unimā hae kaitangata oati teka
taonga siokitá mahi tūkinu

Panuku 5: mau maitai pure mau maitai

koropiko anake **1 ATUA** a whiua tonu te kino
1st Ako, ka whakaakona me te Knowledge tonu
Tiakina te Taiao, me te ānake e Habitat
Aroha, Falala'anga me pono Clean me noho pai maiteraa
Itoito, aumihi, Just, Tiri

Panuku 6: Khronicle pure Heritage

Creation Past tata - 700 ki te - 70 tau
Times Ancient ki - 2,100 Nama Times nāianeī - 70 ki te 0 tau
Past tawhiti - 2,100 ki te - 1,400 Nama New Age i 0 tau i era atu te:
Past Waenga - 1,400 ki te - 700 Nama **Poropiti**

Panuku 7: ākeāke pure wairua

pouri pure Relive pure kino Relive pure pai
tahu tūpāpaku Whakawa Tauine Day Haohao anahera



Kawenga Takohanga

1 ATUA mau haepapa! Takitahi, hapori, whakahaere, pakihi, me te Kāwanatanga, ko te ki te mahi i kore iti iho. tautoko kaitiaki Guardian kawenga takohanga. Kawenga Takohanga Ko te turanga o, 'Justice'!

pā kawenga takohanga mō te mahi me ngā whanonga. A, no te haere he tahi mea, e takahia ture hapori me tikanga, kahore e morare hapori me ngā tūmanako peu tutaki, tono kawenga takohanga te.

hāngai ana ture-Foaki whakawa i runga i te kawenga takohanga. Kua tētahi tu'uraa parau accu- kua hanga. Defence, hāmene me te collude ciary judi- ki te kitea, 'pono'. kitea ana te raa accusa- te ki kia pono. He initari e + whakahauanga i runga i tau e hāngai ana whiu tono te. Hua: Rehabilitation me te utu. (Kite 7 Provinces, Justice)



Kawenga takohanga versus fatongia! tomo te tokorua ki te kirimana te faaipoiporaa. E hopoi'a ki te hanga i te mahi te faaipoiporaa rua! He rōpū fakamatala mo ratou mahi otirā ranei i kawea mai e pā ana ki te kore e rua te faaipoiporaa rahua.

kia whai wāhi te mahi he rōpū e he haepapa mō te whakatinana i te reira.

Heoi kotahi tangata (**Rangatira kapa**) Ka tū haepapa. He tomite tei mau rōpū ranei e whakakotahi kawenga, me te haepapa.

Kawenga Takohanga versus te faaoreraa hara! I muri whakapumautia kawenga takohanga te, e tumā faaoreraa hara i te mau hopearaa o te kawenga takohanga. I roto i ngā whakawā murua te taihara te. Ētahi kino anti- **ATUA** cults. Kia te wiki e muru te iwi kino kino katoa. Ko te toenga o te wiki he kino kino ratou. wiki i muri e muru ratou (**Huringa o te tukuru kino**)

Kaitiaki Guardian hoariri te faaoreraa hara. he kino, kino faaoreraa!



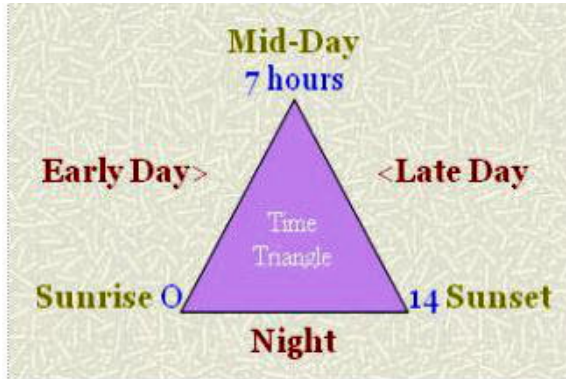
1 ATUA i whakawa mau ra katoa faautu'ahia wairua! **1 ATUA** e kore e whakarerea noatia. Mau hape i mau hopearaa!

(Kite Panuku 7 Mo'ui Hili Iá)



Wā - Tapatoru

Kaitiaki Guardian New-Age whakahaere-wā!



tīmatanga Day : e haora **Whitinga**

Early Day Ko i 0 - 7 haora 7 haora ko **Mid-Day**

Late Day Ko i 7 - 14 haora 14 haora

ko **Tōnga**

Night Ko i 14 - 21 haora

Whakahauanga Night-Rāhui: i 14-21 haora. **whakaūtia e Shire** .

Kaitiaki Guardian KLOCK (CG Klock) hoki wā-poto (Haora)

whakahaere-wā, whakakapi atu karaka katoa (Whakatauritea 24h v 21h) :

E 21 haora i te ra> 1 haora kua kua 21 hēkona 21 meneti> 1 meneti

> E 21 kimo 1 tuarua> e 1 kemo e 21 pakō 21 hiko> 1 flash

C-G Klock			D	h	m	s	b	f	c
1	D	Day	1						
21	h	hour	1	21					
21	m	minute	1	21	441				
21	s	second	1	21	441	9,261			
21	b	blink	1	21	441	9,261	194,481		
21	f	flash	1	21	441	9,261	194,481	4,084,101	
21	c	click	1	21	441	9,261	194,481	4,084,101	85,766,121

Karaka me te tiaki whakamahi i te whakaatu 3 raina:

14h-12m-16s

207 dy - 4 DW

Y1 - M8 - W2 - D4

Raina 1: te 14th haora, 12 meneti, 16 hēkona.

Raina 2: 207th ra o te tau, 4th ra o te wiki

Raina 3: Tau 1 - Marama 8 -Week 2 - Day 4 ranei:

Mid-wiki o te Wiki 2 i roto i te Jupiter-marama o te Tau 1

whakaturia e haora te katoa tau i muri i te po poto i Sunrise. Katoa 73 ra (5x te tau) He tautuhi 0 haora (Awatea-whakaora) . hiahiatia awatea-ora te ki te tiki ake rite tata ki te putanga mai rite taea. Whiwhi ake i te putanga mai, ko te taiao, me te hauora.

pōti

Pōti i te morare, fatongia ā-. Survival o te hapori whakawhirinaki i runga i te tautoko mōrahi me te whai wāhi i ona ngā mema. Iwi e kore pōti kei roto i te iwi ting meka support- e whakapumautia Tyrannies. tukua ratou rōpū tomokanga ki te Kāwanatanga kino. **Me pōti koe! ngā hanganga ture kāore, MS R1**



AKAPEEA ki te pōti

pōti kaitiaki Guardian i roto i ngā pōtitanga katoa e te hunga ratou āhei hoki.

Ko wai te mea he kaitono e taea te tautoko?

He HE OIA ranei kore teina ka 28 ranei pakeke ka 70. He kua he matua ranei.

He he kaimahi ranei tūao ranei mutu. He hinengaro me tinana pai. Kua kahore mātauranga University.

Kua kore oti tetahi Rehabilitation pūmate rawa. Kua kahore hauātanga fakasekisuale (Tāua ira, ira tangata raruraru, molesting tamaiti) . Whakamahi ai i te 'ture-Foaki Manifest' rite ratou aratohu. He he kaitiaki Guardian

kia whakaingoa kaitiaki Guardian Supporters ko Klan kaumatua, tauranga te tamaaraa no, tautoko me te Mawehe kaitono i roto i ngā pōtitanga. Kaitiaki Guardian Mema (Zenturion, Praytorian, fanongonongo ') e kore e taea te tautoko, te whakaingoa ranei tautoko kaitono i waho te whakahaere 1 te Ekalesia.

Te tangata he mea pāpori. rite ratou ki te no. komiti noa pōtitia whakarite i tenei hiahia. Te ārahitanga e 1 ko te tukino. Te ārahitanga i te komiti he ataahua. tautoko CG rite kanohitanga o HE ko OIA.



te kaitono (HE, OIA) ki te nuinga o ngā pōti pōtitia te. te matua ake te pōtitia ia ranei ia nui Same o pōti. He tangata pōtitia kore te whakaoti ratou wā. E whakakapia ki te tangata i haere mai 2nd.

Parenga

Hei ora te tinana tangata hiahia tiaki Cimate!

Climate-Fakamanamana: Sun (Radiation) , Temperature (Wera, matao) , maku (Whakamātao, hauhauaitu) , hau (Wera, whakamātao, puehu) . ngā Climate-tiaki o te Head-tiaki, Protective-kakahu, Protective-rerenga. Threat ki te tangata-tino whanau-kiri (Kirikau) kitea ki huānga.

E-P1 (Kanohi-tiaki) Kei te wehea ki te 2 ngā wāhanga: Practical: arotahi kotahi (Visor) . Fashion: 2 ngā arotahi (Titi'ai) .

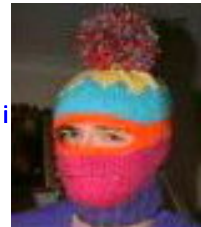
Kei te mau tonu te kanohi-tiaki, ka waho!

V-Pōtae upoko-tiaki ki patoto. Hair ko Head Me Climate Protection i matao, mākū, radiation tino me te parahanga.

Me te upoko hoki te tiaki i patoto: he V-Pōtae ki inbuild GPS-Tracker, waea, ataata-kaiwhakamahara ..

Ko te V- Potae kua roto hiako purpuru. Embedded i roto i te purpuru he earpieces. He pōtae pūāhuru (Beanie) ranei K-kāmeta Ka taea te mau i raro i te potae. Hei pupuri i ararewa roto o ma i werawera, te pakitea me te hinu te potae. apatoko Waho: kanapa-marama, i raro-whereo te marama rama; he camcorder.

pōtae pūāhuru (Beanie) hipokina te upoko katoa whaki nga kanohi anake. Kei te whenu roto o huruhuru ranei te ranunga o te miro, me te huruhuru (Kahore he muka waihanga) . Taea e tetahi te tae tauira ranei kia whai i te pom-pom whakapaipai i runga i runga. A, no te hiahiatia kahore tiaki mata me te kaki te taea te hurihia pōtae pūāhuru ake ka riro he 'Beanie'.



K-kāmeta kia hipokina te upoko katoa whaki nga kanohi anake (Tiaki mōrahi) . E ohipa te reira i te hipoki matenga me te arai. Kei te whenu roto o huruhuru ranei te ranunga o te miro, me te huruhuru (Kahore he muka waihanga) . Taea e tetahi te tae tauira ranei.

pōtae pūāhuru ranei K-kāmeta tiaki e rua i te uhi i te ihu me te waha.

Ngongoa parahanga, kua karohia whakamate mate ma'i pee, me ngā ngārara stinging. Te whakaiti i te pānga o te rangi maroke, me te matao. E heke mate pāwera, me te Asthma. Kei roto horahanga mate ma'i pee.

Kei te mau tonu Head-tiaki, ka waho!

Paruru--kakahu ki te tiaki i te tinana i te āhuarangi, mate me te parahanga. Ko te wāhanga tinana matua tiakina e te kakahu Protective he upoko, kiri me waewae. Kei te mau tonu tiaki-kakahu i waho.

Me kiri rota o te tiaki, i te ngau (Kararehe, tangata) , wero (Insects, Needles) , mahaki ko (Bacteria, Harore, iroriki, Virus) , iraruke (Heat, Solar, Nuclear) , Māraakerake (Waikawa, Fire, Frost, koi-taha, mākū) .



Clothing Kei te hanga i roto i o muka tūturu: kararehe-hiako, hiraka, plantfiber, miro huruhuru ranei. e kore e Artificial-muka whakamahia mō te kakahu, me te ki tetahi mea mo te tangata-kiri. Production o horihori-muka mo pito kakahu, hangarua kararehe ngā te hoki tahi atu take.

waewae tiaki (Tōkena, pūtu) i te āhuarangi me te patoto. He kiri, Waewae me nga pona i te mōrea. kakahu tonu Outside tiaki waewae.

tōkena E hanga i roto i o Cotton, Wool, ranei he miro, huruhuru ranunga (Kahore he muka etic synth-) tetahi tae tetahi tauria. Tōkena i matūriki hiriwa parakore (Kahore koranu) whatu i roto i, hoatu āhutatanga anti-kitakita, anti-koiora me te anti-pateko, whakaiti kakara. Tōkena hipokina Waewae ki runga ki te 7cm runga ake ponapona.



Boots whai hiako paruru runga (Kahore ō) , Hiako ngohengohe roto (Kahore ō) , Kapu hiako rapa ranei (Kia hangarua) . Boots e ki te tiaki i nga waewae ki runga, ki te 7 cm i runga pona. **Tuhipoka!** tiaki waewae e kore e tiaki (Peneitia, slippers, here) He huakore waewae me nga pona. kia tonu tiaki waewae kia mau ki waho. E haere hu waho he ora o.

ia- mau tiaki i roto i te puka o karapu te! E hanga o Leather, Cotton, Wool, ranei he miro, huruhuru ranunga karapu (Kahore he muka waihanga) tetahi tae tetahi tauria.



Kei te mau tonu tiaki-kakahu, ka waho.



Paruru--Shelter (home, ora, mahi) he hiahia tangata. Parenga i hara (Haumarutanga) , huānga (Weather) , Ahi, pepeke, me te Pollution . Utu paruru--Shelter ko te **1 ATUA** homai tika! Te kaitiaki-Guardian hiahia Kāpui hou- waiata (Hapori-ora) . **Manene, he kore Shire!**

Tiaki-Shelter mo Survival, Haumarutanga, Whakamarietia ..