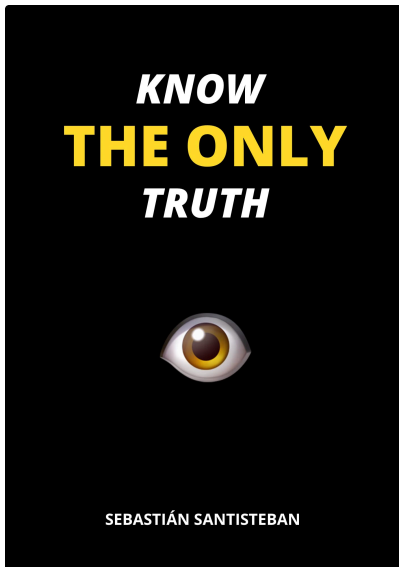


Books > Mystery > KNOW THE ONLY TRUTH



KNOW THE ONLY TRUTH

by Sebastián Santisteban | 2022 | 138 pages

4.08  100+ ratings

Mystery

Conspiracy Theories

Spirituality



Listen

Key Takeaways

1. Mass Control Through Fear: Media Manipulation

"He who controls the media, controls the minds."

Media's influence. The media, particularly television, is a primary tool for mass control, using fear, uncertainty, and repetition to manipulate public perception. News often focuses on negative events like robberies, deaths, and diseases, creating a constant state of anxiety and fear. This constant bombardment of negativity makes people more susceptible to manipulation.

Addictive consumption. People are drawn to consuming dramatic news, creating an addiction that media outlets exploit. The use of colors like red, associated with danger, further captures attention. This constant exposure to fear-based content makes it easier to control the narrative and influence public opinion.

Responsibility of consumption. While the media may present a biased view of reality, individuals are responsible for what they choose to consume. By being aware of the manipulative tactics used by the media, people can make more informed choices about the information they accept and how it affects their mental state.

2. Planned Pandemics: Control Through Fear

"That's why the real virus is fear!"

Fear as a weapon. The greatest weapon of manipulation is fear, which is used to control populations. The COVID-19 pandemic is presented as a clear example of this control, with media outlets focusing on the spread of

The Economist's predictions. The Economist magazine, owned by powerful families like the Rothschilds, often publishes covers that seem to predict future events, including pandemics. These covers, analyzed by many, suggest a level of planning and control over global events.

- Cryptic messages
- Premonitory covers
- Hidden meanings

The Simpsons' "predictions." The TV series "The Simpsons" has become known for its uncanny "coincidences" with real-world events, including the 9/11 attacks, the presidency of Donald Trump, and even the COVID-19 pandemic. This raises questions about whether these are mere coincidences or if the show is somehow influencing or predicting the future.

3. The Power of Belief: Placebo and Nocebo

"It's not that what's out there is true or not, it's that it's up to you to decide if it is."

Placebo effect. The placebo effect demonstrates the power of belief in healing. When people believe a treatment will work, they often experience positive results, even if the treatment is a sugar pill. This highlights the mind's ability to influence physical health.

- Sugar pill example

Nocebo effect. The nocebo effect is the opposite of the placebo effect, where negative beliefs can cause negative health outcomes. For example, people who believe they will experience side effects from a treatment are more likely to experience them, even if the treatment is harmless.

- Negative beliefs = negative outcomes
- Self-fulfilling prophecy
- Asthma study example

Mind's influence on health. Both the placebo and nocebo effects demonstrate the profound influence of the mind on physical health. Our beliefs and expectations can shape our reality, highlighting the importance of cultivating positive thoughts and beliefs.

4. Mind Over Matter: Mental Power and Reality

"Whoever knows the fear of people, becomes the master of their souls."

Mental power. Our minds have the power to influence our reality. By understanding this power, we can choose to focus on positive outcomes and create the reality we desire. This is not about ignoring the world, but

Internal vs. external solutions. Many people seek external solutions to internal problems, such as relying on masks or vaccines to solve the fear of disease. However, true solutions come from within, by addressing the underlying fear and choosing to live from a place of love and awareness.

- Masks and vaccines as external solutions
- Internal solutions through awareness
- Choosing love over fear

Conscious choices. We have the power to choose how we respond to the world around us. Instead of reacting out of fear, we can choose to act out of love and awareness. This involves questioning the rules imposed on us and making conscious choices that align with our true desires.

5. Extraterrestrial Reality: Ancient and Modern

"Our job was to see if it was possible to reproduce the technology of those ships with terrestrial materials and systems."

Bob Lazar's revelations. Bob Lazar, a former government physicist, claims to have worked on reverse-engineering extraterrestrial spacecraft at Area 51. He describes the propulsion systems of these ships as being powered by a stable form of Element 115 which was later synthesized by scientists

- Element 115 as fuel
- S4 facility

Sun anomalies. Images from observatories show large, unidentified objects near the sun, some of which are gigantic in size. These objects raise questions about their nature and purpose, suggesting the possibility of extraterrestrial activity.

- Gigantic objects near the sun
- Unidentified spacecraft
- NASA's explanations

Ancient depictions of UFOs. Throughout history, ancient cultures have depicted flying objects and strange beings in their art and texts. These depictions suggest that the UFO phenomenon is not new and that humans have been aware of extraterrestrial presence for centuries.

- Cave paintings and petroglyphs
- Religious texts and art
- Ancient cultures' awareness

6. Giants Among Us: Hidden History

"And there were giants on the earth in those days, and also afterward, when the sons of God were joined to the daughters of men and they bore them sons."

Evidence of giants. There is evidence of giant beings having existed on Earth, including giant footprints, hands, and skeletons. The Smithsonian Institution has been accused of destroying evidence of these giants, suggesting a deliberate attempt to hide this history.

- Giant footprints and hands
- Skeletons and bones
- Smithsonian's cover-up

Megalithic constructions. Ancient megalithic constructions, such as the pyramids of Giza and Sacsayhuaman, are built with massive stones that would be difficult to move even with modern technology. This raises questions about how these structures were built and whether they were built by giants or with extraterrestrial help.

- Pyramids of Giza
- Sacsayhuaman and Ollantaytambo
- Baalbek platform

Historical accounts. Historical documents and accounts describe the existence of giant beings, including a woman over 7 meters tall found in Ecuador. These accounts, combined with the physical evidence, suggest that giants were a part of Earth's history.

- Giant woman in Ecuador
- Testimonial documents
- Ancient accounts

and Everything

"What is essential is invisible to the eye."

Two sides of the same coin. Everything and nothingness are two sides of the same coin, existing simultaneously. This concept challenges our traditional understanding of reality, suggesting that what we perceive is only a small part of what exists.

- Everything and nothing as one
- Beyond 3D perception
- Limited human senses

Limited perception. Our senses are limited, and we are only able to perceive a small fraction of the electromagnetic waves that exist in the cosmos. This means that our reality is limited and that there is much more that we are not able to see or understand.

- 0.0035% of reality perceived
- Limited spectrum of vision
- Beyond human senses

The point of balance. Understanding that everything and nothing are the same leads us to the point of balance, where both concepts are unified. This point is beyond our traditional understanding of reality and requires us to expand our consciousness.

- Expanded consciousness

8. Acoustic Levitation: The Music of the Stars

"I have discovered the secrets of the pyramids and found out how the Egyptians and the ancient builders of Peru, Yucatan and Asia, with only primitive tools lifted and placed stone blocks weighing many tons."

Acoustic levitation. Acoustic levitation is the ability to lift objects using sound waves. This phenomenon demonstrates the power of sound and vibration to manipulate physical objects, suggesting that the universe is composed of energetic frequencies.

- Lifting objects with sound
- Universe as energetic frequencies
- Vibration and connectivity

Edwad Leedskalnin's Coral Castle. Edwad Leedskalnin, a sculptor, built a massive park of rock gates using acoustic levitation techniques. He claimed to have "tuned in to the music of the stars," suggesting that he had access to ancient knowledge about sound and vibration.

Monks in Tibet. A story about monks in Tibet using sound to levitate rocks demonstrates the power of sound and vibration. The monks used drums and horns to create specific frequencies that caused the rocks to levitate, suggesting that this knowledge was once more widespread.

- Monks levitating rocks
- Drums and horns as transducers
- Secret knowledge

9. Infinite Mind: Creating Your Reality

"Everything" is events or probabilities of events, however we look at it.

Infinite possibilities. Our minds are infinite, with endless possibilities for events. This means that we are constantly creating our reality through our thoughts, beliefs, and actions. By understanding this, we can take control of our lives and create the reality we desire.

- Infinite mind and possibilities
- Creating our reality
- Thoughts, beliefs, and actions

Unity and wholeness. From a level of unity, everything we are happens, because there is no real separation. Separation of events is only a mental

- No real separation
- Mental creation of separation
- Impact on the whole

Wave or particle behavior. The concept of wave or particle behavior in energy demonstrates that reality is not fixed but depends on who is observing it. This means that our perception of reality is subjective and that we have the power to shape it through our consciousness.

- Dual behavior of energy
- Subjective perception
- Shaping reality through consciousness

10. The Limited Human Perception: Shades of Reality

"The lattice and the existence of the synergic bands explain this human condition of being an instrument of reception of a more expanded consciousness."

Limited focus. Our ability to focus is limited, and we are only able to perceive a small part of the totality of the cosmos. This means that there is much more that we are not able to see or understand, and that our reality is only a small shade of the true reality.

- Shades of reality

Directionality factor. The directionality factor, or "anchor point," refers to our ability to focus our attention on specific aspects of reality. This means that we are constantly choosing what we perceive and that our reality is shaped by our choices.

- Focusing attention
- Choosing what we perceive
- Shaping our reality

Expanded consciousness. Our human condition is to be an instrument of reception of a more expanded consciousness. This means that we have the potential to expand our awareness and perceive a greater reality than what we currently experience.

- Potential for expanded awareness
- Greater reality
- Beyond current experience

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Review Summary

★★★★☆ 4.08 out of 5

Average of 100+ ratings from Goodreads and Amazon.

it reveals hidden truths about government manipulation, UFOs, and mental powers. Others criticize it as a rehash of debunked theories with poor writing and excessive empty space. Positive reviews highlight the book's thought-provoking nature and ability to keep readers engaged, while negative reviews dismiss it as containing already known information and lacking substance. Many readers recommend approaching the book with an open mind.

About the Author

Sebastián Santisteban is the author of "Know the Only Truth," a book that has garnered attention for its controversial content. The book is described as potentially the most dangerous in the world, spanning 280 pages and covering topics such as UFOs, religions, and hidden mental powers. Santisteban's work appears to be aimed at revealing what he considers to be hidden truths about society and the world. While some readers praise his ideas as enlightening, others criticize his writing style and the validity of his claims. The author's background and credentials are not provided in the given information, leaving his expertise and motivations open to interpretation.