



Survival-Chain

Welcome to the Wonderful World of Human Survival

Survival yours, your families, your Community, the Planet, is your priority.

Survival order:

- 1.Specie, 2.Habitat, 3.Community,
- 4.Family, 5.Individual, 6.Animals,
- 7.Personal belongings.



Survival by Age:

- 1.Unborn, 2.Newborn, 3.Baby,
- 4.Child, 5.Juvenile, 6.Adult,
- 7.Senior.

Scroll 2
Obligation:2 :
*Protect the human body
from conception until its end.*

The Survival-Chain is the
foundation to keep this
Obligation.

*The Survival-Chain has 7
links all of them essential for
human survival.*

**Breathable-air
Climate-protection
Drinkable-water
Eatable-food
Hygiene
Security
Sleep**

1 GOD is waiting to hear from you !

Survival Prayer

Survival Day 11.1.7 N-Atm

Dear **1 GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian guardian (1st name)
Thanks' you for the Survival of Humankind
I endeavor to help my body, specie, community, survive
I shall make survival my no.1 priority
Please support my efforts to survive
For the Glory of **1 GOD** and the Good of Humankind



This prayer is recited on Survival Day or when appropriate !



The **Survival Chain** has 7 links all essential for human survival.

BREATHABLE AIR without it you have minutes to live.

DRINKABLE WATER nothing to drink you won't last a week!

EATABLE FOOD for energy & well being. No food you starve!

SLEEP for re vitalizing. No Sleep you die!

CLIMATE PROTECTION for survival.

HYGIENE to keep our body healthy.



SECURITY to protect from violence. No security no future!



Scroll:2, Obligations:2 tells us: Protect the human body from conception until its end. The Survival-Chain is the foundation to keep this Obligation. Denying any human these essentials is life threatening a crime against Humankind, Anti 1 **GOD** mandatory: **MS R7**

Threat Burning



After humankind discovered how to use fire. It saw this as a blessing. Wood burning was supplemented with fossil fuel burning. English Christians introducing the industrial age started the pollution that is leading to climate change. Fire and burning are now a threat, a curse.
STOP BURNING NOW !!!

Stop burning: cigarettes, coal, dung, garbage, gas, oil, uranium, wood, ...



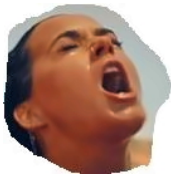
A most dangerous part of burning is, SMOKE. In fires the greatest

threat to health and mortality is smoke inhalation. On a greater scale smoke rising up into the atmosphere stops heat escaping into Space. Surface water warms, surface land warms, ice melts: CLIMATE CHANGE !



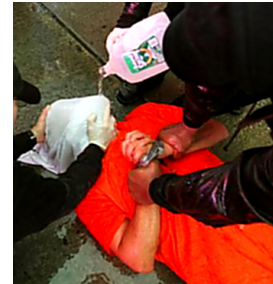
To survive the human body needs **Breathable Air**.

The air we breath is made of gases (carbon dioxide, nitrogen, oxygen, methane), water and impurities (dust, microbes, spores). The air we breath needs high nitrogen and oxygen content. It has low carbon dioxide and methane content. Water content (humidity) is needed, high humidity becomes uncomfortable and a health issue. Impurities are not needed they inflame lungs.



For how long can you hold your breath? 4 Minutes, then you gulp for air. No breathable air to gulp, You die! People die quickly in fires, no breathable air.

Withholding breathable air is used as torture and killing of humans and animals. Withholding breathable air as torture (water boarding) is used by US Administration, US government employees, government contractors, foreign Tyrannies protected by the US. Torture is a crime: MS R7 (humans), MS R4 (animals).



Withholding breathable air to kill is accidental (toxic fumes in fire) or by self (suicide: purposefully inhaling concentrated carbon dioxide or cooking gas), government (gas chamber, hanging, torture), others (criminals: garroting, strangling, suffocating, hanging). Government criminal killings get, MS R7. Accidental (health and safety), MS R4 self (held accountable by 1 GOD).

Humans burning things is the main threat to 'Breathable air.



It starts with the individual who use their windpipe as a chimney their lung as sieve for toxic fumes and air impurities. Using the human body as chimney is a severe health risk, an insult to 1 GOD's design.

Smoking the addiction! A human tragedy! A community burden!

Addiction is repetitive compulsive behavior gratifying a perceived need. Addicts delude themselves by not accepting the harm their behavior is doing. Harm to themselves, family, friends, work mates and community.

Addicts do not believe they are addicted as long as they are enjoying themselves and holding their lives together. Addicts become a threat to themselves and the community. They become delusional, anti social, dishonest, immoral, deceitful, selfish and uncaring. This forces the Shire (community) to control their lifestyle. Limiting their freedoms and rights.



Smokers stink from the mouth. Their clothing stink. They stink up a room. Their ashes are everywhere. Their butts are everywhere. They are disgusting, dirty, stinking individuals. Shun them Shame them

Smokers are a health risk to themselves. They burn their lips, teeth, gums, mouth, throat, windpipe and lungs, becoming sick, a burden to the community. Smokers are lazy taking many smoke breaks and self inflicted sickies. Hold them accountable!



Smokers are a health risk to others. Pregnant smokers are hurting their unborn. After birth these newborn are sentenced to a life of having health issues. They may have deformities, disabilities,.. Pregnant smokers are prosecuted, hurting unborn: **MS R3**.



Passive smoke (assault) hurts people. Smokers that create passive smoke get, **MS R3**. Entities (leisure, entertainment, work..) that allow smoking get, **MS R3** pay compensation. Government that allow smoking are replaced, + **MS R7**

Smokers are negligent. They start fires: homes, grass, forest. They are held accountable, **MS R4** and pay compensation. They injure people, animals, **MSR5** They kill people, animals, **MS R6**.



In 1951 (pagan calendar) it was established that smoking is unhealthy

a severe threat. Government and Government agencies, departments that didn't 'Ban' smoking failed (**dereliction of duty**) to serve, protect the community. Retrospective legislation is passed. These guilty get, **MS R7**.

Any individual or group, business or other entity that promotes (**freebies, advertising, marketing**), allows (**parents, teachers, work, clubs, eateries, entertainment venue,...**), profits (**suppliers, manufacturers, transporters, wholesalers, retailers**), makes available 'Smokes' and or smoking accessories **MS R7** It doesn't matter what the 'Smokes' contain. The act of smoking is the health risk.

ZERO TOLERANCE to SMOKING !

Individuals reduce the availability of breathable air by burning of gas, dung, wood, coal, oil for cooking (**includes barbecue**), heating, power. It Ends Now! Use electricity that is produced without burning. Breach, results in confiscation, destruction of equipment and **MS R2**



Power Stations that burn (**coal, gas, uranium, oil, ..**) to create energy are SHUT, dismantled. Polluting Owners, operators are prosecuted, **MS R7**. Coal and Uranium mines are closed and sealed. Mining Owners and operators get, **MS R7**. Energy is produced by non burning methods.

Burning to move domestic, non domestic transport Ends! Gas, Oil have non burning use. Domestic non domestic transport on Freeways are replaced with 'Freeway Trams'! Long distance overland transport is by Rail only. The use of diesel, petrol, LPG, ends!



Polluting Entertainment Ends!

In the Air: Air Shows, private owned air transport (**drone, plane, jet, helicopter, space shuttle,...**).

In, under the water: motorized boat racing, private owned sea transport (**cabin cruiser, cruise ships, hovercraft, jet skis, speedboats,**

boats, yachts,...).



On the land: all 2, 3, 4,.. wheel motorized: cycles, bikes, buggies, SUV, sport cars, limousines, luxury cars. Car racing, car stunts. Tourist trains. Promoters of Polluting Entertainment and Providers of Vehicles for Polluting Entertainment are prosecuted, **MS R7**

Nail salon create toxic fumes. Employees have breathing protection. Dumb clients (**victims**) don't. Nail Salons in Shopping Centers are wide open. Their toxic fumes embrace passers by. Exposing them to health risks. Especially pregnant women, newborn, asthmatics, elderly. If you have been exposed to toxic fumes sue the salon and the Shopping Center for compensation.

Nail salon are a health risk an air polluter. They are visited by people who are too lazy to do their own nails and have too much money. Shut them down, ban them. Prosecute owners, executives, **MS R7**



Beauty salon are a health risk an air polluter. They are visited by people who are too lazy to do their make up, have too much money. Shut them down, ban them. Owners, executives, get, **MS R7**

Hairdresser who create toxic fumes are shut down, prosecuted, **MS R7** Hairdresser who don't create air pollution operate normally.

Capitalist (**greedy predatory parasite**) Governments encourage homes with vanity gardens. Home owner use petrol motor garden tools (**blowers, shredders, brush cutters, chainsaws, mowers,..**) that pollute



(air, noise, soil). Homeowners, Manufacturers, Retailers, get **MS R7**. Government that allow this pollution are replaced, get **MS R7**.



Outside Insecticides are used on crops, orchards,.. Food crops, orchards that have been contaminated are unfit for human or animal consumption. Polluted crop, food is burned by the community (Shire). Commercial producer get's **MS R7**. Government that allow this pollution are replaced, get **MS R7**.

Inside Insecticides used, attack the nervous system. They make unborn and newborn hyperactive. Insecticides irritate Human and pet respiratory systems. Do not use Insecticides inside.



Military pollute the air with transport, explosives, A,N (Atomic, nuclear) B (biological) C (chemical) weapons. They are a threat to human, animal and plantlife. Scientists that create these weapons are prosecuted, **MS R7**. Production facilities of these weapons are demolished, and burned by the Shire. Owners, directors, executives, supervisor of these facilities get, **MS R7**. Military that have used or are using these type of weapons are prosecuted, from the rank of NCO upwards, **MS R7**. Government that allow production and or storage of these weapons is replaced and prosecuted, **MS R7**.

Fireworks are a major polluter. They become more common bigger more polluting. Depending on weather condition air pollution may linger for day's. Particle pollution settles on water polluting it. Making it unfit to drink. Fireworks End! Laser lights replace them.



Non-breathable Air You have 4 minutes to live!

Any Person, Organization or Government that denies breathable air or is cause and effect of polluted air. Are held accountable, get caged,

MS R7. Demand breathable Air it is a **1 GOD** given right!

ZERO TOLERANCE TO AIR POLLUTERS !!!!!!!

To survive the human body
needs **Drinkable Water**



60+% of our body consists of water. Every cell in our body needs it. Water lubricates our joints, regulates our body temperature and flushes our waste...



Condensed atmospheric water vapor forms droplets Earth's gravity pulls the droplets down (**falling rain**) to the surface. Rain is a major source of fresh water. This rainwater is used for drinking, preparing food, cooking, washing, personal hygiene,...

A person used to be able to drink rainwater, use it for food preparation. Not anymore, rainwater is polluted, unhealthy, acidic, toxic, bad tasting, bad smelling. Laundry should not be left out in the rain to become polluted. Not only does it look dirty, is bad smelling but it may irritate the skin.



Cold rain falls as hail, snow. Snow accumulates on high mountains, arctic and antarctic creating fresh water reserves. Snow is white,



polluted snow is gray even black. Black snow is found in the Himalayas, glaciers worldwide, Greenland, Arctic, Antarctica.

Communities create fresh water reservoirs. These reservoirs rely on rain water and melting snow to fill them. Because of pollution these waters need treatment before human or animal consumption.



Reservoir should be deep rather than shallow. Deep water is cooler, reducing evaporation, algae growth especially the poisonous type and insect infestation. Water sports are prohibited to stop urinating, menstruating and pooing into water. Water craft (jet ski, motorboats,..) pollute (oil, gasoline, battery acid,..) they are banned! Exception: Park Ranger transport.

A person cannot rely on the community doing it right. No treatment, partial treatment, wrong treatment, cost cutting, corruption, criminal behavior,.. Home treatment of water is becoming mandatory.

Home treatment of water requires filtration. It is to reduce: arsenic, asbestos, chlorine, chloroform, carbonate hardness, copper, dirt, herbicides, heavy metals, lead, pesticides, rust,... Also in warmer climates filtered water needs to be boiled to protect against deadly disease (micro organism).



Threats to fresh-water

Soon the demand for fresh-water will exceed the availability of fresh-water.



Polluted rain can cause paint to peel, corrosion of steel structures (bridges), erosion of stone, wilting of leaves and other vegetation, skin irritation,.. Check 'Breathable Air' and 'Green Concept' on advise how to contain Pollution.

Irrigation! Using groundwater for irrigation depletes underground reservoir of water faster than it can replenish. Resulting in drying up a whole Ecosystem and creating a shortage of freshwater. Groundwater irrigation ends. Illegal using groundwater for irrigation is a crime, MS R7. Government allowing Groundwater irrigation, is

replaced, prosecuted, **MS R7**.

Irrigation, using freshwater from creek, river, lake,.. slows the flow of water. This encourages evaporation. Resulting in drought! This type of irrigation resulted in ending civilizations. End irrigation.



Polluted waterway's (creek, river, lake,..) create a shortage of freshwater. Storm water filled with toxins, pharmaceuticals, poisons.. Illegal dumping of industrial waste, toxins, poisons.. Polluting of waterways ends, polluters are prosecuted, individuals **MS R3** all others, **MS R7**.

Supplement freshwater

Desalination uses a lot of energy, costly. Intake of water has adverse environmental impact, pulling large numbers of fish, shellfish, their eggs,.. into the system. Larger sea creatures are trapped against screens at the front of an intake structure. Chemical treatment, corrosion, create a warm brine which is released back into the ocean.



Desalination has a high boron content making for inferior water quality. This water used in farming, ranching and food production results in a high boron level diet. Prolonged consuming of high boron levels is unhealthy.

Recycled waste water, sewage passes through primary treatment to take out solids, nutrients are removed, filters remove most bacteria and viruses. Water is then forced through a membrane to remove molecules. Toilet to tap is an option of last resort. Tests don't reveal all health risks.



Bottled water (costly) is suitable for travel. Plastic water bottles

release chemicals which become dangerous when warming up (sun, heater). Do not use plastic containers for food or drink. Do not purchase food or drink in plastic containers. Glass (no lead) bottles, containers are recommended. Do not use plastic straws or cutlery. Do not use plastic containers to cook or serve food.

Flavored drinking water

For variety drinking water may be flavored. Some flavoring is unhealthy it is to be avoided. Flavored water may be served cold or hot.

Suitable flavored drinks: Beef extract, Chicken extract, Cocoa, Tea, Coffee, Fruit, Herbs, Spices, Vegetable.



Unhealthy flavored drinks and add ons: Alcohol, Artificial color, Artificial flavoring, Artificial and natural sweetener, Carbonated, Cola, Cordial, Energy drink, Lemonade, Decaffeinated coffee, Fruit-juice, Preservatives, Sodium..



Drinking water is best



Daily-routine: Get up, have a 0.2l glass of lightly chilled, filtered water. Before every meal (Breakfast, Early Day snack, Lunch, Late Day snack, Dinner) have a 0.2l glass of lightly chilled, filtered water.

Have Drinking glass (no plastic) filled with 0.2l of filtered water on each bedside table. Drink during night every time after you visited a toilet and when having a dry throat, drink rest when getting up in the morning.

No-liquid intake. You have 4 days to live!

Any Person, Organization, Government that denies drinkable water or is cause and effect of polluted water. Are accountable, **MS R7**
Demand drinkable water it is a **1 GOD** given right!

Suitable flavored drinks:

Coffee a heavenly stimulating drink



Coffee a brewed drink prepared from roasted seeds of coffeeplants. Coffee is made from dried, roasted, seeds of the coffee tree, grown in hot, wet climates along the equator. There are 2 varieties: **Robusta** beans have a strong flavor and a full-body. **Arabica** beans grow at a higher altitude, have a smoother flavor and more aromatic qualities.

Once picked, dried, coffee beans are roasted at around 200°C. This allows the sugars in the bean to caramelize and the flavor of the coffee to develop. The longer the beans are roasted, or the higher the temperature, the darker the roast will be and the fuller the flavor, in general light roasts have a sharper, more acidic flavor, while darker roasts have a deeper, richer flavor. A dark roast isn't necessarily, 'stronger'. The strength of a cup of coffee depends on how much water is added while the coffee is being brewed.



How to make a cup of coffee ?

How to get the most from your favorite cup of coffee.

- 1) Great tasting coffee starts with great tasting water. If filtered water isn't available, use cold water from the tap. Let it run for a few seconds to aerate before adding it to the kettle.
- 2) Let water come off the boil (80°C) before pouring it on to coffee (instant or drip-filter) granules. Boiling water scorches granules and impact's on the taste.
- 3) When using milk (not recommended), add it to the cup after the water. If milk is added 1st, the coffee may not blend as well. The hot water can scald the milk, changing the flavor.

Note! Sweeteners (sugar or artificial) ruin coffee !
Decaffeinated is not coffee but a health-risk.
Use only non Dairy whiteners.

Preparations:

Brewing, Instant, Drip-Filter Coffee; Espresso (machine)



Decaffeinated Coffee a Health-risk!

Decaffeination uses Solvent.
Solvent residue often upset a stomach.

Logic! Coffee without Caffeine defeats purpose of drinking Coffee.

Don't use Coffee Pods a Environmental risk!

Coffee Pods all 1 Billion are a environmental disaster. They are not biodegradable. They are not being recycled. **STOP! Production! Prosecute, MS R7. STOP! Using them! Shun and Shame!**



Note! All 1 off disposable products are a cause of too much Garbage. Their production 'Ends! Breach, MS R7.
Shun, Shame people that use 1 off disposable products!

How to drink a cup of coffee ?

To get the best flavor, taste let it cool a bit than take big slurps rather than sipping. Big slurps of coffee release more aroma. Smell and taste it, heavenly. There are wicket coffee with milk:

Espresso is a concentrated beverage brewed by forcing hot water under pressure through finely ground coffee. Compared to other coffee brewing methods, espresso has a thicker consistency, a higher concentration of dissolved solids and foam. Espresso is the base for other drinks: Cappuccino, Latte, Macchiato, Mocha, Americano, Gringo, Duo-shot, Lava and Mote. Served with a smile.

Cappuccino: preparing the texture, temperature of milk is the most important step. Milk is steamed adding very tiny air bubbles giving it a velvety texture (foam). A shot of espresso is put into the cup, hot foamed milk is added, topped with 2cm thick foam, finished with a sprinkle of ground Cinnamon.



Latte: heat up milk no froth. A shot of espresso is put into a cup. Hot milk is added, topped with a sprinkle of raw cocoa.



Macchiato: heat up milk no froth. Fill cup 2/3 with milk. Add a shot of espresso. Top with peppermint leaf.



Mocha: make raw hot cocoa. Fill cup 1/2 with hot cocoa. Add a shot of espresso. Top up with milk & milk froth. Add a sprinkle of raw cocoa.



Lava: 1st a shot of espresso. Add a nip of concentrated mandarin juice. Add a shot of hot raw Cocoa. Top with hot foamed milk. Add a sprinkle of ground Cinnamon.



Mote: Fill cup 1/2 with hot peppermint tea. Add a shot of espresso. Top with hot foamed milk. Finish with a sprinkle of ground Cinnamon.



Gringo: Fill cup 1/2 with hot water. Add 2 shots of espresso. On top sprinkle Nutmeg.

Americano: A shot of espresso is put into the cup. Hot water is added.



Duo-shot: Add 2 shots of espresso. Then hot water.

Cocoa a heavenly stimulating drink



Cocoa trees grow in hot, rainy tropical areas. It's fruit are Pods. Inside a pod there are seeds (beans). Cocoa beans are turned into cocoa butter and powder.



Preparing Hot Cocoa:

1 tablespoon cocoa powder,
1 cup: soy liquid, goats milk or other non dairy milk.
1 teaspoon vanilla extract,
Dash of cinnamon,
Dash of nutmeg.

Combine ingredients in a medium pot and warm on medium low heat, whisking until frothy and hot.

Tea a heavenly stimulating drink



Camellia an evergreen plant. It's leaves picked and processed give us Tea. Basic Teas are black or green. They may be flavored or sented.



Custodian Guardian tea preparation: place loose processed tea leaves into a tea infuser. Put infuser into glass cup. Boil water, stop the boil, when bubbling stops (80°C) pour into glass cup. Enjoy!

(a) Just as the bubbling stops pour over black tea. After 1 minute stir infuser 3 times. After another minute remove. Drink, or add any citrus juice for flavor, or let it cool, chill and drink. Warning do not pollute with sweeteners, whiteners (artificial and or natural).



(b) 10 seconds after the bubbling stops pour over green tea. Stir infuser 3 times. After 1 minute remove. Drink, or add any stonefruit juice for flavor, or let it cool, chill and drink. Warning do not pollute with sweeteners, whiteners (artificial and or natural).



Herbal seed tea preparation, place loose pressed seeds into a infuser. Put infuser into glass cup. Boil water, stop the boil. Just as the



bubbling stops pour over seeds. After 1 minute stir infuser 3 times. After another 7 minutes remove. Drink, or let it cool, chill and drink. Warning do not pollute with sweeteners, whiteners (artificial and or natural).

Herbal leaves tea preparation. The same as green-tea.



Herbal root tea preparation, chop roots. Prepare the same as black tea.

Using a microwave when brewing a tea bag brings out the flavors. Remove tag from teabag make sure metal staple is removed. Most paper tags use cheap ink, discoloring water, interfere with flavor.

Put hot water in a tea cup > add your choice of Tea bag > heat in microwave for 30 seconds on half power (400-500 watts) > Let it brew in microwave for a minute > take it out > enjoy!

Drinking water is best (may be flavored)



Filtered Water
for good Health !!!

To survive the human-body needs **Eatable Food**

Part of a daily routine is eating. How healthy we are and how long we live. Has a lot to do with our eating habit. No food you starve!

Feed 5 times a day:

'Breakfast, include Water, Herbs, Spices, Honey, Coffee,...

Early Day-snack, include Water, Fruit, Herbs, Tea,...

Lunch, include Water, salad, egg, Coffee,...

Late Day-snack, include Water, Nuts, Berries, Spices, Cocoa,...

Dinner'. include Water, Dinner theme, Tea or coffee.. Vegetables.

7 Foods that should be eaten daily: Fungi (mushroom), Grains (oats, barley, lentil, maize, millet, quinoa, rice, rye, sorghum, wheat), Hot

Chilies, Onions (brown, green, red, spring, chives, garlic, leek), Parsley, Sweet Capsicum, Vegetables (asparagus, beans, broccoli, cauliflower, carrots, peas, sprouts,..)



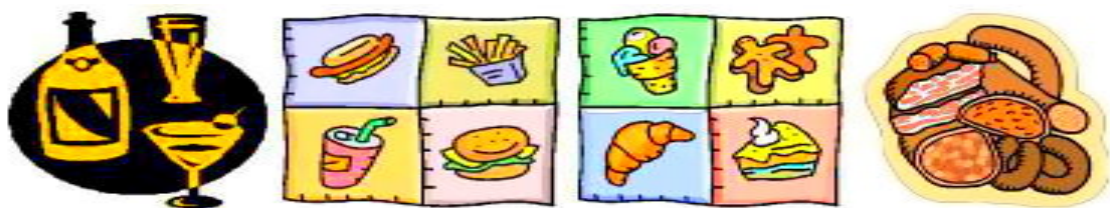
Every week-day needs to have a Dinner theme: e.g. Day 1: Vegetables
Day 2: Poultry Day 3: Mammal Midweek: Reptile Day 5: Seafood
Weekend: Nuts and Seeds Funday: Insects

Diet No No's: Artificial sweeteners, Manufactured-food, Genetic modified food, added Fructose.



Fructose the main cause of Diabetes, Obesity (Blubber People). It is bad whether it comes in Sugar or Fruit. Adding Fructose during processing of drink or food is a health-hazard. Processing, distributing, selling of this type of drink or food is criminal behavior it gets: **MS R6**. Exception: Unprocessed, Berries, Fruit, Honey, Vegetables.

Say No to: Anything that contains: Fructose, Glucose, Sugar; Biscuits, Cakes, Breakfast-Cereal, Chocolates, Fruit-juice, Ice-cream, Lollies, Jam, Ketchup, Lemonades (Cola, Energy,..) Marmalade, Muesli-bars, Sauces, Wine...



Manufactured-food is too salty has too many preservatives, often is too greasy and has sugar added making it unfit for consumption by humans, pets and livestock. **Manufactured food is a cause of high blood pressure, clogging of arteries and Obesity (Blubber People).** Processing, distributing, selling of Manufactured food are criminal behavior needing prosecuting. **MS R6**

Say **No** to: Dairy milk, Dairy cheese, Fast food, ham, hamburgers, salami,...

Manufactured: Bread, Meat; Pizza, Sausages,

Processed: Fruit, Soups, Vegetables...



GM Food is what people actually consume. It all starts as genetic modified (engineered) Seed (GM Crop). GM Crop because of the flow-on effect alters the whole Food chain. Creating mutations which create new Diseases, Life threatening Global Plagues in all members of the Food chain! **INCLUDING HUMANS!** People will become more sick, die younger, more deformities, more sick babies, more miscarriages... Will change human DNA.

GM Food Survival Threat: Alfalfa, baby food, bacon, bread, corn, breakfast cereal, canola, eggs, ham, margarine, meat, potato, papaya, peas, poultry, rice, sausages, soybean, tomatoes, wheat, zucchini,...

Demand from the community unadulterated food. **NO:** Alcohol, Genetic modification, Herbicides, Insecticides, Manufactured food, added Salt, added Sweeteners (artificial or natural),...

Any Person, Organization, Government that denies eatable food or is cause and effect of polluted food (GM). Are accountable, **MS R7**
Demand eatable food it is a 1 GOD given right!



10.2.7. Blubber day
C-G Kalender Fun Day Themes

12.1.7. Good health day
C-G Kalender Fun Day Themes

Not enough food you get sick!
No food you starve!

To survive the human-body needs **Sleep**

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



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

To get restful revitalizing sleep the bed room must be as dark as possible. An absence of internal and external noise is a must. Shire implement Night-curfew.

Note! It is normal to have 2 sleeps with a break in-between. 1st sleep is about 3.5 hours with an up to 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 and 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 and knees outward, hold 7 seconds (you feel tension in arms, legs, shoulder). Relax, take a breath, no repeats, sip water, lie down, sleep well. *variation use fists.

2nd Exercise: Make fists* place them against the inside of your knees. Press fists outward & knees inward, hold 7 seconds (You feel tension in arms, legs & stomach). Relax, take a breath, no repeats, 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 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, sip water, lie down, sleep well.

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 7 seconds (You feel tension in fingers, arms, chest). Relax, take a breath, no repeats, 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 and press down at the same time press open hand upwards, hold 7 seconds. Reverse, hold 7 seconds (You feel tension in hands, arms, neck, chest). Relax, take a breath and 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, 7 repeats, 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 revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must 'Shire' must implement 'Night-curfew'.

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

1 GOD is waiting to hear from you !

Sleep Prayer

Dear 1 GOD, Creator of the most beautiful Universe
Protect me when I'm most vulnerable
Protect me from unsettling and Evil thoughts

Let me have restful, healing and revitalizing sleep
Don't let worry disrupt my dreams and sleep
Let me only remember the sweet dreams
For the Glory of **1GOD** and the Good of Humankind



This prayer is used before going to Sleep !



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 and when having a dry throat, drink rest when getting up in the morning.

Have 1 Goldtone glass bowl (**1 only for doubles**) containing herbal concoction (**aroma therapie**) on window side bedside table!

In the morning after 7 hours of sleep:

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 Life-experiences. When going outdoors wear, protective clothing and head, eye's and feet protection.

Withholding sleep is torture! Torture as interrogation tool is not acceptable. Torturers are held accountable: **MS R7**

Demand absence of external noise at night (**night-curfew**)! It is a community right! Custodian Guardian use: C.G. N.A.s BS-1 (**bedding standard**)!

NIGHT – CURFEW

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. 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.

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



Night-curfew needs to be mandatory. For the well being of the human body and local Habitat. A Shire enforces Night-Curfew through Shire Rehabilitation **MS R1** Repeat offenders are passed on to Provincial Rehabilitation **MS R3**

Night-Curfew to **SAVE PLANET EARTH!!**

CLIMATE PROTECTION for survival.

Climate protection is needed to protect the human body, animals, pets, food production. Climate protection: **protective affordable clothing and hygienic affordable secure shelter!**

Protective clothing is needed to protect the human body from climate, disease and pollution. Protective clothing needs to be comfortable, useful (**protect against extreme weather**) and affordable. Protective clothing consists of head cover, clothing, socks, footwear!

Head protection consists of balaclava, beanie, K-scarf, Eye protection, helmet. Balaclava (**Beanie**), K-scarf is knitted out of wool or a cotton, wool (**no synthetic fiber**) mix. Can be any color or pattern.



Eye-protection and helmet give UV protection. The

visor is curved sideways and straight up and down, unbreakable, highly scratch resistant, blocks UV rays, not fogging up, glare adjusting (darker/lighter, lighter/darker). The helmet has a leather back as neck protector. Eye and head protection is always worn outside.

Protective clothing is needed to protect the human body from climate, disease and pollution. The main body parts protected by protective clothing are skin and feet. Protective clothing is always worn outside.

Protective clothing: Coverall (with hood) or 2-piece made out of Flax, Cotton, Wool, or a mix of cotton/wool (no synthetic fibers) any color/pattern. Either should have a t-shirt neck, puffed* arms and legs closed at wrists and ankles (draft proof). *Puffed arms and legs allow elbow/knee joints to move freely also the air inside creates climate control for skin and body.

Clothing is made out of natural fibers: animal hides, plant fiber, silk, cotton or wool. Artificial fibers are not used for clothing touching human skin. Production of artificial fibers for clothing ends.



Protective clothing is comfortable, long lasting, practically, affordable Fashionable (designer label) protective clothing is overpriced, short term, impractically.. Not acceptable!

Feet need protection from Climate and knocks. Skin, Toes and Ankles are at risk. Foot protection consists of Socks and Boots. Always wear foot protection when venturing outside.

Socks are made out of Cotton, Wool, a mix of cotton and wool (no synthetics) any color any pattern. Socks should cover Feet up to 7cm above Ankles.

Boots have upper protective leather, inner soft leather (no synthetics) soles leather or rubber. Boots protect Feet up to 7cm above Ankles. Synthetic footwear heats up feet boiling them. You cannot walk.



Hand protection (**gloves**) are worn as needed! Gloves are made out of leather, cotton, wool, a mix of cotton and wool (**no synthetics**) any color any pattern.



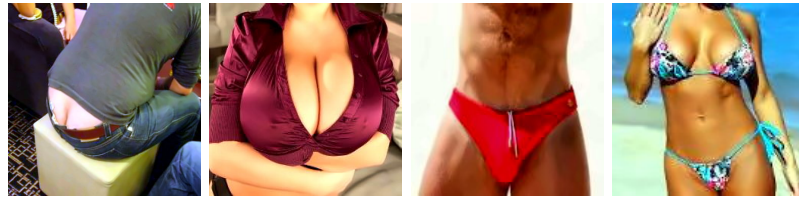
S H U N :

Designer label are elitist part of wealth apartheid. Designer label are overpriced. Produced by slave labor. Made for arrogant well off snubbing the struggling needy and poor. Shun people that wear these.



Designer label! People who where Designer label! Retailer who sell Designer label! Overpriced protective clothing! Impractically fashionable protective clothing! Protective clothing made out of artificial-fibers! **SHAME, SHUN** people mocking homeless They pay to have clothing look washed out, have purposefully ripped and holes made in them.

Unacceptable trashy dress code:



Let trashy people know that they are trashy.

Shun synthetic clothing, footwear. End production of synthetic clothing, footwear. Illegal synthetics producer get, **MS R6**.



Protect your body use protective clothing outside!

Humans have a **1 GOD** given right to **hygienic affordable secure shelter (h.a.s.s.)!** Government has a duty to supply its population with hygienic affordable secure shelter! Shelter is supplied by '**Shire**' (**Local Government**). Part of Shire-planning. **HOME !!**

For a Shire to supply hygienic affordable secure shelter all Freehold Land and domestic shelter (**private owned**) are transferred to it. Empty transferred property is filled with homeless people and families on waiting lists. Multi-bedroom houses with only 1 occupier need to take in other occupiers. It is unacceptable anti-social behavior for 1

person having more then 1 bedroom.



All 'h.a.s.s.' are rental accommodation. Eventually vanity ornamental garden, free standing homes are replaced by community cluster-housing. Cluster rental accommodation is provided by the 'Shire'.

All cluster accommodation have 3 levels of tenants+1 level glasshouse Ground Level, Level 1, Level 2, glasshouse garden (tenants can grow plants). Cluster accommodation consists of single units (1 room), couple units (2 rooms), family units (3 rooms..). Mandatory guidelines (family status, age) apply.

All 'h.a.s.s.' are rental accommodation. Weekly rent is 14% of gross weekly income of tenant. Multiple tenants rent is 14% of joint gross weekly income of tenants. E.g. \$100 gross weekly income, rent \$14. \$1000 gross weekly income, rent \$140.

Shire supplies electricity, water with daily minimum (Free) / (then pay) maximum cut off usage. Shire also supply community laundry, maintenance, recreation, waste, sewerage removal.

Single tenant is entitled to 1 room community living. At age 63 transfer's to retirement accommodation (mandatory). Single 1 room tenant uses on same level community toilets / shower facility. On ground level laundry / bath.

Couple (1 HE, 1 SHE) tenants have 2 rooms: living / sleeping / kitchenette and toilet / Shower. Share laundry / bath at ground level. Move (mandatory) to family unit when children arrive. A couple becomes single, transfers (mandatory) to single unit.

Family tenants have 2 rooms (living / sleeping / kitchenette and toilet / shower). Share laundry / bath at bottom level + 1 room for each 2 children. After last child moves out (by age 18 mandatory). Couple transfer (mandatory) to couple living.

Cluster homes allow small: Aquarium, terrarium, small dogs. Don't allow Cats, Wildlife, domestic animals, anything that is larger than a small dog, no breeding. Creatures that are a threat to tenants and habitat.



Note! Tenants with mental, physical, sexual disability, live in special shelters provided by Provincial Government.

Shire communal cluster housing fulfills all human needs! A place to start and grow a family.

Support Communal Cluster Housing. Your Home! Your Community!

GOOD HYGIENE for good health.

Good hygiene starts with being clean and tidy. Clean and tidy starts with personal appearance, applies to home, study and work. Clean and tidy also applies to thinking and reasoning.



A 'Daily routine' includes cleanliness. 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. HE shaves at least twice every week. Wash hair once a week. Custodian Guardian attend Gatherings clean (brushed teeth, combed hair, whole body washed), shaved facial hair (HE), wearing clean, neat gear (head to toe).

After getting up in the morning every member of the family physically capable make their bed. Parents teach children how to. Completing morning hygiene. It is time to get dressed, putting on the laid out prepared (evening before) gear the person planned to wear. Every breakfast storage container is cleaned before refilling and labeled (content, filling date). After breakfast clean eating area. Return containers to storage. Dirty containers, utensils are put in the sink. A person is now ready to start their daily chores (home, school, work, volunteering).

All containers have a content label. Food containers also have a filling date. Store containers neatly and secure. **Dangerous (poison, toxin) containers are stored securely (child and incompetent proof).**



Don't leave unused items (**utensils, tools, toys**) clutter up furniture, floor, work area. After usage pick up items put them in neat storage (**labeled**). **Store items always in the same place.** They are then easy to find.

Before going to bed. Prepare and layout the gear you plan to wear next day. **Pack any bags with items that are planned to be taken along when leaving in the morning.**

Keeping your surroundings clean and tidy. Reduces: **Dust (good for your respiratory system), Micro organism (bacteria, germs, viruses)** less infections, deaths, **Insects (bites, larvae, stings)** less infections, rashes, **Vermin (rats, mice, cockroaches)**, less droppings, spread of micro organism, less plague outbreaks.

Using a bleach or strong disinfectant increases your chance of getting chronic obstructive pulmonary disease. Use a natural surface cleaner: **Mix, 1 cup bicarbonate of soda, 1/2 a cup white vinegar, add a few drops of essential oil. Need it stronger add a tablespoon of salt.**

Need to sneeze! Sneeze into your armpit. **Don't spread disease.**

Don't kiss on lips. Kissing transmits infections fastes. **Rub noses instead.**

Don't shake hands! Unless you wear gloves.

Hygiene applies to thinking. Immoral, selfish, hateful, violent, thoughts are bad thoughts to be avoided. **Implementing bad thoughts leads to accountability!**

Climate change has decreased air quality. More, bigger fires (**bush, forest, wildfires**)! **Human domestic (coal, dung, gas, oil, wood), utilities (coal, garbage, gas, oil, uranium), transport (coal, gas, oil) burning! A community has to consider using breathing protection!**

Outdoors respiratory protective equipment (**r.p.e.**) is recommended!

R.p.e. are rated by how well they protect against particles. P2 masks are used. To protect, masks are fitted tightly (beards are shaved off)!

Indoors use air purifiers! This gadget uses a HEPA filter. Keep all doors and windows closed.

Humans produce too much garbage, waste! This creates a severe health risk. It creates pollution that enters the communities food chain. People are to reduce shopping of non essential goods, down-size homes, reduce leisuretime activities (big crowd events, sport, music,..)!

Immunization is mandatory! People who are not immunized are a threat to the community! They are immunized and caged, MS R4

FEELING SECURE a community need a human right.

People have a right to feel safe in their home. They have a right to feel safe at study and work. That is why the 'Custodian Guardian Shun Violence' concept is made available (see Ch7, 1Church) for implementation in every Shire.

Shire provide Sentinel services. Sentinel handle low to middle risk guard and patrol duties. On, or off duty a Sentinel will report anti-social behavior (crimes, pollution, vandalism) and report any community health and safety issues. Sentinel will arrest for perceived broken breaches and committed crimes. Then call his station for a patrol to pick up the arrested.

Shire provide a mandatory 7 hour night curfew from 14-21 hours (C.G. Klock). For good health, reduction in energy consumption, less pollution and protection of wildlife. Reduction in crime, cost to government, encouraging multiplication.



People help their neighbors when under attack.
Workers help fellow workers.
Educators and scholars help each other.
Every Shire's aim is to be violent free.

Emergency service workers are assisting Law-enforcement. By being vigilant of breaches of Rules, Regulations on or off work. They may

have to make civilian arrest's. CE reservist may be called to help.

Having a violent free community is a Right and Duty. Every person has a right to feel save. Every person has a duty to help people who have violence inflicted on them. Not doing so, **MS R2** !

People who allow violence, watch violence, **MS R2** ! People who encourage (cheer on, help), incite, violence, protect violent people from arrest, **MS R3** ! This also applies to combat, contact sport !

1 GOD is waiting to hear from you !

Victims of crime Prayer

Memorial-day 2.4.7.

Dear **1 GOD**, Creator of the most beautiful Universe
Your most humble faithful custodian guardian (1st name)
Asks to ease the anguish and pain of victims of crime
Help victims of crime get justice and compensation
I promise to help punish crime unending
Ask that Evil is punished in Life and Afterlife
For the Glory of **1 GOD** and the Good of Humankind



This prayer is used on Victims of Crime Day (C-G Kalender)!



Violence starts with the unborn. Violent surroundings instill the propensity to violence for the rest of the life. The propensity to violence needs a trigger to turn violent. **Triggers:** Alcohol, anger, fear, peer-pressure, contact-sport, fight-sport, ignorance, humiliation, mind altering substance, lack of empathy, provocation, violent video, violent video-games,...



An unborn exposed to mum and dad verbally abusing each other. Learn that it is okay to verbally abuse and will do so later in life. An unborn exposed to mum being physically hurt by dad. SHE newborn will later in life endure physical abuse by HE. HE newborn will think it's alright to hurt SHE.

Aggressively abusing, intimidating, dominating others is bullying. Bullying starts with intimitation it can evolve into assault. Bully's

usually surround themselves with hapless cowardly individuals.

Violence is the threat Stop Violence start at home

External threat (other Province, Space) is handled by military. Military does not own or use A,N (atomic, nuclear) B (biological) C (chemical) weapons. Military uses stun weapons takes prisoners (not torture, killing)! Uses and applies C.G. Space law.

The community does not feel save (addiction, side effects) using Pharmaceuticals! They are a seprimitive expensive treatment. Pharmaceuticals' are a last resort treatment. Shun health care practioners that only prescribe Pharmaceuticals'. They are incompetent corrupt "Quacks". Demand they be disqualified.

Note! Adhering to custodian guardian diet advice and following exercises, reduces ailments by 80 %+.

Many people in the community feel threatened by a person with a disability. There are 3 forms of disability: Mental disability, physical disability, sexual disability.

Mental disability

Scholars that show signs of, 'Mental disability'..Are evaluated by a committee (educators, medics, parents). If found afflicted are transferred to, 'MDQC'(Mental Disability Quarantine Compound). For their own protection and protect the other children.

Physical disability

Scholars that show signs of, 'Physical disability'..Are evaluated by a committee (educators, medics, parents). If found afflicted are transferred to, 'PDQC'(Physical Disability Quarantine Compound). For their own protection and protect the other children.

Sexual disability

Scholars that show signs of, 'Sexual disability'(Child molesting, same gender, confused gender). Are evaluated by a committee (educators, medics, parents). If found afflicted are transferred to, 'SDQC'(Sexual

Disability Quarantine Compound). For their own protection and protect the other children.

Life support

A Person unable to make a sandwich and eat it now or in the foreseeable future. May want to invoke the **1 GOD** decision making process (live or die). Every person has the right to deny treatment, food, drink. Denying a person this right is torture, a crime, **MS R7**.

1 GOD's design is that everything in the Physical Universe has a beginning and end, including the human-body. Human compassion demands putting an end to suffering. Not 'artificially prolong' life. Artificially prolonging life is interfering with **1 GOD's** design.

Buried alive

To avoid being buried alive, cremation is a must. Cremation is not only needed to free the Soul but also for health reasons. The cremation fire cleanses destroying dangerous bacteria, viruses, insect larvae and fungi that may inhabit the body. **Note!** Graveyards are a health risk, a waste of land. Councils are running out of land for graveyards.

Self inflicted killing

Self inflicted killing (euthanasia, suicide) is a sign of a weak mind, a weak spirit. It is a Life-experience for the Soul. Other humans are not to interfere unless there is a danger to others. **1 GOD** will handle this on Judgment day. Helping a person to a self inflicted killing is acceptable as long as the relevant court accepts that there is a death wish. Severe suffering is torture. End it!

Note! Humans put suffering animals out of their suffering. However they lack compassion for their own kind.

Ending life with dignity is a human right.

Voting

People are supporting freely elected Government by voting in elections. Not voting may result in radicals taking over Government and establishing a Tyranny (hereditary or political). Tyrants are removed caged, **MS R7**. 'Universe Custodian Guardians' support only 2 types of government, 'Province' (provincial) and 'Shire' (local).