



Huinakolu manawa

Kia' i kia' i no ka wā pōkole New Age hooponopono manawa: **CG Manawa triangle** (CG Clock, CG Nā hana i kēlā me kēia lā, Shire ka hola pō, Moe)!



1 Ua hana ke Akua i ka manawa e ana i ka hoomaka a me ka hope !

Huinakolu manawa



- Ho' omaka ka lā: ' O nā hola Puka o ka lā
- ' O ka lā mua mai 0 - 7 mau hola
- ' O 7 hola ka Mid Day
- ' O ka lā hope mai 7 - 14 mau hola
- He 14 hola ka napo' o' ana o ka lā
- ' O ka pō mai 14 - 21 hola

CG Uaki

' O ka Clock Guard Guard (CG Clock) no ka manawa pōkole (hola) ho' okele manawa, pani i nā wati ' ē a' e. He 21 hola ka lā > 1 hola 21 minuke > 1 minuke he 21 kekona > 1 kekona he 21 makamaka > 1 makapō he 21 kukuna > 1 kukuna he 21 kaomi ! He 21 hola ka lā 1; 441 minuke; 9,261 kekona; 194,481 makapō; 4,084,101 uila; 85,7666,121 kaomi!

Ho' ohana ka uaki a nānā i kahi hō' ike laina 3:

14 h 12 m 16 s Laina 1: ka 14th hola, 12 minuke, 16 kekona.

207 dy 4 dw Laina 2: 207th lā o ka makahiki, 4th lā o ka pule

Y 1 M 8 W 2 D 4 Laina 3: Makahiki 1 - Mahina 8 -Wiki 2 - Lā 4 a i' ole

' O ka pule waena o ka pule 2 i ka mahina ' o Jupiter o ka makahiki 1

Ka inoa pule: Lā

Lā 1 Lā 2

Lā 3 Midweek Lā 5 Weekend Le' ale' a Lā

1st Lā 2nd Lā 3rd Lā 4th Lā 5th Lā 6th Lā 7th Lā

Sabati* Poakahi* Poalua* Poakolu

* Poaha* Poalima*

Pō' aono*

* kalena pegana

E hō' ike pū ana ka wati ho' omaha i ka blink, flash and click time... ' O ka CG Hō' ike ' ia' o Klock e ka uaki, wati a me ka wati ho' omaha. E nīnau i kāu mea hana wati e loa' a iā' oe 1 (21 hola, wati, stopwatch,..).

Ho' onohonoho' ia nā hola O i kēlā me kēia makahiki ma hope o ka pō pōkole loa ma Sunrise.
' O kēlā me kēia 73 lā (5 xa makahiki) 0 hola e ho' iho' i hou' ia (mālama lā).
Pono ka mālama' ana i ka lā no ke ala kokoke i ka puka' ana o ka lā e like me ka hiki. ' O ke
ala' ana i ka puka' ana o ka lā he kūlohelohe a olakino.



CG Nā hana o kēlā me kēia lā He mea

nui ka 'Ma' amau o kēlā me kēia lā' e hālāwai me 'Obligation 2 (Ho' omalu i ke kino kanaka)' a mākaukau e kū i
nā pilikia e hiki mai ana. E ala, e lawe i ke aniani wai kānana māmā, hele i ka lua, hana 'Daily Fit (exercises)',
ho' omana 'Daily Prayer', holoī maka a me nā lima, ' ai i ka' aina kakahiaka, a' a' ahu. E nānā i kāu 'Planner'. I
kēia manawa ua mākaukau' oe no nā pilikia. Aloha oe, na ke Akua e hoopomaikai mai. ' O ka hele' ana i waho
e ho' okomo i nā lōle pale kūpono.

' O ka 'Ma' amau o kēlā me kēia lā' e pili ana i ka ma' ema' e a me ka hānai' ana
' a' ole wale' o 'I' akā nā kānaka a me nā mea ola āpau e hilina' i iā' oe. Holoī lima
ma hope o kēlā me kēia kipa halepaku a ma mua o kēlā me kēia hānai. Holoī maka ma mua
o kēlā me kēia hānai. Palaki niho a holoī i ke kino holookoa ma mua o ka moe.



' O ka 'ma' amau o kēlā me kēia lā' e pili ana i ka maika' i a me ka ho' opa' i' ana i ka hewa. ' O ka maika' i i
loko o ka hana 'ana i nā hana lokomaika' i'. E lokomaika' i mai ia' u, i ka po' e a puni' oe, ke kaiāulu, nā
mea ola' ē a' e, ka noho' ana... 1 Aloha ke Akua i nā hana Kindness. E ho' opa' i i ka hewa i kēlā me kēia
manawa e ho' ohana i ka 'Law Giver Manifest' i alaka' i.

1000 mau makahiki o ka 'Evil' e pau ana! E maika' i! Cage Evil!

E ho'ā' o e" imi, loa' a a ho' ohana i ka' ike', 'E a' o a a' o', e hā' awi i ka 'Life
experiences'. A'o, a'o ha'i 'ana i ke ola 'ana he mea nui ia no ke ola 'olu'olu 1 ke Akua . Ke
kōkua nei kēia mau hana i ka 'like' me ka nohona kūloko a me ke ola o nā' ano. ' O ka
' imi' ana a me ka ho' ohana' ana i ka' ike kōkua i ka pane' ana i nā nīnau a ke Akua ma ka lā ho' okolokolo.



Pono i kēlā me kēia lā (ho' oma' ama' a)

' O ka ho' oma' ama' a' ana i kēlā me kēia lā he pono ke olakino maika' i, he' āpana o ka hana ma' amau i
kēlā me kēia lā. Ho' opau' ia lākou i kēlā me kēia kakahiaka. Ho' onui ka ho' oma' ama' a' ana i kēlā me kēia
lā: ke ola kino holo' oko' a, ke kahe' ana o ke koko, ka hana o ka lolo, ka' ai' ana i ka mea' ai, ka ho' oikaika
' ana i ka male, ka' i' o' ana, ka mana' o pono' ī, ka ho' oulu' ana i ka' ōnaehana pale. ' O nā
ho' oma' ama' a 7: ' O ka umauma, ka makani makani, ka pā puka, ka Dumbbell, ke kuli, ka hook, ka wili. ' O
nā ho' oma' ama' a 7 āpau no He, ' o ia a hana hou' ia.

E ho' omaka me ka 1 hana hou, e ho' onui i ka 21. He pōmaika' i ka ho' omaku' ana me ka hana hou' ana i kēia me kēia lā. ' O ka ho' oma' ama' a 21 e hana hou i 1 lā a' a' ole ho' oma' ama' a i ka lā a' e' a' ole pono. Ma hope o ka pau' ana o nā ho' oma' ama' a e kū pololei, e hanu hohonu a laila ex-hale i ka nui e hana i kēia 3 manawa. E ho' omaku me kāu, hana ma' amau i kēia me kēia lā.

Hoomaopopo! ' O ka ho' oma' ama' a' ole he hō' ailona ia o ka mālama' ole' ana i ke kino, ha' aha' a ha' aha' a, palaualelo, ...

Ho' oikaika **Pu' uwai 1:** Kū nā lima ki' eki' e e kulou ho' opa' a i ka papahale nā manamana lima e pili ana i ka umauma. E ho' iho' i i nā lima i kahi mamao loa (mai pa' i). A laila e ho' one' e i nā lima i ke kūlana kūlou mua. **E hana hou (21 max)!**

Ha' awina **Windmill 2:** E kū ki' eki' e, kīko' o nā lima ma ka' ao' ao i ka papahale (t shape). E kālele i kāu' ike ma kahi kiko' i ma mua.

E ho' omaka i ka huli' ana i ka uaki (hema a' ākau). Ke kālele' ana i ka wahi' ike a hiki i ke kino huli' ana iā' oe e nalowale. E ho' ohuli hou i ka nānā' ana i ka hikiwawe. E ho' omaku i ka huli' ana a hiki i kahi o ka no' ono' o a i' ole 21 huli i kēia me kēia

hiki mai 1st. E hanu hohonu i ka hele' ana i kekahi mau' anu' u me ka ho' opa' a' ana iā' oe iho. **Nānā!**

Ho' omaka ka ho' omaka' ana a i' ole ka ho' ola' ana mai ka ma' i me ka pi' i' ana o 1 i 21 mau hulina max. E' olelo a' o, e kū mau i ka wā e ho' omaka ai e' eha.

Pani Puka Ha' awina 3: E kū pololei ma ka pā puka hāmama me nā wāwae me ka laula o ka' ūhā e kūlou i luna ma ke kihi' ākau (90°, ' ano trident).

E kaomi i nā ku' eku' e lima ma nā' ao' ao o ka' ao' ao o ka puka a hiki i kou mana' o' ana i ka' ā' i ma waena o nā' ūhā po' ohiwi, e pa' a (helu 10), e ho' oku' u i ke' ano. Ma hope o ka ho' oku' u' ana i ka' eha ma ka ihu e ho' opiha pono ana i nā māmā a hiki i ka max, e pa' a (helu 3), a laila e ho' oku' u mālie ma ka waha a hiki i ka max. ' A' ohe hana hou!

Ho' oma' ama' a **Dumbbell 4:** Ho' ohana' ia 1 dumbbell He (4 kg), ' o ia (2 kg). **Mai ho' ohana i 2 Dumbbells.** E kū pololei me nā wāwae me ka laula o ka' ūhā a ka' awale nā ku' eku' e i kou mau' ao' ao e kū pono ana i mua.

E' ohi i ka dumbbell me ka lima hema e kulou ana i kou ku' eku' e a hiki i ka

lima i ke kihi' ākau (90°). E' omi mālie i ka biceps, e ho' oki' eki' e i ka dumbbell i ka po' ohiwi (helu 3), a laila e ho' oha' aha' a i ka dumbbell i kahi ho' omaka, e hana hou (1-7). E ho' ololi i ka lima' ākau, e hana hou (1-7).

Ha' awina **Kukuli 5:** E kukuli ma luna o ke kino moena pule, kau nā lima ma ka' ā' i. E ho' ohuli i ke po' o i mua a pili ka' auwae i ka umauma.

I kēia manawa, e ho' oku' u mālie i ke po' o i hope a hiki i ka manawa like, e hilina' i i hope e like me ka hiki ke ho' opa' a pa' a i kou mau lima ma ka' ā' i. **E hana hou (21 max)!**

Hana **Hook 6:** Ma ka moena pule (pale i ke anu) e moe palahalaha ma kou kua, e hohola i na lima i lalo i ke kino. I kēia manawa e ho' oha' aha' a i ke po' o



' O nā lima i hohola i mua e ku' i i lalo i ke kino. I kēia manawa, e ho' oha' aha' a i ke po' o i mua a pili ka' auwae i ka umauma i ka manawa like e hāpai i kou mau wāwae, nā kuli pololei, kū pololei (90°) pa' a (helu 3), a laila ho' i mālie (ke po' o, nā wāwae) i ka ho' omaka. E hana hou (21 max)!

Ha' awina Swivel 7: Ma luna o ka moena pule (pale i ke anu) e moe palahalaha ma kou kua, e kīko' o nā lima i lalo. I kēia manawa, kukuli nā ku' eku' e wāwae e pili ana i ka but-tock. E ho' opa' a pa' a i nā lima ma ka moena e ho' ohuli i nā kuli i ka' ākau a pā i ka moena. A laila e wili i nā kuli ma ka hema e pili ana i ka moena. E hana hou i ka wili' ākau a hema e helu ana i kēlā me kēia wili hema. Hana i ka 21!

1 Ke kali nei ke Akua e lohe mai ia oe !

' O ka pule i kēlā me

kēia lā E ke Akua, ka mea nāna i hana i ke ao holo' oko' a maika' i loa, e kōkua mai ia' u e ma' ema' e, aloha a ha' aha' a .

E kū i luna no ka po' e i ho' ouka' ole' ia, hemahema, nāwaliwali a nele E hānai i ka po' e pōloli, e ho' omaha i ka home' ole a me nā ma' i hō' olu' olu E ho' olaha: 1 Akua, 1 Faith, 1 Church, Universe Custodian Guardians Mahalo iā' oe no kēia lā

Kou kahu mālama ha' aha' a ha' aha' a (1 st name)

No ka nani o 1 ke Akua a me ka maika' i o ke kanaka Ho' ohana' ia

kēia pule i kēlā me kēia lā o ka hana ma' amau o kēlā me kēia lā, ho' okahi a i' ole i kahi hui ma nā wahi āu e makemake ai. Heluhelu' ia i kēlā me kēia CG Gathering.



' O ka mea' ai i kēlā me kēia lā

i kēlā me kēia lā, he wai inu. ' O ka wai ma' alili, kānana, inu i ke aniani (0.2 l) 7 mau manawa (kakahiaka, ka' aina kakahiaka, ka' aina kakahiaka, ka' aina awakea, ka' aina ahiahi, ka' aina ahiahi, ka pō). ' O ka nui o 1.4 l.

Hiki ke ho' ohui' ia nā kī' aha wai 7 me nā mea inu wai' ē a' e: Kofe lepo, pauka koko, kī (' ele' ele, ' ōma' oma' o, mea kanu). Hā' awi' ia kēia mau mea i ka wela a i' ole ke anu. Maika' i nā wai hua' ai.

' A' ohe wai hua, ' a' ohe lemonade! ' O ka Fructose ka mea' ai nui loa !

He kumuhana ko kēlā me kēia pule pule: Lā

1: Nā mea kanu; Lā 2: Ka moa; Lā 3: Māmā; Midweek: Reptile; Lā 5: Kai

kai; Weekend: Nati, Hua; Lā Le' ale' a: Nā Insects.



E hānai i 5 manawa i ka lā: 'Pā' ai kakahiaka, ' Ai kakahiaka, ' aina awakea, ' aina ahiahi, ' aina ahiahi'.

' O ke kakahiaka, ' o ka ' aina kakahiaka, ' o ka berena, ka meli, nā mea kanu, nā mea ' ala, hua manu, aniani, ..

' O ka mea' ai mua, ka berena, ka margarine, nā mea kanu, nā mea ' ala, ka pa' akai pa' i' ia, ka ' aka' aka, ..

Aia ka ' aina awakea, Salada,...

Loa' a ka Late Snack, Hua' ai a i' ole Nati a i' ole nā hua.

Aia ka ' aina ahiahi, Nā mea kanu, ke kumuhana o ka lā,...

7' O nā mea' ai e pono ke ' ai ' ia i kēlā me kēia lā: ' O nā ha' i (haohao), nā kī' aha (lentil bale, maile, oats, millet, quinoa, raiki, rai, sorghum, palaoa), chili wela, aniani (brown, chives, garlic, green, leek, ' ula' ula, puna), Parsley, Sweet Capsicum, Nā mea kanu (asparagus, beans, broccoli, carrots, cauliflower, sprouts,...). E hau' oli i ka ' ai olakino! Ma mua o ka ' ai ' ana Mahalo!



1 Ke kali nei ke Akua e lohe mai ia oe !

Mahalo i ka pule Aloha 1 ke Akua, ka

mea nāna i hana i ka honua nani loa Mahalo iā ' oe no ka ho' olako ' ana

mai ia' u i ka inu a me ka mea' ai i kēlā me kēia lā E ola ana me kāu ' ōlelo hope

loa Ke ho' ā' o nei au e pono i ka ' ai i

kēlā me kēia lā E mālama ' ia au i ka ' eha o ka makewai a me nā ' eha

pōloli Kou ha' aha' a ha' aha' a. kahu kahu (1 st name)

No ka nani o 1 ke Akua a me ka maika' i o ke kanaka E ho' ohana i kēia pule

ma mua o kēlā me kēia hānai!



E hō' alo i nā mea' ai maika' i' ole: ' O ka wai' ona, mea' ono hana, fructose (glucose, sugar), Genetic modified food (GM), mea' ai hana' ia. ' O ka inu kalapona i loa' a: ka wai' ona, caffeine, kola, sodium, mea' ono!



Nā ' ōlelo kiko' ī o kēlā

me kēia lā Planner

Order of Pages, instructions: Daily: Routine, Prayer, Fit. Ho' oka' a' ike: Emergency, Address. Pule:

Ho' olālā, Planner, Time Planner* ' ao' ao i 2 kolamu: 'Plan' / 'Analyze'

* Ho' olālā wiki: 52 ' ao' ao wale nō. Ho' olālā i kēlā me kēia lā: 365 ' ao' ao wale nō.

Pāku' i o nā ' ao' ao, nā ' ōlelo kuhikuhi:

Wā: CG Clock, Shire Night Curfew, CG Calendar, Nā kumumana' o Le' ale' a Lā mōliaola: 1' ao' ao wale nō. Mea Ho' olālā Quattro: 1' ao' ao wale nō 7' ōwili (Nānā' ana), palapala

' āina, Measures Plus! E ho' oka' awale i nā' ao' ao e kākau i nā 'Mana' o'.

Ho' ohana

' ia ka lā le' ale' a e nānā i kāu mau hana e pili ana i ka ho' olālā o kēia manawa a ho' okomo i kāu mau ho' olālā no nā lā 6 e hiki mai ana (lā 1-6).

I ka ho' ohana' ana i kāu Planner ma ka hana a i' ole ke a' o' ana mai' ae' oe i ka 'Time' e ho' omalu iā' oe! ' A' ole ho' ohana' ia ka manawa e wikiwiki ai i nā kānaka. ' A' ole i ho' olālā' ia ke kino kanaka no ka wikiwiki.

Mai poina a nalowale nā mana' o. I kēlā me kēia lā nui nā mana' o e no' ono' o' ia a poina koke a nalowale paha. ' O ke kumu' a' ole i mālama' ia, ho' opa' a' ia a kākau' ia paha. Ua nalowale nā mea maika' i loa!

' A' ole hilina' i' ia ka ho' omana' o i ka wā e mālama ai a hānai i nā mana' o hou. E lawe pū me ' oe i kahi puke puke (planner) a i' ole mea kākau mo' olelo a i ka wā e ulu ai kahi mana' o, e mālama! E waiho i kāu mau mana' o i kēlā me kēia pule!

1 Ke kali nei ke Akua e lohe mai ia oe !

Pule Ho' olālā E ke Akua, ka

mea nāna i hana i ke ao holo' oko' a nani loa E kōkua mai ia' u e ho' olālā i ka' u hana i kēlā me kēia lā. No ka nani o 1 ke Akua a me ka pono o ke kanaka Ua ho' ohana' ia kēia pule ma ka ' āpana kakahiaka o ka 'Ma' amau i kēlā me kēia lā!



Pono ka

ho' omaha moe no ke ola a me ke olakino maika' i. ' O ke koena nui' o 'Sleep'. Ho' opau ia i kahi hana o kēlā me kēia lā. Ho' ohana' ia ka 1/3 o kēlā me kēia lā e moe ana i lalo, kahi hapa o kēia huelo e hiamoe ana. No ke ola' ana i ke kino kanaka, pono ka hiamoe! Pono nā hola 7 e hana.

' O ka nele i ka hiamoe ke alaka' i i ka make akā ma hope wale nō o ka hele' ana i ka' eha nui ma o ke kaumaha a me ka huhū o ka pupule.

No ka loa' a' ana o ka hiamoe ho' omaha ho' omaha e like me ka pō' ele' ele o kahi lumi moe. He mea pono ka ha' alele' ana i ka walā' au o loko a me waho. ' O kēia ka curfew pō

hiki. 'Shire' ho' okō 'Night curfew'.

Aia nā mea e pono ai ma mua o ka moe' ana. 1 hola mai ka hānai' ana
a me ka ho' oma' ema' e' ana. Holoi niho a holoi i ke kino holo' oko' a ma mua
o ka moe. Ho' omana 'pule hiamoe'.

1 Ke kali nei ke Akua e lohe mai ia oe !

Moe ka pule Aloha 1

ke Akua, ka mea nana i hana i ka honua nani loa. moeuhane No
ka nani o 1 ke Akua a me ka pono o ke kanaka

Ho' ohana' ia kēia pule ma mua o ka hiamoe
' ana!



E inu i ke aniani (' a' ohe plastic) i ho' opiha' ia me ka 0.2 l o ka wai kānana (' a' ohe
mea i ho' ohui' ia) ma kēlā me kēia pākaukau moe. I kēlā me kēia pō ma mua o ka
moe' ana e kau i ke aniani ma ka papa' aina. Nānā! E inu i ka pō i kēlā me kēia manawa
ma hope o kou kipa' ana i kahi lua a i ka wā e malo' o ai ka pu' u, inu ho' omaha i ke ala
' ana i ke kakahiaka.

Loa' a i 1 kī' aha aniani leo gula (1 wale nō no nā pālūa) i loa' a ka hui' ana o ka
lā' au (aroma therapy) ma ka pākaukau' ao' ao o ka puka makani!

He mea ma' amau ka loa' a' ana o 2 mau moe me ka ho' omaha ma waena. Inā' oe e ala
a' e (e hele i ka lua..), i ka ho' i' ana e noho ma ka' ao' ao o ka moe, inu wai. E hana i kēia
mau ho' oma' ama' a (Ua hana' ia nā ho' oma' ama' a a pau i ka wā e noho ana ma ka
' ao' ao o ka moe nā kuli po' ohiwi ākea ākea). I kēlā me kēia manawa e ala ai' oe e hana i
kahi ho' oikaika kino.

1st Ho' oikaika: E kau i nā poho lima ma waho o kou mau kuli. E kaomi i nā lima i loko
a me nā kuli i waho, e ho' opa' a i 7 kekona (' ike' oe i ka' eha ma nā lima, nā wāwae,
nā po' ohiwi). Ho' omaha, lawe i ka hanu, ' a' ohe hana hou, inu wai, moe i lalo, hiamoe
maika' i. * ho' ohana' oko' a i nā lima. **Ho' oikaika 2:**

E hana i nā lima * kau iā lākou ma loko o kou mau kuli.

E kaomi i nā lima i waho a me nā kuli i loko, e pa' a i 7 kekona (Ke mana' o nei' oe i ka' eha ma
nā lima, nā wāwae, ka' ōpū). Ho' omaha, hanu, ' a' ohe hana hou, inu wai, moe i lalo, hiamoe
maika' i. * ho' ololi i ka ho' ohana' ana i nā lima palahalaha.

Ho' oma' ama' a Kolu : E kulou i nā lima (90%) ma ka pae o ka umauma e huli i ka lima hema i luna e kulou ana i nā manamana lima, e huli i ka lima ' ākau i lalo e kulou nā manamana lima. Ho' opili pa' a nā manamana lima. I kēia manawa e huki lima i ka ' ao' ao' ē a' e, e pa' a i 7 kekona (Ke' ike nei' oe i ka' eha ma nā manamana lima, nā lima, ka umauma). Ho' omaha, lawe i ka hanu, ' a' ohe hana hou,

inu wai, moe i lalo, hiamoe maika' i. Ho' oma' ama' a 4: E kulou i nā lima (90%) ma ka pae umauma e huli i ka lima hema i luna, e ho' ohuli i ka lima ' ākau i lima. E kau i ka lima ma ka lima a kaomi i lalo i ka manawa like e kaomi i ka lima hamama i luna, e pa' a i 7 kekona. Huli, ho' opa' a i 7 kekona (Ke mana' o nei' oe i ka' eha ma nā lima, nā lima, ka ' ā' ī, ka umauma).

Ho' omaha, lawe i ka hanu a inu wai, moe i lalo, hiamoe maika' i. ' A' ohe hana hou.

Ho' ohui ka po' e me ke kua i kēia ho' oikaika kino i kēlā me kēia ho' oikaika kino: Kau i nā lima ma nā kuli. E ho' oku' u i ke po' o i hope a laila e ha' alulu i mua me ka pau' ole o ka pili' ana me nā kuli (Ua' eha' oe i nā lima, kua, ' ōpū). Ho' omaha, lawe i ka hanu, 7 hou, inu wai, moe i lalo, hiamoe maika' i.

Nānā! Ka po' e noho nui i ke ao. Pono e hana i ka ho' oma' ama' a' ana i ka pō i kēlā me kēia 2 hola.

I ke kakahiaka ma hope o 7 hola o ka hiamoe: E ala a' e, e

inu i ke aniani wai kōnana, hele i ka lua, hana 'Daily Fit (ho' oma' ama' a)', ho' omana 'pule i kēlā me kēia lā', holoi i ka maka, nā lima, ka' aina kakahiaka, a' a' ahu.

E nānā i kōu 'Planner'. I kēia manawa ua mākaukau ' oe no nā ' ike ola. Ke hele i waho e ' a' ahu i nā lōle pale a me ke po' o, ka maka a me nā wāwae.

' O ka ' au' a' ana i ka hiamoe he mea hō' eha! ' A' ole ' ae' ia ka ho' omāinoino ' ana ma ke' ano he mea hana nīnau. Ho' opa' a' ia ka po' e

ho' omāinoino: MS R7 Custodian Guardian ho' ohana: CG NAs (New Age standard) BS-1 (moe moe)! E koi i ka ha' alele ' ana o ka wala' au waho i ka pō (pō pō)!

' A' ole i hana ' ia ke

kino o ke kanaka no ka pō . Ua ho' ohana hewa nā kōnana i ko lākou mana lolo e hana i ke ' ano o ka pō. ' A' ole maika' i kēia nohona i ke olakino maika' i. Pono ka curfew pō no ke olakino maika' i.

Pono ka curfew 7 hola pō mai 14-21 hola* . No ke olakino maika' i, ho' emi i ka ho' ohana ' ana i ka ikehu, ho' emi i ka pollution, pale i nā holoholona hihui. Ho' emi i ka hewa, ho' emi i ke kumukū' ai i ke aupuni, ho' oikaika i ka ho' onui.

* (22- 6 mau hola, 24 mau hola pagan)

' A' ohe mea hana (pa' a nā mea a pau) koe wale nō ka lī' ilī' i o ka ulia pōpilikia no kēlā me kēia kanaka. ' A' ole ho' ohana ' ia ka ikehu koe wale no ka pilikia a me ka wela! Ua ' ae' ia 1 lekiō nūhou lehulehu ua pio nā ' olī' olī' ē a' e! ' A' ohe mea hana, ke' ena, a hale kū' ai paha e hana a ho' ohana i ka ikehu! Hiki i nā hale ke ho' ohana

ho' omehana (' a' ahu mahana), ho' olu' u (' a' ahu māmā) i ka wā wela.

' O ka pō ka' a pono. No ka maika' i o ke kino kanaka a me ka nohona kūloko. Ho' okō
' o Shire i ka curfew pō ma o Shire Rehabilitation

MS R1. Hele ka po' e lawehala i ka Provincial Rehabilitation MS R3.



' O ka curfew pō e ho' opakele i ka honua honua!

AS it is Written It Shall Be

1 GOD



1 FAITH



1 Church

**Universe
Custodian
Guardians**

Law-Giver Manifest