

Custodian Guardian 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! Before every feed You worship: Thank_You_Prayer



Every weekday needs to have a food theme: (example) Day 1: Vegetables; Day 2: Poultry; Day 3: Mammal; Day 4 (Mid-week): Reptile; Day 5: Seafood; Day 6 (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 every time use the '**Law-Giver Manifest**' as guide.

Endeavor to 'Seek, gain and apply Knowledge', 'Learn and 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. It 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 is as dark as possible, without internal or external noise.



Advise !

When doing Daily Fit use common sense 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. **A human body is not designed for hurrying.**



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

Part of seeking, gaining knowledge is to record ideas. 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 were 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!**

Every Custodian Guardian community is a 'Neighborhood Watch Community' supporting local law enforcement. Observing, recording, reporting, assisting law enforcement! May have to make civilian arrests. **It's your community keep it safe for your family,...**



For a good nights rest outside noise needs to be ended. The Shire helps by implementing a 7 hour (**NAtm**) night curfew from 14 - 21 hours (**22 - 6 hours, 24 hour pagan clock**)! **Sleep well sweet dreams !**

