

Essentials



Index

XIX.:

Kela la i keia pule, kūmau, CG Kalender, i kela la ai he pono, Fun- Day Halaman, 7 pepa hō'ulu'ulu mana'o, ka ana hō'oiā'i'o, Time- triangle, Koho, 'ohana ka palekana.

CG manaō

No wale manaō, Lunakanawai mana'o. No ka pomaikai manaō (**CROn**),

Aneiai manaō, Ke ku'ina o ka hewa. i ho'olilo 'ia (**Ōma'oma'o**) manaō, Ola

kaula. Time'ōnaehana (**NA.tm.**)

No ka mea nani o 1 ka Haku a me ka maikai o Humankind!

Welcome to the wonderful world of worshipping 1GOD



1 Haku e kali, e hoolohe mai oe!

kela la i keia Prayer

aLOHA 1 AKUA , Mea nana i hana o ka loa nani ke ao holo'oko'a Help mai ia'u e maemae, compassionate a me ka haahaa E ho ohana i ka 7Pepa la me alaka'i:



Au e kou puke i haku ai hoomalu a me ka ho'opa'i hewa.

E kū mai no ka unfairly pepehi, keakea, nāwaliwali a me ka poe nele Feed i ka poe pololi, malumalu noho a me ka oluolu ma'i e hea aku oe:

1GOD, 1FAITH, 1Church, ke ao holo'oko'a malama kahu Mahalo oe no i keia la

Kou loa haahaa ma ka pono a malama-kahu (1st inoa)

No ka mea nani o ka 1 AKUA a me ka maikai o Humankind

Keia pule ua ho'ohana 'ma'amau o māhele o ke kūmau, wale paha i loko o ka pae ma kekahi-wahi' oe makemake, huli ana i ka hikina a ka lā maka paa. Kahea ma ka 'ohi'.



Mahalo Prayer

aLOHA 1 AKUA , Mea nana i hana o ka loa nani ke ao holo'oko'a Mahalo oe no ka haawi mai ia'u i kela la i keia inu a me ka mea'ai noho ma kou mea hou loa memo



Au e hooikaika nei e e ku i ke ola i nā lā E pono anei ia'u e hoolaila mai ai lakou agonizing me ka makewai & numbing pololi na eha, kou loa haahaa ma ka pono a malama-kahu (1st inoa)

No ka mea nani o ka 1 AKUA a me ka maikai o Humankind

E ho'ohana i kēia pule mua kela hānai!



Pono kēlā me kēia pule-lā e loa'a i ka ahaaina awakea, theme like:

Day1: ka lau; Day2: nā manu'ai'ia; Day3: iaeiieoa?;

Mid-hebedoma: aniueta; Day5: Mea'Ai O Ke Kai;

Week-hope: hua kukui , na anoano; Fun-Day: Nā mea kolo.



kūmau ma

A ' Kūmau 'mea nui, e hālāwai me' hala 2 ('Oia'i'o ma ka mea kanaka kino) 'A e makaukau i ka maka mai ana mai ho'ā'o. E ku mai, i ke aniani o ke kapa i wae 'wai, e hele aku' la, hana 'kela la i keia ia e pono (Kino) ',

hoomana 'kela la i keia Prayer', holo'i maka a me ka lima, i aina kakahiaka, loa'i ka Iole. Hō'oi'a i kou 'kuhikuhipu'uone'. Ano, i kou makaukau no ka hana nui loa ia. 'Ua ka Good-lā, ke **1 AKUA** Ho'opōmaika'i iā 'oe' .

A ' Kūmau 'ka loa'a o Ho'oma'ema'e a me ka hanai ana i wale o ka' au "akā, pau nā kanaka a me ka mea kaumaha ma muli oe. Holo'i i na lima ma hope o nā 'la, a hele aku, a ma mua o kela mea keia e'ai. Holo'i maka ma mua o nā hānai. Palaki niho, a holo'i kino a pau ma mua e hele ana i kahi moe. E hanai 5 manawa i ka lā:

'Breakfast, I ka lā mea'ai māmā, Awakea, Late lā mea'ai māmā, awakea'. Ua he aniani o ke kapa i wae 'ia ka wai i kela a me keia e'ai!

'Ōlelo A'o! Mua o na hanai oe ho'omana: Mahalo E Prayer _

pono kela weekday e i ka ai theme like: e like Lā 1: ka lau ;

Day2 : nā manu'ai'ia ; Day3 : ieaieieoa? ; Mid - pule : aniuea ; Day5 : Mea'Ai O Ke Kai ;

Pule - hopena : Kukui & na anoano ; Fun-Day : nā mea kolo .

I ka hanai ana **pale ia** unhealthy hooluolu ana: Alcohol, 'imi ho'opunipuni sweetener, Fructose (**Monakō koko, kōpa'a**) , Aai'aoe Ho'ololi 'ai (**GM**) , Ua hana'ia-ai, ... Ka wa'a, palemo iho, ono e ho'okē'ai ai. Carbonated inu i loa'a: Alcohol, Caffeine, kola, pa'akai, sweetener!



A ' Kūmau 'ka loa'a i ka pono a me ka ho'opa'i me ka hewa. komo ai e hana 'i maikai **Random hana o ke aloha '. E ano keia ano i au, i kanaka a puni oe, ke kaiāulu, nā mea kolo, ke kaianoho koholā ... **1 AKUA****

aloha Random hana o ke aloha. Hoopai hewa everytime ho'ohana i ka ' **Ua hoohuli ae i auhauia hoikeia** ' like alaka'i.

1000 o ka makahiki o 'ka hewa' e hiki mai ana i ka pau! **E Good! Wai ka hewa!**

E ndeavor ka 'E'imi, ka waiwai, a pili Knowledge', ' E a'o & E a'o mai ', _

kekahi, i 'Life-inā pilikia ka haumāna'. Ke a'o 'ana, ao hele ma Life expe- riences mea nui i kekahi mau mea kōkua ma **1 AKUA** oluolu ke ola. Mau hana kōkua i loko o 'harmonizing' me ka kūloko kaianoho koholā a me ka ola o? Ueo. E imi ana i ho onui ana a ana Knowledge e kokua me ka i mai **1 AKUA** ' ka ninau ma ka hoopai-Lā.

Koena ua pono no ka ola a me ka maikai ola. 'O ka papa kuhikuhiE koena o ' **Hiamoe** '.
Hiamoe welau a he kūmau. 1 hola E ua hala hope hānai a me ka ho'oma'ema'e'ana.
hoomana ' **Hiamoe Prayer** '. E ki'i restful revitalizing hiamoe i ke keena moe pono e like
pouli me hiki. An e kaawale aku ai na, a mawaho halulu mea he pono. **Night-Ae** i kēia
mea hiki. ' **Shire** '
ho'okō 'Night-Ae'.

H INT

A 7 hola Night-Ae mai 14-21 hola (**22- 6 hola, 24 hora Pagan- uaki**) mea OAXA. No ka
maikai ola, ka ho'ēmi'ana i ka ikehu consump- ana, ka ho'ēmi'ana i ka haumia ea & ka
palekana o ke wildlife. Ka ho'ēmi'ana i ka hewa, hoemi lilo i ke Aupuni, ka paipai
'multiplication.

I ka hele ana mawaho mau kapa pono '? Aiiay kapa' (I'imi ho'opunipuni olona,) . e
ho'opale ai i (**Mau maka, ka lauoho, 'ili, wawae**) ka humanbody mai aniau, ma'i a me ka
haumia ea. **Waho nudity** mea trashy!

I ka hana ana i kela la pono ana commonsense ma pehea e ho'okē'ai ai, e hiki i kā
mākou 'oe a. Ka hana ana 1 ka lā a me ka ole o ka ae, mea i pono. O kou kino, e
malama ia e pono ke!



I ka ho'ohana 'ana i kou kuhikuhipu'uone ma ka hana a me ka kuka nei lakou e ole e'
Time 'ho'oholo oe! **Manawa ua'a'ole ia e ho'ohana 'ia wikiwiki kanaka. Ke kanaka kino**
ua i papahana no kekahi pū'ā.

Mai Mai e Ideas e poina a nalowale. Kela a me keia lā hailona o ka mana'o i mana'o'ia, a
koke poina paha nalowale. Ke kumu no ka mea, i kahi i mālama, i kākau ai palapala ia. **Ka**
maikai i nalowale!

Pa'a mea unreliable ka wā e hele mai ai i ka hoopakele ana a me ka paipai 'hou mana'o. E lawe aku i ka puke
noke (**Kuhikuhipu'uone**) a kākau mo'o'ōlelo me oe a me ka wā i manao e ho'omōhala ai, hoomau no ia i! Pule
AEI i kou manao!

E nānā i kou manao. E like me 'oe e nānā i kou manao (**Na 4 pule mea maikai**) . Kekahi e i'a'ohē nui. Ka
mea, i ole ia he maikai, e kau ia ia. I kāpae'ia ia. **Kekahi mau mana'o e hō'ike maika'i kēia manawa paha**
ma kekahi hope lā. E mālama'oukou i kēia mau mea, ke waiho ia: "eleu", a 'hope'. Ano, lawe i ka 'hana'
waihona.

E koho i ka mana'o! Ano, e kēia mana'o ulu. Mana'o e pili ana ia. Nakinaki i ka mana'o i nā mana'o.
Research, ho'ā'o e imi i kekahi mea akin a hana ma'alahi i kēia mana'o. Noi'i ana i nā pana pua, nā
papaha. A hiki aku oe i manao i kou manao, ua makaukau ia e hoopili. Hana pela. E ki'i i kou mana'o,
he ho'oikaika mana'o.

Malama Kahu Kalender

1. Star-ka mahina

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-mahina

3. Mercury-mahina

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. Venusa-mahina

5. Honua-mahina

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-mahina

7. Mars-mahina

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. Dia-mahina

9. Saturn-mahina

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-mahina

11. Neptune-mahina

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-mahina

13. Ka ikehu lā-mahina

W 1	1	2	3	4	5	6	7	C	1	molialoa,	
W 2	1	2	3	4	5	6	7	F	Quattro-makahiki		
W 3	1	2	3	4	5	6	7	C	1	2	Quattro - molialoa,
W 4	1	2	3	4	5	6	7	F			

14. Molialoa-mahina

Kela la i keia ia e pono (kino)

Kela la i keia kino i ola maikai pono, i kauwahi o ke kūmau. Ka mea, i pau na kakahiaka a pau. Kela la i keia kino hoomahuahua: a pau-a maika'i'ana, koko holo, lolo ha'awina, mea'ai digestion, mating- koi aku ia, Muscle toning, pakiko-'ia, stimulation o ka'ōnaehana pale'ea kahua. Na 7 kino i: Pahu, huila makani, puka pono, Dumbbell, kukuli, Hook, kāna mau . All 7 kino a pau no ka HE,'o ia ka mea hou.

E ho'omaka me ka 1 hou, mahuahua i kekahi i kā mākou o ka 21. E ho ohana i commonsense ma pehea e ho'okē'ai ai, e hiki i kā mākou 'oe a. Noke akula i kela la i keia 'oe a ka pono. Ka hana ana i 21 'oe a 1 lā, a i ka hana ana i ka mea e hiki mai ana ka i pono. Ma hope o ho'opau i nā kino ku pololei a me ka hanu i loko o nui iho la ia laila Exhale i ka i kā mākou hana i kēia 3 manawa. E hoomau i kou kūmau. 'Ōlelo A'o! 'A'ole i ka hana ana i mea he hoailona ia o ka huina pau' ole no ke kino, ha'aha'a ka ho'oponopono-'ia, palaualelo, ...

umauma Ho'okō '1: E kū lō'ihi, i na mea kua alo ana papamoe, a hiki i ka papahele (T- shape) manamana nui no umauma. Hele nei i na mea kua ho'i i hiki i hiki

(Mai i pa'ahale) . A laila, ne'e aku i na mea kua i ka mua manao kulana.

E hana hou i (21 max) !

huila makani Ho'okō '2: Kū lō'ihi, i na mea kua lima sideways hori- zontal i ka papahele (, T-shape) . Kālele ana i kou hihi'o ma ka hookahi wahi i mua. Omaka haliu ae clockwise (Ha'alele i ka akau) . Ho'omālama ma ke akaku wahi a ka huli ana'e i ko kino koa oe, e lilo ia. E mālama'oukou i haliu ae refocusing me ka hikiwawe e loa. E mālama'oukou i haliu ae la ia a hiki i ka lae o ka pōniuniu a 21 ana e ha'alele i whichever mai 1st. Ka hanu nui iho la ia e hele i kekahi mau'anuu steadying oe ia oe iho. 'Ōlelo A'o! Mea ho'omaka 'ole hou mai ka ma'i ho'omaka me 1 huli ai ka hana ana i 21 huli max.

A'o, ka wā e ho'omaka ana i ka na'au i ka'ona, manawa a pau.

puka maoli Ho'okō '3: E ku nei e kukulu i ka hamama ana lakou kino a me na wawae o ke ki kala laula ke kaawale ku'eku'e lima ho'ohei luna ma ka akau huina (90 °, trident shape) . Press ku'eku'e lima e ku e ia aoao o ka puka pono a haha aku ho'opilikia ma waena o po'ohiwi kōmi 'oe, paa (Helu 10) , Ho'oku'u ho'opilikia. Ma hope o ka ho opa ho'opilikia Inhale ma ka ihu kōā kaulike e hoopihā mai ana i ka ia ma'i'a'ai i max, paa (Helu 3) , Laila, lohi Exhale ma waha i max.

Dumbbell Ho'okō '4: 1 dumbbell ua ho'ohana 'HE (4kg) , oia (2kg) . Mai hana 2 Dumbbells. E kū kukulu a me na wawae o ke ki kala laula ke kaawale ku'eku'e lima i kou mau aoao poho huli ana i mua. E koho i dumbbell me ka lima hema

anuenue i kou ku'eku'e aku a hiki i ka forearm mea ma akau huina (90 °)

Lohi laila kaomi bicep, ua leha dumbbell mai i ka uha mua pa'a (Helu 3) ,
Laila, lohi ha'aha'a dumbbell i ho'omaka kulana, hou (1-7) . Ho'ololi i
ka'akau lima, hou (1-7) .



kukuli iho la ia Ho'okō '5: Kukuli ma ka prayermat kino pololei, lima paa kau e ku e ia lakou kikala. E hāliu mai ke poo i mua a chin hoopa aku umauma. Ano lohi e kīhuli i po'o ho'i i hiki i ka mea e hele aku, i ka mea ia manawa hilinai ho'i a hiki i hiki mālama i kou mau lima naue ole ma na lākou kīkala.

E hana hou i (21 max) !

Hook Ho'okō '6: Ma ka prayermat (Ho'opale mai anu) moe i lalo ma kou kua, ia mai na mea kua e poho ilalo e ku e ia kino. Ano lohi hoopili oukou poo mua E ho'ākea i na mea kua e poho ilalo e ku e ia kino. Ano lohi hoopili oukou poo imua a chin hoopa aku umauma i ka ia manawa E hapai i kou mau wāwae, kuli pololei, vertical (90 °) paa (Helu 3) , Laila, e ho'i lohi (Poo, mau wāwae) i kinohi. E hana hou i (21 max) !

kāna mau E xercise 7: Ma ka prayermat (Ho'opale mai anu) moe i lalo ma kou kua, ia mai i na mea kua poho ia. Ano, manaio kuli ku'eku'e touch- ana lakou kikala. Ka malama ana i poho kupaa lakou ma ka moena kāna mau kuli i ka pono a ka mea hoopa moena. Alaila, kāna mau kuli i ka hema no ka moena. E hana hou i ka pono a me ka hema kāna mau helu kēlā me kēia ha'alele kāna mau. Hana 21! Ma hope o ka ho'opau kela la i keia pono. Ua he aniani (0.2l) a he mea i mana'o anuanu i wae 'ka wai.

Po-manawa kino

He ma'amau ia i 2 ka hiamoe, a me ka mokuāhana i loko o waena. Inā 'oe e hele i (E hele i ka 'la ...) , I hoi mai, ua noho ma luna o ka wahi moe o ka maka, inu kekahi wai a me ka hana 1 o ke kēia mau kino (Ua hana a pau kino oiai e noho ana ma luna o ka wahi moe o ka lihi kuli po'ohiwi laulā 'A'ohe wai ia'u) . Kela a me keia manawa e loa i hana i ka'oko'a hoounauna.

1st Creative: E kau i ka poho * o kou mau lima e kū'ē i ke waho o kou mau kuli. Press lima ma loko, kuli mawaho, ke manaio nei 7 kekona (E manaio ho'opilikia i loko o ke kua, wāwae, 'ūhā mua) . Ho'onānea, lawe i ka hanu, 'a'ohe 'oe a, wahi wai, moe iho, hiamoe maika'i. * Oko i mau puupuu lima.

2nd Creative: e mau puupuu lima * waiho ia ma luna o ka loko o kou mau kuli. Press puupuu lima mawaho, kuli loko, noho mālie 7 kekona (Ua manaio

ho'opilikia i loko o ke kaula, wāwae, 'ōpū) . Ho'onānea, lawe i ka hanu, 'a'ohē 'oe a, wahi wai, moe iho, hiamoe maika'i. * Oko ho'ohana palahalaha poho.

3rd Creative: lena i na mea kaula (90%) ma ka umauma pae huli lima hema luna anuenue manamana lima, e huli lima'ākau lalo anuenue manamanalima.

Interlock manamanalima pilipaa. Ano, e huki mau lima ma ke alo o kuhikuhi, paa 7 kekona (E manaio ho'opilikia i ka manamana lima, i na mea kaula, umauma) . Ho'onānea, lawe i ka hanu, 'a'ohē 'oe a, wahi wai, moe iho, hiamoe maika'i.

4th Creative: lena i na mea kaula (90%) ma ka umauma pae huli lima up- e kū pono, e huli lima'ākau i loko o ka lima. E kau lima i loko o ka lima e kaomi iho i ka mea ia manawa kaomi hamama lima maluna, ke manaio nei 7 kekona. nana e hoole sequen

- ce, paa 7 kekona (E manaio ho'opilikia i loko o na lima, i na mea kaula, 'āī, umauma) .

Ho'onānea, lawe i ka hanu & wahi o ka wai e moe iho, hiamoe maika'i. No ia hana.

People me ka Makamae ho'i ho'okomo i kēia ho'okō 'ana i kēlā me kēia hookoiko. E kau ka lima ma luna o nā kuli. K'ki i po'o ho'i ho'ohēi ho'i laila ka pōhaku i mua me ka losing hui 'ana me kuli (E manaio ho'opilikia i loko o ke kaula, ho'i, 'ōpū) .

Ho'onānea, lawe i ka hanu, 7 'oe a, wahi wai, moe iho, hiamoe maika'i.

'Ōlelo A'o! People e noho ana i ka hailona i lā-manawa. He e hana 1 o ka night- manawa kino ma ka kuapo kela 2 hola. Ho'opau ai me he aniani (0.2l) a he mea i mana'o anuanu i wae 'ka wai.

'A'ole i hana kino: hoolilo oe ukele, palaualelo, unhealthy, blubbery, he kaumaha no oe ia oe iho i kou ohana hoa a me nā kaiāulu, he ino la'ana i na keiki, mau naau, e oi ma'i, awkward penei kekahi, make junger.

Part o kela la i keia ia e pono i ke ola! Pehea ola mākou e, pehea la ka loihi o ke ola. Mai i kekahi puu, e hana me ka lakou ai ana ma'a.

E hanai 5 manawa i ka lā:

'Breakfast, nā wai, lā'au iki'ai, me nā hua'ala, Honey, Coffee, ..

Kakahiaka nui Day-mea'ai māmā, nā wai, i ka hua, mea ulu, kī, ..

ka 'aina awakea, nā wai, Appetizers, hua manu, Coffee, ..

Late Day-mea'ai māmā, nā wai, ai hua pisetakia, hua, mea ala, Cocoa, ..

Awakea ' . nā wai, o ka aina awakea theme, kī a kope ..'ai.

7 Fashion i e e'ai kela la i keia: Fungi (Fish) , mānoanoa ko (Rai, bale, papapa, maize, ota, millet, quinoa, raiki, sorghum, me ka hua palaoa) , Hot Nalei, Onions ('Ele'ele, uliuli, ulaula, luawai, chives, kālika, leek) , Parsley, Sweet-Capsicum, ka lau (Asparagus, ka papapa maka, broccoli, cauliflower, carrots, peas, kupu ma ka hopena ..)

Fun-Day Halaman

C> Hamka-lā F> Fun-lā M> E ho'omana'o la S> Hilahila-lā

Mahina	Lā	Lā
Star	New-Year Day 1.1.1	Shire Day 1.3.7
Sun	BlossomDay 2.1.7	Nā mōhai 'o ka hewa Day 2.4.7
Mercury	Multiplication Day 3.1.7	Nā mōhai 'o War Day 3.4.7
Venusa	Children Day 4.1.7	Haumia ea Day 4.2.7
honua	Poe hana Day 5.1.7	Kukat 5.3.7
Mahina	Education Day 6.1.7	Defoliant Day 6.2.7
Mars	Mau kūpuna Day 7.1.7	hooluolu ana Day 7.3.7
Dia	Ke ao holo'oko'a Day 8.1.7	Mohaikuni Day 8.2.7
Saturn	Kaianoho koholā Day 9.1.7	CRON Day 9.3.7
Uranus	Man Day 10.1.7	Blubber Day 10.2.7
Neptune	Ola Day 11.1.7	Ka Hānai Ā Huhu Day 11.3.7
Pluto	Good-ola Day 12.1.7	Lama Day 12.2.7
ka ikehu lā	Laau uuku Day 13.1.7	Tree Day 13.3.7
molialoa, Molialoa	Day 14.1.7	Quattro Day 14.0.2

Fun-Day Halaman loa'a ia'u no ka kaiāulu Pono e ho'olaule'a e hilahila hoomanao. komo ma **hang** , Memorial , **ka hilahila** , Day ka pau makahiki mea he nui, nui hapa o ke kaiāulu ola. Socializing me nā po'e mea nui no ka pilikino mea na'au kumupa'a.

E hahai **1 AKUA** ! Hana 6 lā & e ka lā 7 i Fun-Day.

Socialize, e lealea, e mele, ka hula, e ai no, ae inu no ('Ole-kanaka'ona mau) , Akaaka akā, i ka pule, a noonoo imi loko lokahi, pomaikai. E kipa i ka houluulu ana. Kāko'o Fun-Day Halaman.



1 Haku e kali, e hoolohe mai oe!

Fun-Day Prayer

aLOHA **1 AKUA** , Mea nana i hana o ka loa nani ke ao holo'oko'a kou loa haahaa ma ka pono a malama-kahu (1st inoa)

Mahalo 'oe no keia pule ho'ā'o au hoao e ola i ka kela la-Prayer

I kēia lā au e ho'olaule'a ai & ka hoomana ana me ka 'ohana & hoa au e noi aku i ke alaka'i ma luna o ka mea e hele mai ana Week No ka mea nani o ka **1 AKUA** a me ka maikai o Humankind



Ma theme like lā Ka he pili pule ua ho'ohana '+ ka Fun-Day pule!

7 pepa hō'ulu'ulu mana'ō

Pepa la 1: manaio mai nei Prayer

Aia **1 AKUA** i mea nā HE, a oia!

1 AKUA hana 2 ke ao holo'oko'a, a wae humankind ia e malama i ke kino ai ke ao holo'oko'a!

Kanaka ola mea hoano mai ka hapai ana, a he mea i malama i mahuahua!

Humankind mea e imi & waiwai ike laila, pili ia!

Na Law-nāna i hāyawi mai i hoike mai ai replaces a pau mua memo **1GOD** hoouna mai ai!

Numbers i nui a me ka helu 7 mea kilokilo!

Aia ka he Afterlife, a ma laila nō Malaika!

Pepa la 2: ke kuleana, hala Prayer

hoomana **1 ke Akua**, i kāpae'ia a pau'ē a'e na kii

Hoku Welowelo, kanaka kino mai ka hapai ana

Life lō'ihī, e imi, ka waiwai, a me ka pili ike

Kokoolua e hoonui a me ka ho'omaka iho ohana

Honor, mahalo i kou mau mākua a me nā kūpuna

Kiai i ka i nā hana a pau kona ola 'ano apau loa

E ho'ohana i ka ' **Law mea nāna i hāyawi hoikeia** ', e halii mai i kona memo Hoku

Welowelo holoholona mai ka hoomainoino a me ka ia'na

E kū mai no ka unfairly pepehi, keakea, nawaliwali a me ka nele,

E hanai i ka poe pololi, malumalu noho a me ka oluolu ma'i

Ikaika hewa, amorality, a me ka? Aneie kahakaha kolohe

Hana uku'ana mai ka hana, 'a'ohe loafing

Pale a me ka ho'oma'ema'e'ana i haumia ea

E Good hoopai hewa

Cremate, pili graveyards

E pono a me ka haawi aku hewa'i'o mahalo Koho i loko o nā mea a pau ke koho ana!

Pepa 3: na pomaikai noi Prayer

Breathable, maemae ea

Ua'ino noa kaiaulu

Drinkable, i wae 'ia ka wai Ua i Ka Hānai Ā Huhu
Eatable, ola ai Free ka ho'ona'auao
Aiiay, affordable kapa Free lapa'au ka wā ma'i
Hygienic, affordable malumalu loaa ka mahalo
Hoomana, a E manaio aku i loko o **1 AKUA** Loaa Free pololei ka Moi me
ka pono'u'umi iho i Uku hana kokoolua, ho'omaka ohana
I ka 'elele i koho aupuni

Pau me ka hanohano

Pepa la 4: nawaliwali nawaliwali Prayer

'ino Cannibalism i hoopea aku Perjury
powa kanaka p', kahakaha kolohe '

Pepa la 5: ka hana pono ka hana pono Prayer

moe wale **1 AKUA** a me ka manawa a hoopai aku i ka ino
1st A'o, laila, a'o a me ka ho'omau'ana Knowledge
Hoomalu aku i ka i nā hana a Harmonize me kaianoho koholā
No AiON, Dependable a me Moloka'i Clean a Tidy Perseverance
Ka makau ole, aloha, Just, ka'ana like 'ia

Pepa la 6: Khronicle 'āina ho'oili Prayer

Creation kokoke i hala iho nei - 700 a hiki i - 70 makahiki
Kahiko i - 2.100 yrs o kēia Times - 70 i 0 makahiki
loihi i hala iho nei - 2.100 i ka - 1.400 yrs New Age mai 0 makahiki a laila, ka:
Medium i hala iho nei - 1.400 i ka - 700 yrs **E koho oe**

Pepa la 7: Afterlife Soul Prayer

ke kaumaha Prayer Relive kata Prayer Relive Good Prayer
Cremation Noho Day maemae unahi Angel



Ka ana hō'ōia'ī'o

1 AKUA ho'opa'a hookolokoloia! Kanaka, ke kaiāulu, a papa hana, pā'oihana a me Aupuni mea e hana ole emi. Malama Kahu kāko'o ka ana hō'ōia'ī'o. Ka ana hō'ōia'ī'o o ka hookumu ana o ka, 'Lunakanawai'!

Ka ana hō'ōia'ī'o Ua pili no ka kanawai a me ka hana. I ka mea hele hewa, ua i hookae mai ke kaiāulu rula a me na, kaiāulu noho pono a me ka 'upu' civility mea i halawai, ka ana hō'ōia'ī'o ua noi ia.

Law-nāna i hāyawi mai i ka hoopai ua nānā 'ana ma luna o ka ana hō'ōia'ī'o. An accu- sation i ua i. Iho, hoopii a me ka judi- ciary collude e loa'a, 'Make'. Ke accusa- ana ua ike ia e oiaio. A OAXA + accumulations ma luna o kona mau makahiki ma muli'ōlelo ua noi ia. Hopena: ho'opulapula a me ka uku. (E nānā 7'āina, Lunakanawai)



Ka ana hō'ōia'ī'o kū'ē kuleana! A hui'o ia i komo i loko o ka mare aelike. Nā mea kuleana e hana i ka mare ana hana! A pilikia ka mare ana i na aoao elua hookolokoloia no kā lākou hana a me inaction i lawe mai e pili ana i ka 'ole.

A hana ke pū i ke kime o ka poe i kuleana no ka ho'okō 'ia.

Eia na'e kekahi kanaka (Hui alaka'i) E e paa hookolokoloia. A com- mittee a me nā koa i nā kauoha aupuni kuleana a me ka hookolokoloia.

Ka ana hō'ōia'ī'o kū'ē kala! Ma hope o ka ana hō'ōia'ī'o ua ho'okūpa'a, kala ana ma ka hopena o ka ana hō'ōia'ī'o. Ma Hookolokolo hua'ōlelo i ke karaima, ua kala aku. Kekahi hewa'ole- **AKUA** cults. Once o ka hebedoma i ka inoino kanaka hewa a pau ua hewa ou. Ke koena o ka hebedoma ka mea, he ino ino. Next hebedoma ka mea, e kala (Kalapona o ka hou hewa)

Malama Kahu ku e kala. Ke kala ana i ka hewa, ka hewa!



1 AKUA ma ka hoopai lā paa kela mea keia mea hookolokoloia! **1 AKUA** aole e kala mai.

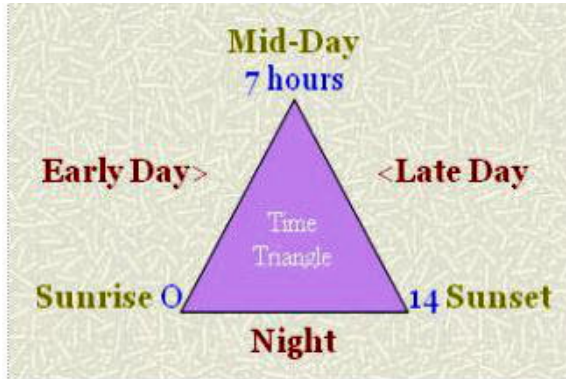
Apikiia mai i ka hopena!

(E nānā pepa la 7 Afterlife)



Time - Triangle

Malama Kahu New-Age manawa-'ōnaehana!



Day ho'omaka ' : O hola Sunrise

koke Day mea mai 0 - 7 hola 7 hola
 mea **Mid-Day**

Late Day mea mai ka 7 - 14 hola 14
 hola o **Sunset**

Pō mea mai ka 14 - 21 hola

OAXA Night-Ae: mai 14-21 hola. hookoia ma **Shire** .

Malama Kahu KLOCK (CG Klock) no ka pōkole-manawa (hola)

manawa-'ōnaehana, replaces a pau nā uaki o (Ho'ohālikelike 24h V 21h) :

i ka lā i 21 hola> 1 hola he 21 minuke> 1 minuke he 21 kekona

> 1 kekona he 21 blinks> 1 blink he 21 uwila> 1 waihona'ike i 21 clicks

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

Uaki a me ka poe kiai ke ho'ohana i ka 3 laina make:

14h-12m-16s

207 dy - 4 dw

Y1 - M8 - W2 - D4

Line 1: i ka 14^{ko} hola, 12 minuke, 16 kekona.

Line 2: 207^{ko} lā o ka makahiki, 4^{ko} lā o ka pule

Line 3: Year 1 - mahina 8 -Week 2 - Day 4 paha:

Mid-hebedoma o ka Week 2 i loko o Dia-mahina o ka Year 1

O hola ua hoonoho i kela makahiki ma hope o ka po shortest ma Sunrise. Kela a me keia 73 lā (5x o ka makahiki) 0 hola ka'ōlelo huna (Ao-e ola'i) . Ao-ola'i ua pono e ki'i i like kokoke i ka puka e like me ka hiki. Kaniak mai ma ka puka ana mea maoli, a ola.

ke koho

Wahi i ka pono, kivila hana. Ola o ke kaiaulu nui ma luna i kā mākou kāko'o a me ka komo mai kona lala. People i koho i ka mea suppor- iā kanaka e hookupaa Tyrannies. Ka mea, ae ho'opaipai pū'ulu i ka ino Ho'omalū. Pono e koho pāloka! 'Ole ka'ae'ana, **MS R1**



LIKE e koho

Malama Kahu koho i loko o nā mea a pau ke koho ana i ka mea i kupono no ka.

'O wai ka mea he mohō i hiki ke kāko'o?

A HE ole ia i kaikaina laila, 28 a 'oi laila, 70. Ua' ole i Ua i ka makua.

Mea he limahana paha manawale'ai a ho'omaha loa.

Ua mentally a kāohi pono. 'A'ohe University
ho'ona'auao.

Aole i pau kekahi hīna'i manu ho'opulapula. Ua i moe kīnā o ke kino (Ia hoohanau, pioloke hoohanau, child molesting) . Ho'ohana i ka 'kanawai-nāna i hāyawi mai i hoike mai ai' e like me kā lākou alakai. Mea he malama Kahu

Malama Kahu kāko'o a me Klan lunakahiko i koho, sup- awa, endorse a me ka wawa hewa mohō ma ke koho ana. Malama Kahu Members (Zenturion, Praytorian, Proclaimer) hiki ole kāko'o, koho 'ole endorse mohō ma waho o ka 1 Church hooponopono.

Ka hopena i pō'ai mea. Lakou makemake e no. O ka 'elele i koho Komite hooko i kēia e pono ai. Alaka'i ma ka 1 o ka hainā. Alaka'i ma ka komite mea maika'i. CG kāko'o like e hoohalike ai o HE a me ka wahine.



ka mohō (HE, 'o ia) me ka loa balota ua koho ia. Hookahi dala o ka balota ka oi ili HE ole ia ua koho ia. An koho kanaka e ho'opau i ko lakou manawa. I auou caiaiai ia me ke kanaka e hele mai 2 Makalu.

hoomalu ana

E ola mahope aku o ke kanaka kino pono Cimate hoomalu!

Ka Huliau-olelo hooweliweli: Sun (Pāhawewe) , mahana (Wela, anuanu) , pulu (Ole, hypothermia) , Wind (Kuni i ka mea, ole, ka lepo) . Ka Huliau-hoomalu ninoieo o Head-hoopakele,? Aiiay-lole,? Aiiay-malumu.

Ho'oweliweli 'ana i kanaka-kino i hanau-ili (Nudity) paku ole ia i hehee wale.

E-P1 (Eye-hoomalu) Ua maheleia i loko o 2 paku. mea hiki: hookahi maka aniani (Kila) . Fashion: 2 nā aniani kaulona (Spectacles) .

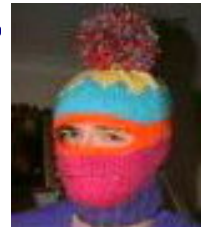
Eye-hoomalu ua mau pohole ka wā ma waho!

V-me ka mahiole poo-ka palekana i ka kikeke. Hair, a Head pono ai ke aniau ka 'ohana ka palekana mai anu, pulu, lō'ihī ka pāhawewe a me ka haumia ea.

A poo i nele hoomaluia mai kikeke: i V-mahiole me inbuild GPS-LIKE, kelepona, wikiō-kākau mo'o'ōlelo ..

ka V- Mahiole i loko'ili nenelu loa. I loko iho i loko o ka nenelu loa e earpieces. A Balaclava (Beanie) ole K-Scarf hiki e pohole ma lalo o ka pāpale kila. E malama i loko na'au o ka mahiole maemae mai perspiration, dandruff a me ka momona o ka i'a. Waho mea kalaima: ao alohilohi i-mālamalama, infra-ula malamalama kukui; he pahu pa'i wikiō.

Balaclava (Beanie) uhi i ka puni ke po'o i'ilikai wale na maka. Ua knitted mai o ka hulu hipa a me ke Aloha o ka pulupulu a me ka hulu hipa (I kemikala puluniu) . Hiki e kekahi waiho'olu'u a kumu paha i ka Nani Loa pom-pom ma luna. I ka wa i maka a me ka'ā'i ka palekana ua pono ai Balaclava hiki ke'ōwili mai, a lilo i ka 'Beanie'.



K-Scarf e uhi i ka pau poo'ilikai wale na maka (I kā mākou hoomalu) . Ua hana like me ka poo uhi, a me ka paku. Ua knitted mai o ka hulu hipa a me ke Aloha o ka pulupulu a me ka hulu hipa (I kemikala puluniu) . Hiki e kekahi waiho'olu'u a kumu.

Balaclava ole K-Scarf nā pale ma ka uhi ana i ka ihu a me ka waha.

Ana haumia ea, make lele ma'i a me nā mea kolo stinging i kāpae '. Ho'ēmi i kā ke kanawai o ka malo'o a me ka anu ea. Allergies a Asthma i hoemiia. Kekahi mau hohola lele ma'i.

Head-hoomalu ua mau pohole ka wā ma waho!

Aiiay-lole e ho'opale ai i ke kino, mai aniau, ma'i a me ka haumia ea. I ka papa kuhikuhiE kino māhele hoomaluia e? Aiiay kapa i poo, 'ili a me na wawae. **Aiiay-lole** ua mau pohole waho.

Skin Pono ka hailona no ka hoomaluia mai, mai e nahu mai (Holoholona, kanaka) , ka moohueloawa (Nā mea kolo, paipu) , nā mea palahēhē (Ko'ohune, Fungi, Germs, mea ho'oma'i) , ka pāhawewe ke (Heat, nieia, nukelea) , waiū ('Akika, Ahi, he hau paa, pahi-kihi, pulu) .



lole ua i mai o maoli olona, holoholona-E hūnā i nā, silika, plantfiber, pulupulu a me ka hulu hipa. 'Imi ho'opunipuni-olona, mea i ho'ohana 'ia no ke kapa a me kekahi mea pēnēia kanaka-ili. ? lecaianoaaiuo o'imi ho'opunipuni-olona, no ka'a'ahu welau, na kumukū'ai ua ua ho'opōaiapuni no nā hana.

wawae hoomalu ana (Kī, ai nā kama'a puki) mai ka huliau a kikeke. Skin, he pāono a me nā pu'upu'u wāwae i ma kamepiula. Outsde mau lei wawae hoomalu ana.

Socks ka mea, i mai o pulupulu, hulu hipa, a me ka pulupulu, hulu hipa Aloha (I synth-etic olona,) kekahi waiho'olu'u kekahi kumu. Socks i (particles) maemae kala (I oka a) i ulana i loko, e haawi ana Anati-mea ko'ohune, Anati-microbial a me Anati-kūpa'a waiwai, hoemi ala. Socks uhi na wawae i ka 7cm luna pu'upu'u wāwae.



nā kama'a puki i luna aiiay ili ('A'ohe synthetics) , Loko pahee ili ('A'ohe synthetics) , Poli ili paha laholio

(Hiki e ua ho'opōaiapuni) . Nā kama'a puki mea e ho'opale ai i na wawae i ka 7 knm ma luna pu'upu'u wāwae. 'Ōlelo A'o! Wāwae hoomalu mea, aole ia e ho'opale ai i (Ohana, Slippers, kaula ili) wawae a me nā pu'upu'u wāwae ua lapuwale. Wawae hoomalu E mau e pohole waho. Ka Wailele O kāmā'a'ole mawaho mea unhealthy.

Hand- hoomalu ana i loko o ka palapala o ka Loan ua pohole! Loan i i ka'ili, pulupulu, hulu hipa, a me ka pulupulu, hulu hipa Aloha (I kemikala olona,) kekahi waiho'olu'u kekahi kumu.



Aiiay-lole ua mau pohole ka wā ma waho.



Aiiay-Shelter (ka hale, e ola ana, hana) he kanaka nele.

Hoomalu mai ka hewa (E malu ai) , oihana mua (Weather) , Ke ahi, nā mea kolo a me ka haumia ea . Affordable? Aiiay-Shelter mea he 1 AKUA haawi pono!

Malama-Kahu makemake huhui waina a lākou hou- mele (Kaiāulu-ola) . Homeless, he Shire ole!

Aiiay-Shelter no Ola, ka maluhia, E hō'olu'olu ..