



1GOD's latest message the Law-Giver Manifest

Daily Routine

1GOD 1FAITH 1Church Universe Custodian Guardians

A 'Daily-routine' is essential to meet '*Obligation 2 (Protect the human body)*' & be ready to face upcoming challenges. Get up, have a glass of filtered water, go toilet, do 'Daily-Fit (*Exercises*)', worship 'Daily-Prayer', wash face & hands, have breakfast & get dressed. Check your 'Planner'. Now your ready for challenges. 'Have a Good-Day, may 1GOD Bless you'.

A 'Daily-routine' includes cleanliness & feeding not only of I but all other people & creatures depending on you. Wash hands after every toilet visit & before every feed. Wash face before every feed. Brush teeth & wash whole body before going to bed. Feed 5 times a day: 'Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner'. **Note!** Before every feed You worship: **Thank You Prayer**

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

Endeavor to 'Seek, gain & apply Knowledge', '**Learn & Teach**' & pass on 'Life-experiences'. Learning, Teaching passing on Life-experiences are essential to a useful 1GOD pleasing existence. These activities help in 'harmonizing' with the surroundings & survival of species.



Rest is needed for survival & good health. The main rest is '**Sleep**'. Sleep ends the Daily-routine. 1hour should have passed since feed & cleansing. Worship 'Sleep-Prayer'. To get restful re-vitalizing sleep the bed-room must be as dark as possible & an absence of internal & external noise is a must. Night-Curfew makes this possible. **Note!** 'Shire' (*Local-Government*) must implement 'Night-curfew'.

Hints

When going outside always wear suitable 'Protective-clothing'. To protect (*eyes, hair, skin & feet*) the human-body from climate, disease & pollution.

When doing Daily-Fit (*Exercises*) use commonsense on how fast to reach maximum repeats. Exercising 1 day & not exercising the next is not beneficial.

When feeding avoid unhealthy Nourishment e. g. (*GM*) Genetic modified food Alcohol, Fructose, Manufactured-food.

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.



Day start: 0 hours Sunrise ~ Early Day is from 0 - 7 hours ~
 7 hours is Mid-Day ~ Late Day is from 7 - 14 hours Sunset ~
 Night is from 14 - 21 hours

1GOD is waiting to here from YOU ! 

DAILY – Prayer

Dear **1GOD**, Creator of the most beautiful Universe

Help me be clean, compassionate & humble

Using the 7 Scrolls as guide:

I will protect your creations & Punish Evil.

Stand up for the unfairly attacked, disadvantaged, weak & needy

Feed the hungry, shelter homeless & comfort sick

Proclaim: 1GOD, 1FAITH, 1Church, Universe Custodian Guardians

Thank you for today

Your most humble faithful custodian-guardian (*1st name*)

For the “Glory” of “**1GOD**” & the Good of Humankind



This prayer should be said everyday, alone or in a group in any-place you like, facing the rising sun eyes closed. Recited at the Gathering.



THANK YOU – Prayer

Dear **1GOD**, Creator of the most beautiful Universe

Thank you for supplying me with Daily drink & food

Living by your latest message

I endeavor to be deserving nourishment every day

May I be spared agonizing Thirst & numbing Hunger pains

Your most humble faithful custodian-guardian (*1st name*)

For the “Glory” of “**1GOD**” & the Good of Humankind



Use this prayer before every feed!



Daily N O U R I S H M E N T

Daily must have, is drinkable water. Water is cool filtered, drink a glass (0.2l) 7 times (*Morning, Breakfast, Early Day-snack, Lunch, Late Day-snack, Dinner, Night*) a total of 1.4l. The 7 glasses of water may be supplemented with other water-based drinks: **Ground-Coffee, Cocoa-powder, Herbal-Teas, Black-Tea, Green -Tea.** These may be served hot or cold. **Vegetable-Juices are good. No Fruit-juice! No lemonade! Diets' biggest No! No! is FRUCTOSE.**

Every week-day needs to have a theme: e. g. Day1: **Vegetables;** Day2: **Poultry;** Day3: **Mammal;** Mid-week: **Reptile;** Day5: **Seafood;**

Week-end: Nuts & Seeds; Fun-Day: Insects.

Breakfast should include Fruit & / or Nuts & / or berries. Lunch is to include Salad. Dinner includes Vegetables.

7 Foods that should be eaten daily: Fungi (*mushroom*), Grains (*barley, lentil, maize, oats, millet, quinoa, rice, rye, sorghum, wheat*), Hot Chillies, Onions (*brown, green, red, spring, chives, garlic, leek,*), Parsley, Sweet-Capsicum, Vegetables (*asparagus, beans, broccoli, cauliflower, carrots, sprouts,...*).
Diet-No-No's: *Manufactured-food, & Genetic modified food.*

DAILY - EXERCISES a human need...

Daily-exercises a good-health must are part of the Daily-routine. They are completed every morning. Daily-exercises increase: all-round well-being, blood-circulation, brain-activity , food digestion, mating-urge, muscle-toning, self-esteem, stimulation of immune system. The 7 exercises are: Chest, Windmill, Door frame, Dumbbell, Kneeling, Hook, Swivel. All 7 exercises are for HE & SHE & are repeated.

Start with 1 repeat & increase to a maximum of 21. Use commonsense on how fast to reach maximum repeats. Persisting with daily repeats is beneficial. Exercising 21 repeats 1 day & not exercising the next is not beneficial. After finishing the exercises stand erect & breath in deeply then exhale to the maximum do this 3 times. Continue with your Daily-routine. **Note!** Not exercising is a sign of total disregard for the body, low self-esteem, laziness.

Chest Exercise 1: Stand tall, arms bent horizontal to the floor (*t shape*) thumbs touching chest. Now snap arms back as far as possible. Then snap arms to the original bent position. **REPEAT !**

Windmill Exercise 2: Stand tall, arms outstretched sideways horizontal to the floor (*t shape*). Focus your vision on a single point straight ahead. Start turning clock-wise (*l. to r.*). Focusing on the vision point until the turning body forces you to lose it. Keep turning refocusing as soon as possible. Keep turning to the point of dizziness or 21 turns whichever comes 1st. Breath deeply walking a few steps steadying yourself. **Note!** Beginners should begin with 1 turn increasing to a maximum of 21 turns. **Warning!** Always stop when starting to feel dizzy.

Door frame Exercise 3: Stand erect in open door frame with feet hip-width apart elbows bend upwards at right angle (*90°, trident shape*). Press elbows against sides of door frame until you feel tension between shoulder blades, hold (*count 3*), release tension. **REPEAT !** After releasing tension from the last repeat inhale through the nose evenly filling the lungs to max, hold (*count 3*), then slowly exhale through mouth to max.

Dumbbell Exercise 4: 1 dumbbell is used HE (*4kg*), SHE (*2kg*). **Do not use 2 Dumbbells.** Stand erect with feet hip-width apart elbows to your sides palms facing forward. Pick up dumbbell with left hand bending your elbow until the

forearm is at right angle (90°). Slowly squeeze bicep, lifting dumb-bell up towards shoulder, hold (*count 3*), then slowly lower dumbbell to starting position **repeat** (1-7). Change to right arm **repeat** (1-7). Do 3 left & 3 right.

Kneeling Exercise 5: Kneel on a prayer-mat (*protect knees*) body erect, hands firmly placed against buttock. Incline head forward until chin touches chest. Now slowly tip head back as far as it will go, at the same time lean back as far as possible keeping your hands firm on the buttocks. **REPEAT !**

Hook Exercise 6: On a prayer-mat (*protect from cold*) lie flat on your back, extended arms palms down against body. Now slowly incline head forward until chin touches chest at the same time lift your legs, knees straight, vertical (90°) & hold (*count 3*), then slowly return (*head & legs*) to beginning. **REPEAT !**

Swivel Exercise 7: On a prayer-mat (*protect from cold*) lie flat on your back, extended arms palms down. Now bent knees heels touching buttock. Keeping palms firm on mat swivel knees to the right until they touch mat. Then swivel knees to the left touching the mat. Repeat right & left swivel counting each left swivel. Do 21!

S L E E P

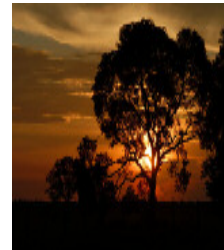
1/3 of everyday is spent lying down, part of this entails sleeping.



Sleep is needed for survival of human-body. 7 hours should do. Lack of sleep leads to death but only after a very painful transit through depression & outbursts of insanity.

To get restful re-vitalizing sleep the bed-room must be as dark as possible & an absence of internal & external noise is a must. Local-Government (*Shire*) must implement Night-curfew.

Note! It is normal to have 2 sleeps with a break in-between. 1st sleep is about 3.5 hours* with a 1.5 hour break followed by a 3.5 hour sleep.



During the 1.5 hour sleep break. People get up, go toilet,... Before lying back down do the night-time exercises & have a glass of water. Those that do not get up, pray, read, write, couples chat, mate (*during the sleep break people are more relaxed better at conceiving*), ...

N I G H T – T I M E exercises

It is normal to have 2 sleeps with a break in-between. Should you get up (*e. g. to go to the toilet*), on returning sit on the bed's edge, drink some water & do the following exercises (All exercises are done while sitting on the bed's edge knees shoulder-wide apart). Every-time you get up do a different exercise.

1st Exercise: Place the palms of your hands against the outside of your knees. Press hands inward & knees outward, hold 2 seconds. (*You feel tension in arms, legs & shoulder*) Relax, take a breath, 7repeats, sip water, lie down,

sleep well.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward & knees inward, hold 2 seconds. (*You feel tension in arms, legs & stomach*) Relax, take a breath, 7repeats, sip water, lie down, sleep well.

*variation use flat palms.

3rd Exercise: Bend arms (90%) at chest level turn left hand upwards bending fingers, turn right hand downward bending fingers. Interlock fingers tight. Now pull hands in opposite direction, hold 2 seconds. (*You feel tension in fingers, arms, & chest*) Relax, take a breath, 7repeats, sip water, lie down, sleep well.

4th Exercise: Bend arms (90%) at chest level turn left hand upwards, turn right hand into fist. Place fist into hand & press down at the same time press open hand upwards, hold 7 seconds. Reverse sequence, hold 7 seconds. (*You feel tension in hands, arms, neck & chest*) Relax, take a breath & sip of water lie down, sleep well. **No repeats.**

People with tense back add this exercise to each exercise: Place hands on knees. Tilt head back bend back then rock forward without losing contact with knees. (*You feel tension in arms, back & stomach*) Relax, take a breath, 7repeats, sip water, lie down, sleep well.

Note! People who sit a lot during day-time. Are to do 1 of the night-time exercises in rotation every 2 hours.

It's your body! Keep it Fit!

There are prerequisites before lying down to sleep.

It should be dark, it should be night. To get restful re-vitalizing sleep the bedroom must be as dark as possible. An absence of internal & external noise is a must 'Shire' must implement 'Night-curfew'.

1 hour should have passed since the last feed. Brush teeth & wash whole body before going to bed. Worship 'Sleep-Prayer'.

Have Drinking-glass (*no plastic*) filled with 0.2l of filtered water (*nothing added*) on each Bedside-table. Every night before going to bed put glass on Bedside-table. **Note!** Drink during night every time after you visited a toilet & when having a dry throat, drink rest when getting up in the morning.

Have 1 Gold-tone glass bowl (*1 only for doubles*) containing herbal concoction on window side Bedside-table. Worship!

S L E E P – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Protect me when I'm most vulnerable
Protect me from unsettling & Evil thoughts
Let me have restful, healing & re-vitalizing sleep



Don't let worry disrupt my dreams & sleep
Let me only remember the sweet dreams
For the "Glory" of "1GOD" & the Good of Humankind

This prayer is used before going to Sleep !



NIGHT – C U R F E W



The human body was not designed to be nocturnal. Humans misused their brain-power to create a nocturnal lifestyle. This lifestyle is not beneficial to good health. Therefore a night-curfew is needed for good health.

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.

During Night-curfew 'No' road transport (*public, private, commercial...*) is allowed to move on roads except emergency vehicles! No street lights, traffic lights, advertising... are on. No businesses are open. No air transport is operating Airports are closed! Air transport must land at the nearest available landing field! No rail movement! Railway stations & terminals are closed! Trains stay stationary in the station during Curfew!

Nobody works (*everything is closed*) except minimum emergency personal. No energy is to be used except for emergency or heating! 1public news radio station is allowed all other entertainment is switched off! No manufacturing, office, or retailer is to operate or use energy! Homes can use heating in extreme cold.

Night-curfew needs to be mandatory. For the well being of the human-body & local Habitat. To **SAVE PLANET EARTH!!**

A Shire enforces Night-Curfew through Shire-Rehabilitation MS/**R1** Repeat-

Offenders are passed on to Provincial-Rehabilitation **MS/R3**

C-G P L A N N E R / Planner-Prayer

1GOD created time to measure Beginning & End of everything.

The N-A t / C-G Planner is referred to every morning as part of a daily routine. Use the Planner as guide do not let time control You! Time should not be used to hurry people. The human body is not designed for hurrying.



Start by saying the Planner-Prayer:

P L A N N E R – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Help me plan my Daily-routine
I shall analyze & review my plan
I will encourage others to use a Planner
Thank you, for my Planner
I endeavor to use it for short & long-term planning
For the “Glory” of “**1GOD**” & the good of humankind



This prayer is used in the morning part of the 'Daily-Routine'!



Planner Specifications

Order of Pages & instructions: *Daily: Routine, Prayer, Fit. Contacts: Emergency, Addresses. Prayers: Plan, Planner, Time*

Planner* page is split into 2 columns: 'Plan' / 'Analyze'

***Note!** Weekly-Planner: 52 pages only. Daily-Planner: 365 pages only.

Appendix of Pages & instructions:

Time: C-G Klock, Night-Curfew, C-G Kalender, Fun-Day themes

Passover-Planner: 1 page only. Quattro-Planner: 1 page only

7Scrolls (Overview), Map, Measures

Plus! Empty pages to write down 'Ideas'.

U S A G E

Fun-Day analyze your actions against current plan & enter your plans for the coming 6 days (*days 1-6*). Yearly planning should start with a **Plan-Prayer**.

P L A N – Prayer

Dear **1GOD**, Creator of the most beautiful Universe
Hear my plan & Please support my plan
I shall plan weekly, yearly & quattro yearly
Help me plan wisely with a hint of boldness
Thank you, for my Planner



Your most humble faithful custodian-guardian (*1st name*)
For the “Glory” of “**1GOD**” & the good of humankind

This prayer is used before doing yearly planning !



Every Passover analyze your actions against current yearly plan & enter your plans for the coming year. *Quattro-years*: analyze your *Quattro-years (4)* actions against current 4 year plan. Then enter your coming 4 years plan.

C O N T R O L - *time*

1GOD created time (*Day1*) so we can measure Beginning & End of anything. Humans created time-management to control-time. In the imperfect Universe time is vague & not precise. Greed embraced time-management to control-time, the rush-job & time-slave were created.

1GOD created time & set the example to control-time. Work 5 days on day 6 evaluate your achievement, complete any unfinished work & plan next weeks work. On day 7 rest enjoy life have a Fun-Day! **Note !** The weekly work-plan is done on day 6 & the weekly family plan on day 7!

Humans use time-management to control-time. A combination of processes, tools & techniques are used to achieve this. E. g. :

Each data that crosses your desk: act on it, file it, or toss it.

Make time for important things, not just urgent ones.

Set a starting time & deadline for each project.

Slice up big projects to bite size steps then decide order of steps.

Don't panic do the best you can.

If you run out of steam on a project, switch to another.

Don't rush stay in control of time.

Greed embraced time-management to control-time.

Greed created rush-jobs (*piece work*) to increase profit.

Greed created time-cards to turn workers into time-slaves.

Greed created Just-in-Time inventory time-management to increase profit.

Side-effects of hurrying & rushing! To hurry or rush results eventually in accidents, shoddy work & anxiety. Leaders that hurry or rush are unfit to lead! Leaders that force others to hurry or rush are unfit to lead!

1GOD did not rush with any of the creations! **1GOD** did not design the human-body to hurry or rush. To hurry or rush is a health-hazard: Addictions, Anxiety, Depression, Heart-decease, High-blood pressure, ...

Time should not be used to hurry people.

There is no need for speed.

Related: New-Age time-management ~



We make You these offers:

Become a 'Supporter' & start a Gathering.

Or

Become a 'Volunteer' & proclaim our message.

Or

Make a donation.

Universe Custodian Guardians

PO Box 662 Endeavour Hills 3802 Vic Australia

Funds are used to proclaim our 'Vision' implement our 'Mission'.

Or

Wait, for Evil, Violence, to hurt & annihilate You & people that are close.

Note! Before making a decision check out,

www.universecustodianguardians.org

These offers don't appeal. Please pass on to friend or foe. We endeavor to have every person on our beautiful 'Planet Earth' receive these offers.



1GOD 1FAITH 1Church Universe Custodian Guardians community-service initiative.