

**HOW
TO
LIVE
AFTER
2019?**



Things to consider:

1. Break free from the system: Don't believe everything you see and hear. Don't believe the media—television, radio, social media—they're being manipulated. Question absolutely everything, investigate thoroughly, and use multiple sources beyond the usual ones, because we live in the age of disinformation, especially in this century with the emergence of AI designed to trap your mind with unedifying content, thus distorting your reality. When someone can't distinguish reality from science fiction or AI, we have a serious problem.
2. Take care of your body: your body is your means of transportation, which needs maintenance and care. 95% of the average household food basket is NOT healthy; we've been sold the idea that it's food, and it's not...
3. Eat healthily: eat fruits, vegetables, foods that come from the earth, because our composition is the same, therefore, true and nutritious food is found in the earth... I invite you to read my book, I'm Still Here, the story no one saw, YOUR STORY. If we change our way of thinking, we change our world.
4. Starting in 2019, nothing will be the same. Don't take medications (pills, injections, etc.). Consume natural products. I'll say it again: the earth has everything essential for our bodies. Don't get injections. From the moment a person is born, they are given a certain number of vaccines. This is why diseases like autism, Down syndrome, and rare diseases (incurable diseases), among others, have increased. Want some advice? Say NO to vaccines.
5. Technological advances are good, I'm in favor of them, however, when they become a means of control over human beings, depriving them of their freedom, it's no longer pleasant, for example: if they change physical money for everything digital, they will have control over what you do, what you buy, and thus be able to manipulate you in the future.
6. The fundamental basis of a society is the family. If there are people who want to go against these fundamental principles, it is necessary that we pay attention and not participate in such events; rather, we raise our voices peacefully or with the full force of the law...
7. Check the food you eat carefully; most of it is made with plastic and is modified.
8. When they are promoting the unity of all religions, be careful, open your eyes wide, especially your spiritual ones. No religion has the truth, because there is only one truth. God is a relationship, and never a religion... read the Bible every day and pray constantly.
9. Ideologies are damaging the way human beings think every day; deep down you know very well that it is a mental problem, and spiritually speaking, there are norms and laws that are universal and cannot be broken.
10. Have you ever wondered why the weather is so strange? In a single day, it can rain, be sunny, and so on, several times a week. Or have you noticed a week of heat followed by a week of cold? Even on a global scale, heavy rains, earthquakes, tsunamis, and other phenomena are common. This is attributed to HAARP technology—man playing God.
11. When you see that they want to unify all governments and leave only one person in POWER, be careful.
12. Be careful with 5G and the upcoming 6G radiation. Research its effects on the body, but I'll tell you: the effect is like a microwave, and the human being is the food being heated. All the food humans consume contains metals that remain in the bloodstream. And not only that, vaccines contain nanotechnology (graphene) that these radiation waves activate, and

this is a major cause of heart attacks in humans, since the body detects a metal and begins the expulsion process, creating a blood clot.

13. Be careful when they say they want a single currency for the whole world.
14. They make us fight amongst ourselves, men vs. women, right vs. left, white vs. people of color—this is the best way to keep people distracted. With predictive programming.
15. Check the water you consume; it should be alkaline. What they sell us is water that makes you thirsty because it is not alkaline.

The problem isn't society or what we know as evil; the problem is the absence of God in human beings. Because of this absence, human beings allow themselves to be manipulated by the one who controls the world, its rulers, who, spiritually speaking, are Satan. They are a conglomerate of families who believe they own human beings and the world...

ATTN: Esteban Gutiérrez.

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