

ngā Daily

New-Age time-management

1 Atua wā hanga ki te mehua timatanga me te whakamutunga!

mea faufaa te 'mahi Daily' ki te tika 'Tufakanga 2 (Tiakina te tinana tangata)' 'A kia rite ki te kanohi i te mau tamataraa ka ū mai. Haere ake, he karaihe o te wai iti mātao tātari, haere wharepaku, mahi 'Daily Fit (Mahi)', koropiko 'pure Daily', horoi kanohi me ringa, kai te kai, kia kakahu. Tirohia koutou 'Mahere'. Na to koutou rite hoki tamataraa. 'A ani i te-ra pai, kia 1 Atua manaaki koe'.

Kei te tatari 1 Atua ki te whakarongo i a koe!

Daily inoi

aroha 1 Atua, Kaihanga o te Āwhina Universe ataahua te nuinga
kia ahau ma, aroha me te haehaa Mā te 7 Panuku rite aratohu:



ka tiaki ahau o koutou fakatupu me Tatatia kino.

E tu ake mo te whana patua, rawakoretia, Feed ngoikore, me te rawakore nga matekai,
whakaruru manene whakamarie, me te mate Karanga:

1 te Atua, 1 TUÍ, 1 Ekalesia, Universe kaitiaki kaitiaki Mauruuru koe mo
tenei ra

Tō kaitiaki pono haehaa tino kaitiaki (1st ingoa)

Hoki te kororia o 1 Atua me te pai o Arama

Ko tenei inoi wāhanga rā whakamahia o te mahinga o ia rā, anake ranei i roto i te rōpū i roto i
tetahi-wahi rite koe, anga nga kanohi ra putanga katia. Karakia i te Haaputuputuraa.



He 'mahi Daily' ngā ma'á, me te kai e kore anake o 'ahau' engari ētahi atu iwi, me mea katoa
i runga i a koe. Horoi ringa i muri i nga haerenga wharepaku me te aroaro o nga kai. Horoia
mata i mua i nga kai. Brush niho me horoi tinana katoa i mua i te haere ki te moenga.

He 'mahi Daily' ngā te pai, me te whiu kino. Te pai ngā mahi ' **mahi Random o te Hamani Maitai** '. Kia atawhai ki ahau, ki te iwi a tawhio noa koutou, te hapori, atu mea, te nohonga ... **1 Atua**

aroha mahi Random o te Hamani Maitai. Whiua whakamahi everytime kino nga ' **Fonó- Foaki Manifest** ' rite aratohu.

1000 o o tau o 'kino' kei te haere mai ki te mutunga! **Kia pai! Whare herehere kino!**

Feinga ki 'Rapua, taonga me te tono Knowledge', ' **Ako & whakaakona** ', haere i runga i 'Life-wheako'. Ako, Whakaako haere i runga i mau ohipa Life aehu- e faufaa ki te whai hua **1 Atua** te ora reka. **Ēnei mahi awhina i roto i** 'harmonizing' ki te nohonga rohe me te ora o momo. Rapu whiwhi me te tono Knowledge āwhina ki te whakahoki **1 ATUA** ' s pātai i runga i whakawa-Day.



Daily Uru (mahi)

faaohipa Daily te pau hauora pai, he wahi o te mahi o ia ra. E oti ratou i tenei ata. mahi Daily whakanui i: katoa-a tawhio pai-he, toto tohanga, mahi roro, nakunaku kai, hinaaro mating-, uaua toning, te kiritau-, whakaongaonga o te pūnaha ārai mate. Ko te 7 mahi he: **Aaka, Pūrerehau, Door anga, Dumbbell, turi, Matau, Mōnenehu** . Katoa 7 mahi he hoki HE, OIA he e toutou.

Tīmata ki te 1 tukurua, hua ki te mōrahi o 21. Whakamahia commonsense i runga i te āhua o nohopuku ki te tae tāruaruatanga mōrahi. Tohe ki te tāruaruatanga rā he painga. e kore he painga te faaohiparaa i 21 tāruaruatanga 1 ra, me te kore te faaohipa i te muri. I te mutunga o nga mahi tu me te manawa i roto i hohonu na exhale ki te mōrahi mahi tenei 3 ngā wā. Haere tonu ki tō mahi Daily. **Note!** Ehara i te faaohiparaa i te mea he tohu o te ta'etoka'i katoa mo te tinana, iti te kiritau-, mangere, ...

aaka Mahi 1: E tu roroa ringa piko whakapae ki te pa pouaka koromatua papa. hoki ringa Nuku tae noa ki taea (E kore e hopu) . Na ka neke ringa ki te tūranga piko taketake. tukurua (21 max) !

Pūrerehau Mahi 2: E tu roroa, ringa maro fitaha hori- zontal ki te patunga witi (T-āhua) . Arotahi tō kite i runga i te wāhi kotahi tika mua. Tīmata tākaraka tahuri (I mahue ki te matau) . Te arotahi ki runga i te wāhi whakakitenga tae noa ki te ope tinana tahuri ki te ngaro koe i te reira. Kia mau ki

tahuri täpae rite wawe tonu. Kia mau ki tahuri ki te mata o te whanoke 21 hohoko ranei 1 Whiriwhiria mai. Manawa hohonu e haere i te torutoru kaupae te tamaruraa e koe. **Note!** Beginner ora i māuiui ranei timata ki 1 tahuri te whakanui ake ki te 21 hohoko max.

Whakatūpato, mutu tonu ka tīmata ki te ite āmai.

Door anga Mahi 3: Tu tu i roto i te tuwhera anga tatau ki waewae hip whanui whakapiko whakarunga nga tuke motu i koki matau (90 °, Trident āhua) . tuke Press ki taha o te anga tatau tae noa ite koe mānukanuka i waenganui i matatahi pokohiwi, mau (Tatau 10) , Te tuku mānukanuka. I muri, kia ngawari folo roto i te ihu whakanoho whakakī i te pūkahukahu ki max, mau (Tatau 3) , Ka āta exhale roto i mangai ki max.

Dumbbell Mahi 4: whakamahia 1 dumbbell te HE (4kg) , OIA (2kg) . **Kaua e whakamahi i 2 Dumbbells.** Tu tu ki waewae hip whanui nga tuke motu ki o koutou taha kapu anga whakamua. Tangohia ake dumbbell ki te ringa mau piko to koutou whatianga tae noa ki he kikowhiti i koki matau (90 °) **Āta kotēhia bicep, dumbbell ake toronga ki mau pokohiwi (Tatau 3) , Ka āta raro dumbbell ki tīmata tūranga, tukurua (1-7) . Hurihia ki te ringa matau, tukurua (1-7) .**

turi Mahi 5: Tuturi i runga i te whakatū tinana prayermat, whakanohoia mau ringa ki whakapūioio. upoko Whakaangahia mua noa pa kauae pouaka. Na āta matamata hoki upoko tae noa ki ka haere ai, i te wa ano hoki kikokore tae noa ki taea pupuri koutou u ringa i runga i te papa.
tukurua (21 max) !

Hook Mahi 6: I runga i te prayermat (Tiaki i matao) takoto papatahi i runga i tou hoki, atu ringa nikau ki raro ki te tinana. Na āta tahuri matenga whakamua roa ringa nikau ki raro ki te tinana. Na āta upoko anga whakamua tae noa pa kauwae uma i te anga wa taua koutou waewae, turi tonu, poutū (90 °) mau (Tatau 3) , Ka āta hoki mai (Pane, waewae) ki timata. **tukurua (21 max) !**

nōhanga E xercise 7: I runga i te prayermat (Tiaki i matao) takoto papatahi i runga i tou hoki, atu ringa nikau ki raro. Na turi piko rekereke pa- raa whakapūioio. E rongoa nei i kapu u ki runga ki nga turi whāriki nōhanga ki te matau noa pa ki ratou moenga. Na ka mahue turi nōhanga ki te mo te moenga. tika tukurua me te nōhanga mau tatau ia nōhanga mau. **Mahi 21!**

I muri whakaoti pai ia. **A ani i te karaihe (0.2l) o iti mātao tātari wai.**

Daily Te faaamuraa

Daily Me whai, he wai e inumia ana. Water te hauhautanga tātari, inu he karaehe (0.2l)
7 ti mes (Ata, parakuihi, wawe paramanawa ngi, tina, te mutunga ra-paramanawa,
tina, po) . He katoa o te 1.4l



kia kō atu i te mōhiti 7 o te wai ki ētahi atu inu hāngai wai: Whenua-kawhe,
paura Cocoa-, Black-Tea, Herbal-Teas, Green-Tea. kia mahi ai
enei wera makariri ranei. he pai huawhenua-inu. No Fruit-wai,
kahore wai rēmana! Kai 'nui

No! ko Huahuka!

Me wiki-ra katoa ki te whai i te kaupapa: tauira Day1: Vegetables;
Day2: heihei; Day3: kararehe whāngote; Mid-wiki: ngārara; Day5: kaimoana;
Wiki-mutunga: Nati, Seeds; Fun-Day: pepeke .

Breakfast ngā, Taro, Honey, otaota, kakara, hua manu, riki, ..

Paramanawa Early ngā, Taro, Mātiarīni, otaota, kakara, tīhi
kuoro, riki, ..

Tina ngā, Ko ki ngā Huamata, ...

Paramanawa Late ngā, Fruit me ranei nati hua me ranei.



Dinner ngā, Vegetables, Day-kaupapa, ...

7 Foods e kia kainga ra: Fungi (Mushroom) , Grains (Pi parei, kānga, ōti, rai, quinoa,
raihi, rai, Sorghum, witi) , Hot chillies, aniana (Parauri, chives, kāriki, matomato, rīki,
whero me, puna) , Ley Pars-, Sweet-Capsicum, Vegetables (Apareka, pini, broccoli,
kāreti, kareparāoa, tupu, ..). Diet-No-No o: Hangaia-kai, whakarerekētia iranga kai .. **Note!**
I mua i nga kai koropiko koe:

Kei te tatari 1 Atua ki te whakarongo i a koe!

Mauruuru koe inoi

aroha 1 Atua , Kaihanga o te ataahua tino Universe Mauruuru koutou
hoki te tuku i ahau ki a Daily inu, me te ora kai i to koutou karere hou

Ahau feinga ki kia ona e kai i nga ra kia kia tohungia ahau oto matewai me
te hiato Hunger mamae



Koutou haehaa te kaitiaki-kaitiaki pono te nuinga (1st ingoa)
Hoki te kororia o 1 Atua me te pai o Arama

Whakamahia tenei inoi i te aroaro o nga kai!



A, no te kai **A ape** i aewa Te faaamuraa: Alcohol, reka horihori, te huahuka (**Te kūhuka, huka**) , Whakarerekētia Genetic kai (**GM**) , Hangaia-kai, ... Hinuhinu, tote, kai nohopuku reka. Inu koropupū kei roto: Alcohol, kawhe, kola, konutai, reka!



hiahiatia Okioki te mo te ora, me te hauora pai. Ko te okiokinga matua ko '**Moe**'. Moe mutu te mahi Daily. kia 1 haora i haere mai kai me te purenga. koropiko '**Pure Moe**'. Ki te whiwhi reka te whakaoranga moe me kia te whare moenga rite pouri rite taea. He ngaro o te haruru roto, o waho, ko te pau. **hanga po-Rāhui tenei taea. 'Shire'**

whakatinana 'Night-pou rāhui'.

1/3 o te rā kua haamau'a no takoto iho, wahi o tenei tura'ii te moe. Hei ora te moe hiahia tangata-tinana! **kia meatia e 7 haora.**

He hiahiatanga i mua i takoto ki raro ki te moe.

E tika ana kia pouri, kia waiho ai po. Ki te whiwhi reka te whakaoranga moe me kia te whare moenga rite pouri rite taea. **He ngaro o te haruru roto, o waho, ko te pau 'Shire' Me whakatinana 'Night-pou rāhui'.**

kia 1 haora i haere mai i te kai whakamutunga. Brush niho me horoi tinana katoa i mua i te haere ki te moenga. **Koropiko 'moe-pure'.**

Kei te tatari 1 Atua ki te whakarongo i a koe!

moe inoi

aroha **1 Atua** , Kaihanga o te ataahua tino Universe Tiakina ahau, ina au e ahau tino whakaraerae ahau Pare i whakaaro rarahi, me te kino, kia whai rere ahau, te whakaora me te whakaora moe Do kore kia āwangawanga whakapōrearea aku moe, me te moe kia ahau mahara anake te moe reka hoki te kororia o **1 Atua** me te pai o Arama



whakamahia tēnei inoi e i mua i te haere ki moe!



Whai inu-karaihe (**Kahore kirihou**) ki tonu i te 0.2l o te wai tātarihia (**Tetahi mea tāpiri**) i runga i ia tepu ro'i. Katoa te po i mua i te haere ki te moenga hoatu karaihe i runga i te tepu ro'i. **Note!** Inu i roto i te po wa katoa i muri ia koutou tae mai i te wharepaku me te ka he korokoro maroke, inu okiokinga ina whiwhi ake i roto i te ata.

A ani i 1 Goldtone peihana karaihe (**1 anake hoki rearua**) kei roto concoction otaota (**Kakara therapie**) i runga i te matapihi tepu ro'i taha !

Ko reira noa ki te whai 2 moe ki te whati i roto i-i waenganui i. Kia whiwhi ake koutou (**Hei tauira ki te haere ki te wharepaku**) , I runga i hoki mai noho i runga i mata o te moenga, inu etahi wai. Mahi i te mahi e whai ake nei (**E mahi mahi katoa i noho i runga i turi mata pokohiwi o te moenga whānui motu**) . wā katoa e koe te tiki ake te mahi i te mahi rerekē.

1 Mahi: A tuu i te kapu * o koutou ringa ki te waho o koutou turi. ringa Press roto me turi waho, mau 7 hēkona

(Ite koe mānukanuka i roto i ringa, waewae, pokohiwi) . Kia wātea, tangohia te manawa, kahore tukurua, Homai he wai, pai takoto iho, moe. * rerekētanga whakamahi ringa.

2 Mahi: ringa Hanga * tuu ia ratou ki te roto o koutou turi. ringa Press waho me turi roto, mau 7 hēkona (Ite koe mānukanuka i roto i ringa, waewae, puku) . Kia wātea, tangohia te manawa, kahore tukurua, Homai he wai, pai takoto iho, moe. * rerekētanga whakamahi kapu flat.

3 Mahi: ringa Bend (90%) i tahuri taumata pouaka mau paroita i mahue te ringa ngatahitia ake piko maihao, tahuri ringa matau whakararo piko maihao. maihao Interlock kikī. Na wahia ringa i roto i te huarahi i te ritenga, mau 7 hēkona (Ite koe mānukanuka i roto i maihao, ringa, uma) . Kia wātea, tangohia te manawa, kahore tukurua, Homai he wai, pai takoto iho, moe.

4 Mahi: ringa Bend (90%) i te taumata pouaka tahuri mahue ringa ngatahitia ake mau paroita, tahuri ringa matau ki te ringa. Place ringa ki te ringa, me te pēhi i raro i te taua wa press ringa tuwhera whakarunga, mau 7 hēkona. Whakamuri, mau 7 hēkona (Ite koe mānukanuka i roto i te ringa, ringa, kaki, uma) . Kia wātea, tangohia te manawa, me te Homai o te wai, pai takoto iho, moe. Kāore he tukurua.

Iwi ki te hoki kukū tāpiri i tenei mahi ki ia mahi: A tuu i ringa i runga i turi. Honga piko upoko hoki hoki ka toka mua i waho ngaro whakapā ki turi (Ite koe mānukanuka i roto i ringa, hoki, puku) . Kia wātea, tangohia te manawa, 7 tāruaruatanga, Homai he wai, pai takoto iho, moe.

Note! People e noho i te rota i roto i te ra-wā. E ki te mahi 1 o nga mahi wā po i roto i te hurihanga i nga 2 haora.

te reira i to outou tinana! Kia mau Whakauru reira!

I roto i te ata i muri i te 7 haora o te moe:

Haere ake, he karaihe o te wai tātari, haere wharepaku, mahi 'Daily-Fit (Exerci- ses) ', Koropiko' Daily-pure ', horoi mata, ringa, kai te kai, kia kakahu. Tirohia koutou 'Mahere'. Na to koutou rite mo te ora-wheako.

A, no te kakahu haere waho, kakahu tiaki me te matenga, o kanohi me te tiaki waewae.

Pupuri moe he fakamamahi'i! e kore te mea e manakohia ana 'akau rite uiui taputapu. E puritia haepapa katoatia: **MS R7**

Tono ngaro o te haruru waho i te po (Po-pou rāhui) ! Ko te tika haporī! Kaitiaki Guardian whakamahi: CGNAs BS-1 (Paerewa moenga) !

Po-pou rāhui

kihai i hangaia te tinana tangata ki te kia pō. tukinotia ana tangata ratou kaha roro ki te waihanga i tētahi āhua noho pō. e kore he painga ki te hauora pai tenei āhua. hiahia te po-hora te mo te hauora pai.

He 7 haora Night-hora i 14-21 haora (22- 6 haora, 24 haora Pagan- karaka) He whakahauanga. Hoki hauora pai, whakaiti i roto i te'e consump- pūngao, whakaiti i roto i te poke, tiaki o kararehe. Whakaitinga i roto i te hara, whakaiti utu ki kāwanatanga, te akiaki i whakarea.

mahi tangata (He kati katoa) kore ai whaiaro whawhati tata iti. No pūngao ko ki te kia whakamahia anake mo te ohore whakawera ranei! whakaaetia 1 teihana reo irirangi rongo tūmatanui kua tahuri atu whakangahau katoa te atu! No waihanganatanga, tari, toa ranei he ki te mahi whakamahi pūngao ranei!

Ka taea e Homes whakamahi whakawera (Kākahu mahana) , meangiti (Te marama kākahu) i roto i te tino rangi.



He whakahauanga po-pou rāhui. Hoki te puna te o te tinana tangata, me te Habitat rohe. He Shire whakaū Night-Rāhui i roto i Shire Rehabili- hinga **MS R1** . E haere hunga hara tukurua i runga ki Porowini Rehabilitation **MS R3** .

Po-Rāhui ki anake Planet Earth!

Whakatakotoranga Mahere

Order o Whārangī & tohutohu: Daily: Ngā, pure, Whakauru. Hoapā: Emergency, Wāhitau. inoi: Mahere, Mahere, Time

Mahere * Kei te wahia whārangī ki 2 tīwae: 'Mahere' / 'Tātari' * **Note!**

Weekly-Mahere: 52 ngā whārangī anake. Daily-Mahere: 365 ngā whārangī anake.

Tāpiritanga o Whārangī, tohutohu:

wā: CG Klock, Night-Rāhui, CG Kalender, Fun-Day kaupapa

Kapenga-Mahere: 1 whārangī anake. Quattro-Mahere: 1 whārangī anake

7Scrolls (Overview) , Map, Measures

Plus! whārangī kau ki te tuhituhi ki raro 'Ideas'.

Whakamahi:

tātari Fun-Day koutou mahi ki mahere o nāianeī, me te tomo koutou mahere mō te haere mai 6 ra (Ra 1-6) .

A, no te te whakamahi i tō Planner i mahi ako ranei e kore e tukua 'Time' whakahaere koe! Kei te kore ki te kia whakamahia Time ki hohoro iwi. E kore te mea te tinana tangata

hangaia mō te hohoro.

Kaua e tukua Ideas e wareware ngaro ranei. E whakaaro i nga ra rota o whakaaro atu me te hohoro wareware ranei ngaro. Ko te take he ratou te wahi e kore tiaki, tuhia tuhituhia iho ranei. Kua ngaro te pai!

He hārakiraki Memory ina tae mai te reira ki te tiaki me te poipoi whakaaro hou. E mauria he pukapuka (Mahere) kaiwhakamahara ki a koutou, me ranei ka whanake te whakaaro, e tiaki i te reira! kōnae Weekly koutou whakaaro!

Timata i mea i te:

Mahere inoi

aroha 1 Atua , Kaihanga o te Āwhina Universe ataahua tino whakamahere ahau toku Daily-mahi ka tātari ahau, ka arotake i toku mahere ka whakatenatena ahau etahi ki te whakamahi i te Mahere Maururu koutou, mo toku Planner



feinga e ahau ki te whakamahi i te reira no te whakamahere wā poto, me te roa hoki te kororia o 1 Atua me te pai o te tangata

whakamahia tēnei inoi kei roto i te wahi ata o te 'Daily-ngā'!



NÍ H

He 7 haora Night-hora i 14-21 haora (22- 6 haora, 24 haora Pagan- karaka) He whakahauanga. Hoki hauora pai, whakaiti i roto i te'e consump- pūngao, whakaiti i roto i te parahanga & tiaki o kararehe. Whakaitinga i roto i te hara, whakaiti utu ki kāwanatanga, te akiaki i whakarea.

A, no te haere i waho kakahu tonu e tika ana 'kakahu Protective' (Kahore he muka horihori) . Hei tiaki (Kanohi, makawe, kiri, waewae) te humanbody i te āhuarangi, mate me te parahanga. Ko trashy kirikau waho!

A, no te mahi Daily Fit whakamahi commonsense i runga i te āhua o nohopuku ki te tae tāruaruatanga mōrahi. e kore he painga te faaohipa 1 ra, me te kore te muri. te reira koutou tinana, kia mau pai ai!



mahinga o ia rā i te kaitiaki kouna kaitiaki o te mahi ora!