



# Project Blue Beam: The Theory That Won't Go Away

## A Quick Note Before We Start

This one falls into what I think of as rabbit hole territory. You start reading at 9pm, look up, and suddenly it is 2am and you are questioning your neighbor's Ring doorbell. (No comment.)

I want to be clear about my approach here. I am not here to tell you what to believe. I am here to look at the information together, ask some questions, and stay grounded while we do it. If anything in this post makes you feel panicked or hopeless, that is your signal to step away, get some fresh air, and come back with fresh eyes. Fear is not the goal. Understanding is.

Okay. Let us get into it.

## So What Is Project Blue Beam?

Project Blue Beam is a conspiracy theory introduced in 1994 by Canadian journalist and researcher Serge Monast. He claimed to have uncovered a secret plan, jointly run by NASA and the United Nations, to establish a one-world government and a single global religion. The method? A four-phase psychological and technological operation designed to make humanity willingly hand over its autonomy.

Monast died in 1996 of a heart attack, one day after being arrested by Canadian authorities. He was 51. His supporters believe he was silenced. Skeptics note he had a history of cardiac issues. That detail tends to follow any conversation about him, so I wanted to name it upfront.

The reason this theory keeps resurfacing is not just because it is dramatic. It is because the technologies Monast described in 1994 have become increasingly real in the years since. That alone makes it worth understanding.

## The Four-Phase Plan

### Phase One: Rewriting Religious History

The first phase involves deliberately engineered earthquakes in strategic locations, designed to uncover what would appear to be new archaeological findings. These findings would then be used to discredit the historical foundations of the world's major religions.

The idea is straightforward and honestly a little cold when you think about it. Destabilize what people believe at the deepest level, create a spiritual vacuum, and then offer something new to fill it. The something new being, of course, whatever the plan calls for next.

Whether earthquakes can be engineered is a genuine ongoing debate. Technologies like HAARP have been part of that conversation for a long time. I am not going deep on that here, but the short version is: confirmed publicly available technology cannot do this at scale. What exists in classified form may be a different question.

### **Phase Two: The Sky Show**

This is the phase most people associate with Blue Beam, and honestly it is the most cinematic of the four.

Massive holographic projections would be displayed in the sky above different regions of the world, each one depicting religious figures relevant to that region's dominant faith. People in Christian-majority areas might see an image of Christ. Muslim-majority regions might see imagery connected to Islam. Each population gets its own tailored vision.

Then, gradually, those separate images merge into a single universal figure that speaks to everyone, reportedly in their own language, claiming to be the one true divine presence that all religions were pointing toward all along. The goal is a kind of forced spiritual consensus, orchestrated from above. Literally.

Now here is where I cannot just wave this away. Holographic projection technology has moved fast. The Tupac hologram at Coachella in 2012 made the whole world stop and stare, and that was over a decade ago. Full-sky projection visible to millions simultaneously is not confirmed to exist, but the gap between science fiction and technically plausible has been closing steadily since 1994.

### **Phase Three: The Voice Inside Your Head**

This is the phase that sits most uncomfortably with me personally, and I think it will resonate with a lot of you too.

Monast claimed that following the sky event, extremely low frequency waves, known as ELF waves, would be transmitted through satellite systems and possibly the electrical grid. These waves would be received through the human nervous system in a way that felt like internal communication, like thoughts or impressions or even a divine voice coming from within.

The technology behind this is not entirely science fiction. Directed audio systems already exist that can project sound so precisely that only one person in a specific spot can hear it, and to that person it sounds like it is coming from inside their own head. The Audio Spotlight developed by Dr. Joseph Pompei works on exactly this principle and has been used commercially and in military applications.

ELF waves affecting the human nervous system is also a documented area of research, not fringe speculation. The Cold War produced a significant body of research on both sides into

electromagnetic influence on human psychology and cognition. How far that research went and what came of it is harder to track.

From a spiritual standpoint, this is exactly why I talk about discernment as a practice rather than just an idea. Knowing the difference between your own inner voice, genuine spiritual guidance, and something external that is presenting itself as internal is one of the most important skills anyone on this path can develop.

### **Phase Four: The Fake Invasion**

By this point in the plan, Monast argued, the groundwork is laid. Religion is destabilized. Individual spiritual experience has been hijacked. The final push is staging an alien invasion using advanced classified aerospace technology designed to mimic extraterrestrial craft.

The manufactured global crisis would be severe enough that people would demand a unified response. A unified global government would conveniently be ready to provide one.

I want to name something here because the UAP and disclosure conversation has moved so fast in recent years. Government officials testifying before Congress, military pilots describing craft that defy known physics, the official tone shifting from denial to yes, we have been tracking these things for decades. I am not suggesting all of that is manufactured. I think genuine contact and disclosure is a real and important topic. But Monast's framework does raise the question of how we would tell the difference between an authentic first contact event and a staged one. That is a question worth sitting with.

### **Why This Matters Spiritually**

Whether or not this plan exists exactly as Monast described it, the spiritual implications of living in a world where the authentic and the manufactured are increasingly difficult to distinguish are real right now. We already live in a world where AI-generated media can be indistinguishable from real events. Perception is already being managed at scale.

That is not a reason to spiral. It is a reason to take your own inner clarity seriously.

The best thing any of us can do is invest in a strong and clear relationship with our own inner experience. Regular meditation builds a baseline familiarity with your own mind so that when something feels off, you notice it. Energy work helps you maintain a coherent field that is less easily disrupted. Heart coherence practices, which HeartMath Institute has documented extensively, build genuine physiological resilience, not just spiritual resilience.

Your discernment is not a soft skill. In the world we are actually living in, it is one of the most practical tools you have.

## Where I Land on This

Honest answer: I do not know if Project Blue Beam is a real uncovered plan or an elaborate fictional scenario that took on a life of its own. I am genuinely comfortable not knowing.

What I do believe is that the technologies described are real enough to warrant awareness. And the underlying concern, that humanity's relationship to truth and authentic spiritual experience is being shaped by forces we did not consent to, is worth taking seriously regardless of whether this specific theory is accurate.

The most grounding thing I know to do with all of this is go inward. Cultivate a connection with your own consciousness that no outside source gave you and no outside source can take from you. Know yourself well enough that you recognize when something is trying to redirect you.

That is the work. And it matters whether any of this is true or not.