

Daily Routine

New-Age time-management

1 GOD created time to measure Beginning and End !

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

1 GOD is waiting to hear from you !

Daily Prayer

Dear **1 GOD**, Creator of the most beautiful Universe
Help me be clean, compassionate and humble
Using the 7 Scrolls as guide:
I will protect your creations and Punish Evil.



Stand up for the unfairly attacked, disadvantaged, weak and needy
Feed the hungry, shelter homeless and comfort sick
Proclaim:

1 GOD, 1 FAITH, 1 Church, Universe Custodian Guardians
Thank you for today
Your most humble faithful custodian guardian (1st name)
For the Glory of **1 GOD** and the Good of Humankind

This prayer is used everyday part of a daily routine, alone or in a group in any-place you like, facing the rising sun eyes closed.
Recited at the Gathering.



A 'Daily routine' includes cleanliness and feeding not only of 'I' but all other people and creatures depending on you. Wash hands after every toilet visit and before every feed. Wash face before every feed. Brush teeth and wash whole body before going to bed.

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

1000's of years of 'Evil' are coming to an end! **Be Good! Cage Evil!**

Endeavor to 'Seek, gain and apply Knowledge', '**Learn & Teach**', pass on 'Life-experiences'. Learning, Teaching passing on Life experiences are essential to a useful **1 GOD** pleasing life. These activities help in 'harmonizing' with the local habitat and survival of species. Seeking gaining and applying Knowledge helps with answering **1 GOD's** questions on Judgment-Day.



Daily Fit (exercises)

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 an 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 and not exercising the next is not beneficial. After finishing the exercises stand erect and 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 thumbs touching chest. Move arms back as far as possible (**don't snap**). Then move arms to the original bent position. Repeat (**21 max**) !

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 clockwise (**left to right**). 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. Breathe deeply walking a few steps steadying yourself. **Note!** Beginner or recovering from illness begin with 1 turn increasing to 21 turns max.

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 10), release tension. After releasing tension 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 forearm is at right angle (90°) Slowly squeeze bicep, lifting dumbbell up towards shoulder hold (count 3), then slowly lower dumbbell to starting position, repeat (1-7). Change to right arm, repeat (1-7).

Kneeling Exercise 5: Kneel on a prayermat 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 (21 max) !

Hook Exercise 6: On a prayermat (protect from cold) lie flat on your back, extended arms palms down against body. Now slowly incline head forward 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 (21 max) !

Swivel Exercise 7: On a prayermat (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 and left swivel counting each left swivel. Do 21!

After completing daily fit. Have a glass (0.2l) of lightly chilled filtered water.

Daily Nourishment

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, Black-Tea, Herbal-Teas, Green-Tea. These may be served hot or cold. Vegetable-Juices are good. No Fruit-juice, no lemonade! Diets' biggest **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 includes, Bread, Honey, Herbs, Spices, egg, onion,..

Early Snack includes, Bread, Margarine, Herbs, Spices, grated cheese, onion,..

Lunch includes, is to include Salad,...

Late Snack includes, Fruit and or Nuts and or berries.

Dinner includes, Vegetables, Day-theme,...



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

1 GOD is waiting to hear from you !

Thank You Prayer

Dear **1 GOD**, Creator of the most beautiful Universe
Thank you for supplying me with Daily drink and food
Living by your latest message
I endeavor to be deserving nourishment every day
May I be spared agonizing thirst and numbing Hunger pains



Your most humble faithful custodian-guardian (1st name)
For the Glory of **1 GOD** and the Good of Humankind

Use this prayer before every feed !



When feeding **avoid** unhealthy Nourishment: Alcohol, Artificial sweetener, Fructose (**glucose, sugar**), Genetic modified food (**GM**), Manufactured-food,... Greasy, salty, sweet fast food. Carbonated drink containing: Alcohol, Caffeine, Kola, sodium, sweetener!



Rest is needed for survival and good health. The main rest is '**Sleep**'. Sleep ends a Daily routine. 1 hour should have passed since feed and cleansing. Worship '**Sleep Prayer**'. To get restful revitalizing sleep the bedroom must be as dark as possible. An absence of internal and external noise is a must. Night-Curfew makes this possible. '**Shire**' implement 'Night-curfew'.

1/3 of everyday is spent lying down, part of this entails sleeping. To survive the human-body needs Sleep! 7 hours should do.

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 **1 GOD** 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!

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 and 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.

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!

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 is 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 !

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'.

Usage :

Fun-Day analyze your actions against current plan and enter your plans for the coming 6 days (days 1-6).

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.

Don't let Ideas be forgotten or lost. Every day lots of ideas are thought off and quickly forgotten or lost. The reason being they were not preserved, recorded or written down. **The best are lost!**

Memory is unreliable when it comes to preserving and nurturing new ideas. Carry a notebook (**planner**) or recorder with you and when an idea develops, preserve it! Weekly file your ideas!

Start by saying the:

Planner Prayer

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



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



Hints

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.**

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

When doing Daily Fit use commonsense on how fast to reach maximum repeats. Exercising 1 day and not the next is not beneficial. **It's your body, keep it fit!**



Daily routine a custodian guardian quality of life activity!