

Contents

1	<b>I Love God. . . . .</b>	<b>5</b>
	<i>YHWH through Arthur Fanning</i> <i>October 20, 1995</i>	
	Grand Chakra Meditation	7
	G-O-D Meditation	10
	Have a Christ Party	11
	The Lightbody Is Manipulated by Thought	12
	Centering "I Love God"	14
	Meditation: The Heart, The Healer	15
	The Intent of Your Meditations	16
	1996 Will Be a Window	18
	The Ten Commandments Were Meant to Get You on Track	20
	The Animals and Evolution	21
2	<b>Feedback in the Ripples of Time . . . . .</b>	<b>25</b>
	<i>Zoosh through Robert Shapiro</i> <i>October 19, 1995</i>	
	All People Capable of Extrasensory Experiences	26
	The Cows Go Home	27
	Great Gatherings of the Citizens of the World	31
3	<b>Masculine and Feminine Balance. . . . .</b>	<b>33</b>
	<i>Zoosh through Robert Shapiro</i> <i>October 30, 1995</i>	
4	<b>Negative Sirians Coming to the 3rd Dimension. . . . .</b>	<b>45</b>
	<i>Zoosh through Robert Shapiro</i> <i>November 16, 1995</i>	
	Your Role in Assisting the Incoming Beings	47
	Effects of Multidimensionality	50
	Cops and Robbers	55
	Strip Mining and the Environment	56
	SSG Encountering Trouble in Transit	57
	Earth and Her Electrical Energy	61
5	<b>Freedom, Power and Light Moving . . . . .</b>	<b>65</b>
	<i>YHWH through Arthur Fanning</i> <i>August 12, 1995</i>	
	Meditation	66
	Get Ready to Move	67
	Faster Vibrations, Changing Organs	68
	You Came to Experience Kundalini; Let It Move	69
	Past and Future, Other Aspects Coming Together	71
6	<b>The Null-Charged-Particle Effect. . . . .</b>	<b>77</b>
	<i>Zoosh through Robert Shapiro</i> <i>December 21, 1995</i>	
	Slowed Nervous System	77
	Souls Becoming More Dominant	78
	Functional Changes	79
	Self-Destructive Behavior Warnings	80
	Goodbye Greed and Violence	84
	Nighttime Wakefulness	85
	The Secret Government Setting up on the Moon	86
7	<b>The Sifting Time . . . . .</b>	<b>93</b>
	<i>Zoosh through Robert Shapiro</i> <i>December 13, 1995</i>	

VIII • SHINING THE LIGHT: Humanity's Greatest Challenge

8	<b>Anchoring Your Higher Self</b> . . . . .	97
	<i>YHWH through Arthur Fanning</i> . . . . .	<i>December 22, 1995</i>
	Your Diamond Light	97
	Anchoring the High Self	98
	Cleansing the Body	99
	Apply What You Know!	100
	Healing Your Body and Becoming	101
	Feeling the Incoming Light	102
	Reconnecting to Atlantis	103
	Visiting a Landed Ship	104
9	<b>Resistance Being Removed From The Soul!</b> . . . . .	105
	<i>Humanity Enters a Three-Month Period of Deprogramming</i>	
	<i>Zoosh through Robert Shapiro</i> . . . . .	<i>February 6, 1996</i>
	Antennas of the Planet	
	Broadcasting Removal Energy	106
	The Zeta Connection	108
	Food Sources to Ease the Tension	109
10	<b>The Express Bus To Creatorship</b> . . . . .	113
	<i>Zoosh through Robert Shapiro</i> . . . . .	<i>January 23, 1996</i>
	Sinister Secret Government Falling Apart	January 25, 1996 116
11	<b>Divinity: Freedom, Lifeforever, Lightforever</b> . . . . .	121
	<i>YHWH through Arthur Fanning</i> . . . . .	<i>December 1, 1995</i>
	You Wanted This Life	123
	“God I Am” Meditation	126
	Decade Of Empowerment	132
	Angels And Masters	133
	Root Chakra/Earth Meditation	137
12	<b>The Poison HAARP</b> . . . . .	141
	<i>Lee Carroll, based on a Kryon channeling at the U.N.</i>	
	The Unveiling	141
	True Facts	144
13	<b>HAARP: High-Frequency Vandalism in the Sky</b> . . . . .	147
	<i>A review of Angels Don't Play This HAARP</i>	
	<i>Dr. Nick Begich and Jeane Manning</i> . . . . .	<i>Reprinted from Nexus*, December 1995/January 1996</i>
	HAARP Boils the Upper Atmosphere	148
	HAARP History	150
	Mental Manipulation	151
	Bubble of Electric Particles	154
	Slicing the Ionosphere	155
	Crudely Plucking the Strings	155
	Feverish Earth	155
	Electronic Rain from the Sky	156
	Weather Control	156
	Forty Years of Zapping the Sky?	158
	Small Input, Big Effect	159
	Could They Short-Circuit the Earth?	160
14	<b>How To Create Solutions for Positive Change</b> . . . . .	163

	<i>Zoosh through Robert Shapiro</i>	<i>February 26, 1996</i>	
	Moving in the Null Zone		168
15	<b>Project HAARP, Expansion of the Montauk Project . . . . .</b>		<b>169</b>
	<i>Preston Nichols and Peter Moon Excerpted from the chapter "Star Wars and Mind-Control Trans missions" in Encounter in the Pleiades, an Inside Look at UFOs.</i>		
16	<b>The Untethered Satellite . . . . .</b>		<b>175</b>
	<i>YHWH through Arthur Fanning</i>	<i>February 29, 1996</i>	
17	<b>Humanity Decides. "Let's Be Free Again" . . . . .</b>		<b>191</b>
	<i>YHWH through Arthur Fanning</i>	<i>April 4, 1996</i>	
18	<b>Behind Current Events . . . . .</b>		<b>201</b>
	<i>Zoosh through Robert Shapiro</i>	<i>April 1, 1996</i>	
	Tethered Satellite		204
	"New" Egyptian Pyramids, Two Creation Disks		205
	The Sheep Hunter in Puerto Rico		208
	Photo of a Traveler		210
	An Emerging Atlantean Pyramid		212
	Comet Hyakutake		212
19	<b>Contemplate, Listen, Apply: Become a Master . . . . .</b>		<b>215</b>
	<i>YHWH through Arthur Fanning</i>	<i>March 9, 1996</i>	
20	<b>Luciferian Traits and Critical Mass . . . . .</b>		<b>223</b>
	<i>Zoosh through Robert Shapiro</i>	<i>April 16, 1996</i>	
	Critical Mass Reached Today: Nine Months to Decide		224
	Animal ETs to Go Home		226
21	<b>ETs in Brazil . . . . .</b>		<b>229</b>
	<i>Zoosh through Robert Shapiro</i>	<i>March 9, 1996, Brasilia, Brazil</i>	
	Recent Pleiadian Visitors		229
	An Andromedan Visitor		231
22	<b>How Your Thought Affects Every Living Thing . . . . .</b>		<b>239</b>
	<i>YHWH through Arthur Fanning</i>	<i>May 11, 1996</i>	
23	<b>Pull Down the Lightbody and Raise Your Frequency . . . . .</b>		<b>247</b>
	<i>Zoosh through Robert Shapiro</i>	<i>May 23, 1996</i>	
	Physical Symptoms		248
	What to Do		251
24	<b>Crop Circles: Symbols Of Soul-Group Origins . . . . .</b>		<b>263</b>
	<i>Zoosh through Robert Shapiro</i>	<i>May 28, 1996</i>	
25	<b>Prepare for the Outrageous Journey To Rescue The Planet . . . . .</b>		<b>271</b>
	<i>YHWH/Arthur Fanning</i>	<i>June 8-9, 1996, From "The Natural Planet"</i>	
	Meditation		272
	Meditation		277
	Meditation		278
	Meditation		281
	Meditation		283
26	<b>The Silver Lining Behind Tampering with Genetics . . . . .</b>		<b>299</b>

X • SHINING THE LIGHT: Humanity's Greatest Challenge

	or the Redemption of Science . . . . .	299
	<i>Zoosh through Robert Shapiro</i> . . . . .	May 3, 1996
	Cryptogenetics . . . . .	300
	Decoding Cryptogenetics . . . . .	301
	Geometric Forms: Creator Code . . . . .	303
	Building Block of Creation: Feeling, Love and Harmony . . . . .	304
27	FEMA and fema . . . . .	307
	<i>Zoosh through Robert Shapiro</i> . . . . .	June 18, 1996
28	The New Brain . . . . .	313
	<i>YHWH through Arthur Fanning</i> . . . . .	July 13-14, 1996
	Meditation . . . . .	319
	Meditation . . . . .	320
29	Gloom & Doom?. No! . . . . .	329
	<i>Zoosh through Robert Shapiro</i> . . . . .	July 22, 1996
	Exercise for Releasing Negative Energy . . . . .	331
30	Angel warns of quake . . . . .	333
	<i>Zoosh through Robert Shapiro</i> . . . . .	August 8, 1996
31	Humanity Passes Test: Quake Dispersed . . . . .	337
	<i>Zoosh through Robert Shapiro</i> . . . . .	August 12, 1996
32	The Sinister Secret Government's New Weapon—The Hate Gun	341
	<i>Zoosh through Robert Shapiro</i> . . . . .	August 4, 1996
33	Hate Gun Shorted Out! . . . . .	347
	<i>Zoosh through Robert Shapiro</i> . . . . .	August 8, 1996
34	Alien Invasions and the Secret Government . . . . .	349
	<i>Zoosh through Robert Shapiro</i> . . . . .	July 22, 1996
	Recent SSG Attempt to Interfere . . . . .	354
35	On-Off Circuitry: Shutting Off the Old, Opening the New . . .	365
	<i>YHWH through Arthur Fanning</i> . . . . .	August 14, 1996
36	An Alert . . . . .	375
	<i>Zoosh through Robert Shapiro</i> . . . . .	September 9, 1996
37	The Lucifer Gene . . . . .	377
	<i>Zoosh through Robert Shapiro</i> . . . . .	October 6, 1995
	<b>The First Experimental Group</b> . . . . .	378
	<b>Blank Strands in the Genetic Code</b> . . . . .	379
	<b>The Second Step: The Control &amp; the Experimental Group</b> . . . . .	379
	<b>The Lucifer Gene</b> . . . . .	380
	<b>The Next Step: Dreams &amp; the New Alchemy</b> . . . . .	381
	<b>What You Can Do</b> . . . . .	382
	<b>Group Alchemy: Love (Heat) &amp; Gold Light</b> . . . . .	383
	Final Lunar Eclipse before 2000 . . . . .	384
	<i>Zoosh through Robert Shapiro</i> . . . . .	September 24, 1996
	<b>Transformation</b> . . . . .	385
38	Look Up and See Ships in the Sky: Relatives Show Themselves	387

387  
*Jehovah, YHWH and Id through Arthur C. Clarke* October 25, 1996

**Meditation** 392

39 **Ancient Records to be Revealed in the '90s** . . . . . 403  
*The Recordkeeper through Robert Shapiro* December 8, 1991

- Bruton Vault in Williamsburg 403
- Buried in the 1200s by Monks 405
- Literary Pseudonyms 406
- The Book of Mormon 407
- The Illuminati and Their Stolen "Sign" 407
- Your Biological Manipulation 408
- The Return of the Illuminati's Sign; the Revealed Testament 409
- The Cylinders That Project Holographic Images and Telepathic Information 410
- The Revealed Testament Predates Your World 411
- Records Mentioned by Cayce Found in 1943** 411
- The Mystics, the Allies and the Germans** 412
- The Chamber of the Mini Sun and the Volunteers for the Fatal Entry 413
- Raiders of the Lost Ark Based in Truth 413
- Behind the Allies Was The Order 414
- Behind the Third Reich Was Evil 415
- How The Order Helped the Allies 415
- The Origin of The Order 417
- The Rose Quartz Pyramid in the Marianas Trench 417
- The Pyramids below the Superstition Mountains 418
- About the Record Book 419
- The Eleven Commandments 420
- The End of the 26,000-Year Cycle, When the Soul Confronts Itself 421
- 11:11, the Doorway to Access Your Body Knowledge 422
- Mars, Where Earth Tribes Auditioned 423
- Mars Sacrificed Its Surface for Your Evolvement 424
- Mars Took Part of Your Karma and Genetics 425

40 **Comments on the Montauk Project** . . . . . 429  
*Zoosh through Robert Shapiro* December 17, 1992

- Danger to the "Timenauts" 429
- Altering the Past 431
- Experiment Funded by Nazis** 431
- The Top People 432
- A Different Defense System 433
- The Lost Timenauts 434
- The Golden Horse 435
- The Experiment Brought on Wars 436
- Other Ways to Time-Travel 436
- Earth Had Spaceships before the First Rockets 437
- The One Who Trained to be the Antichrist 437
- Warning to the Experimenters 439

41 **More Comments on the Montauk Project** . . . . . 441



# 1

## I Love God

YHWH through Arthur Fanning  
October 20, 1995

**G**etting to be a lot of fun around the planet. Let me look you over and see how much energy we can bring in. Whether you know it or not, what is building for your next year is your ability to meet the Christ, face to face. That means your physical body has to be able to handle it, the energies, and to find out that the Christ is you. In order to meet the Christ you have to vibrate the same to be there. Everyone breathe. It's okay; you're required to breathe, know you, in the physical.

The energy in the diaphragm, the energy in the heart chakra here is blooming, becoming you more. The aches, the pains of the physical body are the changes occurring within your structure. You are remembering now deep withinside your being and about your being. The physical body was trained within rigid social consciousness systems. The pains now are the readjustment to your christhood. So in one manner you're going back in time in the physical body to your pristine condition where you knew, even before your birth, so to speak. And that's going to require great remembering. Be it as I say it this way: Before you were born you knew, and even then you didn't remember exactly what was going on in the physical body — it just felt good to be physical. You didn't know the, we'll say, machinations of the energies — you didn't remember. Now that you've had a chance to play in the physical body, and becoming the Christ that you are within the physical, you will remember the machinations. You're going to have to live in the body

differently. Your social structure won't support this christedness as it becomes. It's a new thing. It is a good thing. It hasn't been done before in this way with this many, in this great a number. Everyone breathe a moment.

So there's no system that you can rely on, not even your meta-physical system. Oh, it'll help you a little bit through your aches and pains and readjustment of the energies, but you are the being within the physical body now living it. You're going to need to learn how to breathe again, through you chakras — what you term pranayama. You're going to use your breath appropriately in the body, and you will see prana working appropriately. You're going to learn to be still, in your power, to heal the body. So it's a grand time. Lot of fun. Everyone breathe a little bit. Center yourselves in here [heart chakra].

Now, there's a lot of activity going on now in the dream state, and that is for you to remember. What will cause you to leave the planet through these energies, with these energies, is not being in love. So you better be sure you're in love with what you're doing, wherever you are. Love is going to be the requirement. Beings are going to seek it, and if it's not where they are, they will move to find it. That includes leaving the body physical. So you're in outrageous times. Know that the love is in here, inside you here, brilliant light. Brilliant light.

Now, this is the easy time, the slow and gentle time prior to your December. Know you? This is a piece-of-cake time. The energies are very gentle now compared to your December. You can handle them. It is when you get up here [head] it gets a little confusing, indeed? The heart chakra will need to be open in this time because a lot of these energies that are coming now are mental energies, and they have to sit upon this great heart here, the soul. If the heart isn't open, this great mental energy will crush it. You'll feel pain in the body. This is not a good time to figure out what is happening. This is a great time to be in joy in the energies in your body. You can figure it out whether it hurts or not. So adjust, indeed? Now, we're going to do a little meditation later to assist you here.

What is . . . I'm going to approach it from another way. Another way to understand what is occurring is that you are part of your high self walking upon the planet. You are the part that is taking this journey in this decade from high self — you were sent here, you volunteered, etc., etc. Your high-self energies consider your physical body its home. High self wants to come home, right on top of you — all of it. So you better learn how to shapeshift a little bit. [He



chuckles.] Lighten up, entities. Your body is a result of the desire of you and high self (your words now) to play here in this time. You've done your job; high self wants to play now. So it is a great landing of energies upon you here. Great becoming. The portion that is in between the soul and the high self is what you call the physical body. Guess what's going to give. [Laughter.] Soul, high self, no problem.

### **Grand Chakra Meditation**

*Allow your spines to be erect here. Center your being. Now, when we do this meditation I want you to focus inside you here, and I want you to move slowly if the energies need to be adjusted in the body. Now, when I tell you to close your eyes, close them gently, and as you do, be likened unto a garage door come down. As it does, gold light is pulled into the body when you close your eyes, and it fills you. So allow your eyes to close gently. And also allow the color red there, red-gold. Grand. All the way down now. Down into the body, down to the feet. Peace. Now very slowly I want you to make a fist with your hands, but gently so you can feel the energy. The fingers should begin to feel a little puffy. That is all right. Allow. Little fist, not too tight, and then open again. As you open, breathe out the heart chakra, gentle breath, so the energy moves through the fingers. Indeed, allow.*

*Now there is a sensation if you allow yourself to feel, energy all around you, around the physical body. I want you to sort of use your nostrils and breathe in this energy and feel it go into the nasal passages, right in back of what you call the eyes. Breathe it in through the nose, and as you exhale out the mouth, exhale so you can feel the energy come out the toes. Feel it move. Allow. Very gently. Inhale through your nose again, and I want you to feel the energy at the roof of your mouth, in the back, near your palate. Breathe in. Feel it there. Now breathe out so energy moves out the knees. Indeed. That be grand. Now move your right leg a little bit, just a little bit forward, slowly. Move it back. Your left leg, [same]. Back. Center your being.*

*A lot of energy is going to begin to move up the spine in these times, so if you feel a little pressure you may adjust the spine a little bit, and center. And you contemplate inside you what the energy wants to do. You're going to feel it from the root, from what you call your perineum, right to the roof of your mouth, right up there, and through the sixth seal which is behind, in the center of your brain here, and out the top of your head. It wants to move that way. And it'll affect that chakra in the back, what is termed the Grand Chakra, right in the center it wants to open. Allow, open. Open the chakra in the back. Now I want you to visualize that chakra, simply see the design of it. Allow. Allow it to be there. The*

*chakra knows what it's doing — it is a mandala of you. Allow. It is your power also. Pay attention now.*

*Focus on the energy of the Grand Chakra. Breathe in at that chakra so you're sucking that energy from the back to the center of you. Suck it to your chest. Now breathe it out so it pushes out the front. Allow. Now let it stretch from top to bottom. Allow. Breathe in the nose again. Feel it at the roof of your mouth. Breathe out, stretch that chakra top to bottom. You be in the color now, all sides, allow. This changes your focus, entities. This is what you utilize to be in many realities at once. Allow. Peace. You're in safety. These are the energies you use to travel from place to place in a moment. Breathe in again and feel it at the roof of your mouth. Now when you breathe out, I want you to feel more energy coming from the Grand Chakra at the back, forward. Gently! Gently! Gently. Allow your eyes to open.*

The soul that resides in here [chest cavity] remembers the energy of the Grand Chakra. It is what it has played within for many, many times. It remembers. And when you push that energy further, the soul with its memory can utilize all of its experiences — “Oh, that's where you've been . . . wondered where that was” — that memory here, and you can play with it. A magician's bag of tricks there. You're carrying it right behind you, right here, little sack sits right in there. Haven't lost a thing. It is time now to breathe it in the body, utilize it, and remember.

Now, one of the keys, because you were born through woman, the sexual appetite is a big issue for you, and that key is still there. There's no judgment on it, not at all. I'm simply telling you what is working here. When that appetite begins to manifest here through you, understand it. Understand that it can take you to many realities. Just be sure you know where you're going, because you forgot the last time. And it is also that appetite that keeps you, around the planet, from remembering your christ-hood. Of course, when you're out here you think you remember. But you get here, you say, “Oops, shit! I forgot again. This makes 32,004.” [Laughter.] Oh well, what's another 90 years? Except the struggle within the soul is a burden, because the soul wants to enjoy all of this without judgment, without limitation. The soul is almost complete for many on the planet — not everyone, for many. Little bit further and you can become. That would be a grand thing, indeed? Be great wisdom.

Is everyone having fun in their dreams? One of the things, you must allow your dreams to play out, because most are messages now at this stage. Some of you want to control them, to change the end-