



Survival Manual

- Shadow and light -

by Luc Bodin

Free booklet, not for sale.

To be distributed as much as possible.

May this booklet be placed

Under the protection

Of the Guides of Light

Introducing the author:

Luc Bodin is a former doctor, graduate in clinical oncology and specialist in natural medicines. He is also a lecturer, trainer and author of numerous books, notably : "La médecine spirituelle", "Le grand manuel de soins énergétiques", "Le grand livre de nettoyage, protection et prévention énergétique des personnes et des lieux", "Ho'oponopono nouveau", "Aora au quotidien", "L'homme énergétique", etc. He also practises energetic healing which he teaches through face-to-face and online training courses.

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INTRODUCTION

Looking back objectively at my life journey, I get the impression that everything contributed to the writing of this « Survival manual». In it I deliver the results of my research and studies over the past several decades. With this booklet, I open up my heart and give the substance of my thoughts. My intention was to disclose little by little my observations and conclusions (all personal ones) in some future books, progressively, in a non-upsetting way, while paying attention not disturb minds unnecessarily.

But the current events have persuaded me to take the pen and to write this publication.

It is important to know that this coronavirus (Covid-19), with all the problems that were generated in the world (deaths, illness, confinement, distancing, bankruptcies, food supply problems, etc.) is just one phenomenon among many.

There is indeed a lot hidden behind it all. It is now time for everyone to know the truth, and above all, how to get out of this mess.

That's why I wanted this booklet to be free and accessible to all.

It is the result of my work, my studies, my readings, my research... and my intuition also. I always followed the orientations of my heart. I can just feel when something is right or wrong.

What I'm going to expose here is the result of what I would call my scientific studies, but also my intuitions and information which I received through my extrasensory channels.

For some readers, the explanations given in this booklet will seem obvious, while for others - I think the majority - what follows will surprise them. They will also be surprised that I, a former physician, may have such distant opinions from the usual thinking (the official one). For others again, my opinions will be absurdities to throw away. But be sure that I don't want to convince anyone. I just deliver my opinions. That's it. I simply want them to be respected as I respect others' ideas that I do not share.

The first part of this book deals with the present situation which is really not joyful, as you will see. It goes far beyond what is generally presented. It will certainly scare some people because it shows the shadows that surround humanity at the moment. But fortunately it will lead the reader to the second part, which is full of hope and light. Because it indicates what to do, and especially how to get out of the terrible situation we are locked in at present.

We have to remind ourselves (and really never forget) that we, humans, are more powerful than what we usually imagine. We have given our power to individuals who have cheated us and have done everything to discredit us and humiliate us in order to better dominate us. It is time to take back our power and to create the society we have always wanted, in a fraternal world, full of compassion.

This booklet shows the way... for those who want it !

« The more enlightened men are, the more free they will be » Voltaire

A brief overview of the current world situation

There is a lot going on on our Earth at the moment, on many levels, very few of which are the subject of media attention and therefore are totally unknown to the public. But it is true that the elements I will share here can generate anxiety and many people prefer to not know about them in order to continue to live their quiet lives, undisturbed. But today, this is no longer possible because shadow forces will knock on everyone's door. And we need to

know who we are dealing with. This matter of fact will allow us to face and resist their attempt to control the whole of humanity and therefore to control each and everyone of us.

In this chapter, I'm going to speak about disturbing elements. I will indicate some references at the bottom of the page, so that the readers who want to learn more, will know where to start their research. I won't tell any name of persons, associations or groups, because they are rather simple to find on the net for those who are interested in the subject. The truth is that if we name these groups, we risk putting ourselves in thoughts of hate or violence towards them, and we absolutely have to avoid this because they will be reinforced and nourished and we will become exhausted in the process.

Some prophecies

It is curious to observe that many prophecies tell of the imminent end of our world, perhaps not of the planet or of humanity, but at least of the society we know. Many are obscure or delicate to interpret (not to say random) such as Nostradamus' predictions, the Mayan calendar, the 3rd secret of Fatima, the apocalypse of Saint John, the 13 crystal skulls, the prophecies of Egard Cayce, etc. But two are troubling and seem to point the finger at the current period:

- *The prophecies of St. John of Jerusalem (or John of Vezelay), one of the founders of the Order of the Templars, who wrote them in 1099. The most interesting part is in what is titled: "When the Year Of a Thousand will start which comes after the Year Of a Thousand¹"*
- *The prophecy of the Popes of Saint Malachi (1094-1148) who was an Irish bishop. It seems to indicate that the current popes (Benoit XVI and Francis) would be the last before the end of the world.*

Of course, all of this is largely questionable... but it is nonetheless troubling.

A little history

It is also troubling to observe that the true history of humanity is far different from that told in the history books. I am not talking about Vercingetorix being an invention of Julius Caesar,

about Christopher Columbus who would not have been the first to discover America or of Louis XIV who was not the great king that is said... because all of this doesn't matter much. No, we must look

¹ Website : <http://www.syti.net/Prophétie.html>

further, in the myths and legends that are often relegated to children's tales when they show us the true history of humanity. As Jean Cocteau, who has staged many myths, said: « ²*I have always preferred mythology to history because history is made up of truths that become lies in the long run and mythology is made up of lies* ».

Another fact that raises questions concerns the old constructions. Indeed, the more we go back in time, the more they are made up of cyclopean stones arranged with millimeter precision. Look at the pyramids of Egypt, Bosnia, Mexico... terraces of Baalbek, Ha'amonga in Tonga, Machu Pichu in Peru, Tiwanaku in Bolivia, etc. We have to realize that many of these constructions would be difficult to fulfil today, even with our modern means.

All of this indicates that the ancients had a technology superior to ours in some aspects. It was probably not a matter of mechanics, but rather of energies and power of thought... this could be the reason why we can't find a trace of it today.

Moreover, many revolutionary archaeological discoveries have been discarded because they did not correspond to the chronology of history as it is taught... The official story! I can cite Piri Reis's map, Nebra's disc, the Antikythera mechanism, the Baghdad battery, the Delhi Iron Pillar, the Dobra stones, the London hammer, etc. Human footprints dating from 700,000 to several million years ago have also been found in different parts of the world. Mines allow the discovery of this kind of remains in geobiological strata of several million years. See the book "Forbidden Stories³" for more information. These unusual objects have been called OOPArt⁴ meaning "Out Of Place Artifact" i.e. artifacts that are not in the right place !

We could also evoke the mysteriously extinct civilizations. Atlantis is the best known. But there was also Lemuria, Argatha, Shamballa, Kumari Kandam, Hyperboree, etc. After their destruction, some would have taken refuge in huge underground caverns and continued to develop their culture there. Seven are still active. They would take place at various levels and for varying purposes on current events. These are the Intra-terrestrials (IT).

Extraterrestrials in history

Around the world it is told that beings from outer space have come to Earth. Perhaps they have sowed it like the Elohim in the Bible? Perhaps they created or brought human beings to Earth as explained by the Sumerian texts?

In any case, it is certain that in this immense universe there are billions of billions of alien races (ET) of all kinds. From there, it is obvious that many have come to Earth since a distant past. It is also likely that some of them **have not left** and would still act in the shadows to control humanity

²Jean Cocteau : poet, illustrator and French film-maker

³ See the books : « Forbidden History : Prehistoric Technologies, » **J. Douglas Kenyon** and "The **Forbidden Archeology** - Atlantis to the Sphinx," **Colin Wilson**

⁴ <https://en.wikipedia.org/wiki/OOPArt>

with the help of some humans paid by them. I developed this thesis in my novel: "Project Humana"⁵. Names would have been given to certain breeds ET: Anunnakis, Reptilians, Pleadians, Nordics, Greys, Arcturians, Félin, Insectoids, etc. There would also be many humanoid races. Some others would be controlled by artificial intelligences (AI) that would be able to create clones half-machine, half-biology impossible to distinguish from real humans and they would live among us. These AIs would have a fierce hatred of all biological societies, especially humanoids. In any case, all these breeds would possess a technology far superior to that of men, which would allow them to control them as they please, at least when they are in limited numbers (?).

Allegedly, some ET races would have come to teach men, meaning to help them, and others to govern and domesticate them (the Giants of the past?) while still others would seek only to exploit them (the Annanukis?), use them or even feed on their vital energies (the reptilians?). Kidnappings are often carried out to pump out human vibrations (especially those of children), sources of youth and strength for some ET, who feed on them, as well as certain human communities in exchange for money. Other humans are destined to be sold as slaves, notably for prostitution or work in mines on Mars or in other space colonies. Developing countries in a state of war, famine or notorious corruption are ideal for this human trafficking. But this is also happening in developed countries.

There would be groups, alliances, federations, confederations and conglomerates, which are established between the different ET races... These are created and dismantled in accordance with the needs of each race. In any case, it seems that very few are there to really help humanity... and certainly, they do not wish to start a galactic war to save it!

In any case, the Earth with its many resources and humanity with its great vitality are source of lust, as well as negotiations, disputes, tensions, espionage and secret wars of which human beings bear the cost. What is most distressing is that many humans collaborate with these groups in order to obtain money, power and eternal youth...

In order to complicate the situation, some extraterrestrials would also come from other dimensions! This makes it very difficult to navigate because, in addition, some races seem to be able to act on time, on cloning, on rejuvenation... and many other extraordinary things for us humans. In short, we have enough to write a beautiful science fiction novel! But alas, we didn't get to the end...

Secret space programs

I've always been amazed by the sudden shutdown of Nasa's space programs after the first men landed on the Moon. Today, we are told that it will be very difficult to return, which is surprising given the advance of technology over the last 50 years... But the answer is obvious. The reason lunar projects have been abandoned is because Nasa funds have been used for other purposes, including large secret space programs.

⁵ www.editions-tredaniel.com/projet-humana

It all started with the Nazis who developed - under the aegis of Maria Orsic, a Nordic alien - an antigravitational engine program for flying devices resembling flying saucers. They are also said to have been in contact (among others) with the company of Vrill and the Intra-terrestrials. The Americans hoped to recover this technology after the war by invading Germany. But the Nazis had sent them to their bases in Antarctica. The Americans then launched a military expedition, Operation Highjump (some call it the "Penguin War"), under the command of Admiral Richard Bird in 1946 to obtain these discoveries and destroy the Nazis once and for all. But many American ships and planes were reportedly quickly destroyed by high-performance German aircraft. This expedition would have been a bitter failure.

Subsequently, the Americans allegedly recovered ET technology after a flying device crashed near Roswell, New Mexico in 1947. Then they would have more or less teamed up with the Nazis to develop a large secret space program (PSS). Various alliances are said to have developed between certain U.S. military corps, some U.S. intelligence agencies and ET races. Basically, the Nordics would be the good guys (?) and the Nazis and reptilians would be the bad guys (?). Other countries would also participate under the aegis of international bodies. It would have formed different space fleets whose buildings would be covered with a tachyon membrane to remain invisible to observers. They would patrol in the solar system (or even in other systems) with various arrangements. These would develop on their own account, and above all outside of political control. Some work for the protection of humanity with the help of certain ET races while others, such as the black fleet of the Nazis, would work together with reptilians (dracos).

In short, all this is very complicated and it is difficult to navigate as alliances change and evolve according to the interests of each. In any case, all this indicates that some "high-ranking" humans have access to highly developed technology on all levels, largely derived from ET technology... and leave the whole of humanity in the ignorance of this knowledge... that could save many lives, eliminate a lot of pollution, develop agricultural yields, etc.

All this is distressing, but unfortunately, we have not yet hit rock bottom!

The dimension of dark forces

We will discuss later, the rise of the earth's vibratory level. In any case, this general planetary movement has the effect of diminishing the existing separations between the different dimensions, especially with the interworld, which is the dimension of the obligatory passage of souls to the afterlife after death. In this dimension, matter does not exist. There is only energy. This is how thought is all-powerful... In this world, the individual immediately creates what he thinks... he may as well create a hell (if he feels guilty about actions taken on Earth) or a paradise (if he believes that his heroic actions on Earth should lead him to the Walhalla). But all this is an illusion.

In the interworld, important negative forces have built up that trap souls in order to steal their energies and thus develop their own power. Allegedly, they created a kind of trap, an artificial matrix (the matrix in the matrix) as some call it, to prevent souls from reaching the afterlife, thus forcing them to serve them.

As borders are now fragile, these dark powers now come easily to Earth to feed on the energies of suffering, hatred and aggression of humans.... In order to receive as many as possible,

they do not hesitate, with the help of their human collaborators, to generate wars, revolutions, attacks... but also violence, rape... as well as negative egregores such as at certain sports matches, certain concerts, certain shows, certain religious ceremonies, etc. These shadow beings are able to incorporate or even possess individuals (including many leaders), which explains the many behavioral disorders we see today in the population.

These powers are therefore responsible for many of the evils that humanity is suffering today. All this demonstrates how these dark forces control and use human beings both during their lifetime and during their passage after death.

Alliances have of course been formed between these dark forces and certain human secret societies, certain associations, some powerful world and even certain races of ET (and perhaps IT) who engage in awful acts on human beings.

Secret societies⁶

Individuals have always wanted to dominate men. Full of naïve confidence, these men gave them their powers to be protected and thus live a peaceful life. But these individuals used them to dominate and control them... This is still true today. For if we are opposed to such a consumer product, to such taxation, to such a government decision, it would be enough to stop buying it or to refuse it. If everyone did that, the product, the tax or the decree would necessarily disappear. But that's not happening... Yet it would be (is) time to stop giving our power to people who misuse it... or more precisely who use it for their personal use... and especially against us.

In the past, the initiating societies held the power that they passed on only to a few initiates, the great loans and the leaders of this world. Humanity was thus kept in ignorance, which allowed it to be controlled. Over time, they became secret societies that became more and more powerful because their members were (are) great leaders, business leaders (multinationals), powerful financiers, military or economists, etc. Their goal was (is) to dominate the world. They almost reached it at the beginning of the 20th century, during which time Europe was the master of the world. Both world wars shattered their dream. But this one is still relevant today. Fortunately, not getting along with each other, they fight for power, which slows down the development of their project. But that doesn't stop them. To achieve their goal, some have allied themselves with ET races and even with dark forces... so much so that it is difficult today to say who controls who! It is likely that humans, members of these secret societies, enjoy significant benefits, but they do not hold power. This one is in otherwise more powerful hands.

Anyway, world domination is on the way... The first step was the creation of international institutions under the heel of these societies. Then came globalization, with the uniformity of thought all over the planet. History, medicine, archaeology, physics, mathematics... in short, all areas of human thought have been framed and inscribed once and for all as presenting the "truth." All offenders and out-of-frame discoveries are immediately punished, mocked and banned from "savant" societies which are the only ones with power in their field.

⁶ See the book : « **Secret Space Programs and Extraterrestrial Alliances** » T. I and II, **Michael E. Salla**

On the other hand, individuals' organism has been distorted by pollutants (including mercury, fluorine and aluminum), pesticides and hormone-like substances found in food, drinking water, air (chemtrails) and vaccines that are responsible for epigenetic changes in DNA and thus transmitted to subsequent generations (responsible for disease and degeneration). In addition, artificial electromagnetic fields including microwaves, mobile phones, Bluetooth, the HAARP project and probably 5G, etc. Not to mention the secret weapons⁷ acting via the airwaves on human thought but also on behaviors (dumbness or aggression), as well as on climate, even seismology (to speak only of the most well-known). But since these weapons do not have an official existence, no one can be accused of using them. The barely hidden goal of all this would be to diminish the world's population and to daze the rest in order to have a better control on it.

The international situation

A decade ago, I wrote a book called "Prepare yourself for change⁸" It explained that humanity was heading straight into the wall for reasons we all know: pollution at all levels, wars, attacks, epidemics, the loss of agricultural land, the disappearance of raw materials, deforestation, the death of many animal species, the over-indebtedness of states, economic wars, mass migration... and now global warming and rising sea levels are being added. In addition to all this, famine and lack of clean water still affect a large part of humanity, drugs, prostitution, slavery, exploited children, battered women, unemployment... are still growing all over the world.

I will not insist on this non-exhaustive list that we all know and which is our daily lot. But it's distressing. Especially as these plagues are the result of human greed in its frantic search for power. It would be simple to stop hunger in the world, if a common (and benevolent) will preside over this Earth. It would be simple to fertilize deserts (including the Sahara). It would be simple to develop electric cars and free energy. It would be simple to eliminate pollution including radioactivity... etc. But if you have read the above, you can easily understand why nothing is done in this direction.

Large migrations

Human beings have always been nomadic. Large population movements landed in Europe, they were the barbarians (the Huns, the Goths, the Franks, etc.), then the Mongols in the east, the Arabs in the south... Today, a phenomenal immigration from the Middle East and Africa is taking place in Europe while another from Asian and South American countries is developing in the United States. The consequence is that national identities - and therefore the roots of beings - are lost for both. All are destabilized.

We also talked about the current invasion by dark forces from other dimensions. There would be also those of hybrids who would be half-human beings, half-aliens, with no empathy, sent by certain ET races (the Insectoids?). Impossible to physically recognize among the population, the aim would be the gradual replacement of human beings by these hybrids, which corresponds to a sneaky invasion of the Earth by these ET.

⁷ « Black Project Weapons » **Marc Filterman** (« **Les armes de l'ombre** » **Marc Filterman**)

⁸ « Préparez-vous au changement » Luc Bodin, éd. Humanis

The elevation of the earth's vibrational level

Since the 1990s, the vibrational level of the Earth (and the solar system) has been rising steadily⁹. It was 6,500 UB¹⁰ at the time, to about 50,000 UB today, almost 8 times higher... which is a phenomenal increase in 30 years. It is curious that no one talks about it... **For this is probably the main reason for the artificial epidemic of coronavirus: to prevent by all means that humanity follows this vibrational elevation. What for? Because it will raise human consciences, making them uncontrollable by these evil associations.**

We don't know where this rise will stop, but we have to get closer to "zero point" ... one that will redirect individuals into another level of consciousness made of peace, justice and compassion... at least those who have followed this movement (see methodology in the next chapter).

What we are experiencing now is the passage in which hostile forces try to prevent as many human beings as possible from evolving by keeping them in fear and materiality so that they cannot follow this planetary movement.

The origins of the formidable rise of the Earth's vibrational level are many. We can put forward certain notions such as:

- *A decrease in the Earth's magnetic field of 5% per century for almost two centuries... which makes our planet less well protected from cosmic rays.*
- *Solar activity has woken up in recent months.*
- *The Earth (and the solar system) would pass through an area of space much more loaded with photons, i.e. in energies.*

If we combine these different elements, it may explain the current vibrational elevation. There are certainly others like perhaps a normal evolutionary cycle of certain regions of the Universe... signifying the degrees of their ascent as expressed by the Hopis prophecies.

In any case, human beings are designed to live at the same vibrational level as the Earth. When this is not the case, it causes physical and psychological problems in him. But **the wonderful element is that this vibrational rise will push humanity towards a new state of consciousness... at least those who have followed the movement.** That is the essential element of the current situation.

The coronavirus epidemic

In this complex ensemble, the coronavirus epidemic, also known as covid-19, occurs. We may think it is the result of genetic manipulation (as confirmed by two Nobel laureates) and that its occurrence at this precise moment in history is not the result of chance. Media only talk about the dead, the missing masks, the defective tests, the random treatments... as if nothing else was

⁹ <http://www.drlucbodin.com/archives/2020/04/13/38195551.html>

¹⁰ UB : Unités Bovis

happening in the world. It is also curious to see, for the first time in history, the interest of individuals has come before financial interests (at least in appearance). Human life is usually of little value to our leaders. So we can ask ourselves about this sudden change in attitude! Where is the truth? We are in a state of complete disorientation with information going in one direction and others in the opposite direction, not to mention the war of numbers...

What's all this hiding? It looks like that many financial and military movements are taking place in the world unknown to the public. Just look at the stock markets and the vagaries of the oil price. Some talk about the widespread installation of the G5 while everyone is confined to home (in discretion). This would appear to be an important element in the population surveillance plan which is expected for the end of this epidemic. Not to mention the famous vaccine that many fear (what will it contain? What will be its side effects?) and which may be mandatory for the entire population. Some dream of vaccinating 7 billion people.

One of the most disturbing facts is that **the elevation of the Earth's vibration has accelerated greatly and reached heights precisely at the time of containment... This cannot be a coincidence.** Because the fact of coronavirus places individuals in fear... fear of the epidemic (risk of being sick, they or their loved ones) and its consequences (bankruptcy, shortage, scarcity, etc.). As long as people are in such an emotional state, they cannot elevate their vibrations and get out of the grip of dark entities.

Why so much attention to the Earth?

Knowing all this, we can ask ourselves why so many organizations (ET notably and interdimensional) are interested in the future of humanity? As it is a small population living on a small planet compared to the whole universe. According to some sources, it seems that the Earth is a special case. It would be a kind of laboratory... but also perhaps a kind of nursery with all the different races, cultures and religions that stand alongside... not to mention the many raw materials, abundant water and psychic energies produced by humans. It would thus be a kind of microcosm which would reflect the macrocosm in other words the whole universe with all the diversity which must be there.

What will happen on Earth soon (with this vibrational elevation in particular) will have repercussions on the whole universe or at least on our galaxy because everything is linked. That is why so many people are interested in this evolution. Among IT and ET we find the one 'for', the observers and the one 'against'.

The hope

The ignorance in which the entire Earth population has been maintained for more than 70 years by crooked politicians, domineering secret societies and wealthy personalities who work for their power and not for the common interest, **means that humanity today finds itself in an inextricable situation at all levels. The worst part is that it is not aware of it.** It's time to know. This booklet has this purpose. It is free in order to be easily transmitted by pdf. Perhaps it will also be

translated into other languages? If some people wish to do so and the text is respected in its entirety, you already have my approval.

Fortunately, some powers are helping - more or less openly - humanity in distress. There would be as follows:

- Some political leaders, many of whom would work to make public (and official) the information of this booklet. There are even leaders of great nations working for this disclosure. They face powerful political parties, government agencies and others who prevent them from doing so. If all this is disclosed, many former leaders who knew about it will have to answer for their actions in court !
- Some government institutions and agencies,
- Some secret groups and societies,
- Some enlightened individuals (whistleblowers) or people receiving channeling messages,
- Some IT races,
- Certain breeds of ET like the Nordics (?) that would work for the development of spirituality in humans.
- Some races of other dimensions,
- Some forces of light.

So we're not alone. That is why nothing is lost about this war which is currently taking place in the shadow at all levels with powers that exceed us. While knowing that the commitment of these "friendly" forces is not total for the most part. We must not be fooled. So it's important to act on our own. This is what many voices say: we must act... This expression is easy to say, but in practice how to do it? Manifest? Refuse the measures taken? Advocating civil disobedience?

We could say schematically that we should be prepared to:

- *Oppose ourselves to the installation of 5G* which is of no interest to us but opens the door to many dangers.
- *Refuse serological tests* which, to date, are unreliable and present many false and false-negative tests.
- *Refuse the vaccine* and even more any vaccine obligation at least until we know exactly what it contains. Instead, we should boost our individual immunity.
- *Refuse applications on laptops* which are real policing of our privacy, opening the door to all excesses.
- *Refuse the injection of chips* in our body for the same reasons.
- *Spread information* so that as many people as possible are aware of what is going on in the shadows.

It is obvious that something must be done, especially when we consider that decisions are unjustified or that they infringe our individual freedom. As Einstein said, "*Don't do anything against your conscience, even if the state asks you to.*" People working in large pharmaceutical or other companies, administrations, public forces, intelligence agencies and who see activities that harm freedom or health (physical and mental) must report it loud and clear, through the press, the Internet or others. Otherwise, they are as guilty as the decision-makers.

Physicians (and all health care workers) must also react to the government measures (or even the College of Physicians) preventing them from treating their patients with all means at their disposal (such as Hydroxychloroquine) in accordance with their Hippocratic oath. They must also refuse to carry out unreliable biological tests and also to participate - near or far - in keeping the population under surveillance.

Of course, the governments in place have armed forces, surveillance abilities, propaganda possibilities, not to mention the weapons of the shadows (as we have mentioned), making any opposition difficult. Difficult maybe (whatever) but not impossible. Because it is important to act before these measures are put in place... after it will be too late.

On the other hand, this booklet will show you a path that few people talk about and which is - from my point of view - the only one really appropriate for facing this difficult situation.

It should be noted that humanity possesses two important allies:

- *The rise of the earth's vibrational level* which provides human beings with previously unknown psychic abilities. Our elevation of consciousness is accompanied by a phenomenal development of our mental power. However, this planetary vibrational elevation is unavoidable and the forces of the shadows cannot prevent it because it is a universal movement.
- *The power of our being has never been stronger than it is today.* We have capacities that we have to use. Negative forces know this well and do everything possible to place us in fear, to set us against each other, to daze us (with chemicals and radiation) and to control us... in order to prevent us from raising our vibration. But all this can be easily destroyed if we start to believe in ourselves and use our psychic abilities.

The first thing to consider is, as Einstein explained, that a problem is not solved with the same thinking we used when we created it. We must therefore move away from fear and materiality, and above all raise our consciousness to follow the great vibrational movement that is currently taking place on Earth. This will put us out of all earthly, IT, ET and other contingencies...

I propose a "manual of survival" outlining 10 keys, simple to put in practice on an individual level, and which do not put you in a warrior process towards the current system. As you know, fighting a system only feeds and strengthens it. It would be suitable to develop another one, and if this one turns out to be valuable, it will then take the place of the precedent without any fuss or violence.

As far as I am concerned, I consider this program in 10 points to be the path of salvation for all human beings.

Manual of survival
The 10 keys to safety

« Our deepest fear is not that we prove to be unworthy. Our deepest fear is that we are powerful beyond all limits. It is our own light, not our darkness, that frightens us the most. »

Nelson Mandela

from Mariane Williamson's book "A Return to Love"

The prophecy of the Hopi Indians

Prophecies of the Hopi Indians announce that our world (the 4th) will be destroyed by the flames. But the Indians also provide an important clarification: the fate of it depends entirely on the behaviour of human beings, depending on whether it is in conformity with the Creator's views:

"Tell men that they shall fear no cataclysm. Only what they would tolerate will happen in them and out of them."

"Be aware that there are two kind of disruptions in the manifested Universe. The first are due to the natural mutations of the cosmos and punctuate the degrees of its ascent, the second one are the results of sick souls, children of anarchic thought forms."

"Both are preventable throughout a wave of life or creation (...) The cataclysm is likely to happen but can be avoided."¹¹

We can understand that the current vibrational elevation of the Earth corresponds to a "natural mutation of the cosmos that punctuates the degrees of its ascent" which seems quite logical. Against this background of inevitable transformation that no power can hinder, humans by raising their consciousness, can positively interfere with the current movement... but if they remain in thoughts of fear, hate, aggression, domination and lust, the worst may manifest itself.

So everything is in our hands, depending on the attitude we decide to choose. Only one thing is certain, the vibrational elevation that tends to push human beings towards more consciousness... So it is our ally... an ally that we will use to elevate our minds (along with the earthly vibration) and get out of this perverse gear with all these protagonists who want only one thing: to take advantage of the situation on the back of humanity.

The power of our thinking

The rise of earthly vibration has effects on our constitutions and minds. It produces on *unprepared* individuals, states of ill-being, fatigue, anxieties, depressions... leading to many functional disorders that many are experiencing today. This is due to the significant difference between the vibration of the Earth (which rises) and that of individuals (which decreases or stagnates).

¹¹ « Le voyage à Shambhalla » Anne et Daniel Meurois-Givaudan, éd. Amrita

One of the most extraordinary effects of this vibrational increase is **the development of the power of human thought**. Indeed, we have evidence that it affects our bodies, people close to us, our environment and even the events of our lives¹².

Our psychic abilities are more developed than they were 20 years ago, a century or a millennium ago. This is probably one of the reasons why the human species attracts so many lusts of the ET races who hope to pump our psychic energies to increase their power (or even to regain their youth).

But let us not forget the essential: **our spirit is powerful**, much more than we think or that we would like to be believed... We will use this ability to affect our life, the current situation and our future. That's where our strength lies... With our thought we can act, that is, annihilate all harmful actions that are sent against us.

The solution

Considering the planetary, interplanetary, galactic and interdimensional situation on which we can hardly intervene individually... **which doesn't stop us from trying**... as trying to interfere with government or other measures... things that seem unjustified or even frankly deleterious to us. It is not, of course, appropriate to remain inactive on the material level... but it must be done in a particular state of mind that we will develop in this chapter.

It is true that our possibilities for action seem limited... However, they are far from zero. On the other hand, **it is possible for us to act on ourselves by raising our consciousness**. This will have many beneficial effects:

- *On ourselves*: By placing ourselves above the fray, the elevation of our mind allows us to be **unassailable** by all the hostile forces currently working on Earth (materially) and also to follow this beautiful vibrational movement that reaches the Earth today. As the Polynesians say: *"With a powerful mana, we are invincible."*
- *On others*: Because our attitudes, words and actions will influence those around us. They will see our behaviour as an example that they can follow. Then it will be up to them to decide. But we will have shown them that it is possible, which is very important.
- *On the universe*: Because the elevation of our consciousness will interfere beneficially throughout the entire universe... on ET, planets and others... By developing peace in our being, we also develop it in other humans but also on all the consciousnesses of the universe.

Let us now look pragmatically at the 10 keys to raising our consciousness because theory is interesting, but practice is more important.

¹² « La médecine spirituelle » Dr Luc Bodin, éd. Guy Trédaniel

The 1st key: Don't fight

The first thing to understand is not to get into the fight: fight against destructive individuals, against harmful associations, against demonic and other forces. Saying "*we are at war*" is nonsense. Because, have you ever put out a fire with the fire? Of course not! You use its opposite, that is, water. Also if we want to fight something harmful, we must not start fighting it because then we place ourselves at its level ... where he has all its strength. That is why all demonstrations against a system or against laws, only feed them and thus develop them. If we really want to harm these evil engencances, let us send them the opposite of the fight, that is, send them compassion and love because these emotions will have the most impact on them... and we will remain in our peace and serenity.

So don't get into the fight or the emotions associated with it like hatred, aggression, resentment or hostility... Because if you get involved in a battle with these dark forces, you are not sure of winning it, far from it... because you place yourself on their vibrational level, where they are powerful. On the other hand, if you remain in compassion and love, you place yourself on a high level where these forces can never reach you. These are vibrations far too high for them. So you will always emerge victorious.

Finally, while remaining in love and compassion, that is, outside the fight, it is possible to place ourselves in resistance towards harmful actions carried out on the population. **Our integrity is at stake**. Resistance is therefore required in these situations and the forces of love will allow us to remain always on our feet toward malevolence that might be sent.

2nd key: Get out of fear

Fear is the feeling that takes us most away from love. However, everything is currently being done to put us in fear (fear of running out of money, fear of losing one's job, fear of disease, fear of the neighbour, fear of the economic crisis, etc.). Fear leads to nothing except to attract to us what we do not want with these negative thoughts!

Fear is linked to our ability to anticipate... We imagine what could happen... the worst of course, and we put ourselves in anguish. We cannot control the future, which we are constantly striving to do... and this exhausts us. The important thing is to live in the present. Because then the fear disappears and we begin to appreciate life and all the beauties it contains.

It is also important to remain in trust... self-confidence, confidence in life, confidence in what will happen to us... If life was trying to destroy you, it would have been done a long time ago! Moreover, you have certainly overcome many hardships in your lifetime and that is why, if new ones arise in the future, you will always find in you the resources necessary to overcome them. Trust in your abilities. Trust yourself!

Getting out of fear is essential to develop your being and live your life according to your aspirations in peace and love.

3rd key: Avoid collective action

Today **all actions must remain individual**. Group prayers and meditations are beautiful in principle. But unfortunately, within them often come beings who come to take advantage of the energies of these egregores, or even to divert them for other purposes. But also dark powers can be attracted to the energies of the group and feed on them, so they increase their strength and power.

It is up to everyone to raise its vibration on their own, possibly with their spouse, children or close friends... but always in small groups of a few people at most (3 or 4 not more).

Your change in attitude will serve as a model for others, which will encourage them to do the same. In this way, a process will be able to develop that will extend to more and more people without forcing or imposing anything, on anyone.

Collective actions will come later... when the time is right. Patience...

4th key: Listen to your heart

As I often say: « *Your heart knows the path... Will you have the courage to follow it?* » Our intuition comes directly from our heart, in other words from our being. It has all the answers, long before our reason. We feel... we sense the answer or attitude that we must adopt instinctively long before our brains analyze the situation. Our intuition tells us the way to happiness, the way we will be well and happy.

Intuition arises and then arrives reason with his fear of change, his fear of coming out of the usual old reflexes of jealousy, anguish, rancor, resentment... even hatred. All these emotions have never brought us anything good. They are like acids that consume our being from within. It's time to get out of these old contingencies... to go out of our comfort zone, to expose ourselves to develop new feelings of compassion, fairness, justice, fraternity, integrity... and love. It is in these states that we feel good and happy.

When you have a choice to make, always choose the choice of love... For it is he who will make you happy. This will ensure that you are never wrong.

To help you in difficult situations, you can place a hand on your heart and collect you in silence for a few moments in order to come into contact with your being who will then send you messages through your intuition.

One last piece of advice: *don't listen to others*. Because as Einstein said: *there are always people who find objections to all the proposals you make...* There are also the jealous, the envious, the people who would like to do what you do and who have never dared to do it, people who always want to do nothing, etc.

So listen to your heart. It will show you the way to your happiness, the one that is made of love and compassion... the one that will raise your conscience.

Key 5: Meet your true self

When we follow the precepts of society, we are in the "appearance". We wear masks depending on the circumstances: at work, in social relations, in friendly life, etc. We also obey the principles that govern our present world: the law of the strongest, the importance of social and financial success... In short, we follow rules and laws that lock up our being, preventing the development of our aspirations and not allowing us in any way to follow our pathway.

It is time to drop our masks, to stop being in the "appearance" in order to reach our "being". But we have lost the habit of meeting him. Here are some tools that can help you:

- Individual meditation,
- Quiet moments of thinking,
- Walks through nature,
- Artistic activities,
- Prayer is also to favor for believers, because it is the divine's phone.

All these actions have in common to put you back in the "here and now" but also to extinguish your mental (and with it, fear) in order to see the important elements of your life ... They will help you to follow your pathway... the one of happiness, compassion and love... the one that will lead you into the light.

6th key: State where you stand

A war is currently taking place on Earth whose stake is humanity and the control of the planet with its resources. Clans have formed. As we mentioned, given the complexity of the situation and also in order to get out of this fight, it is necessary to raise our mind above the fray. But everyone has its own choices to define. It is important that you clearly determine where you stand:

- *Do you want to be in war or in love?*
- *Do you want to be in the forces of light or the forces of darkness?*

It's up to you. You are free to choose... but responsible for the consequences they will have on you and others. Be aware that there are no bad choices. It's always just about experiences... that will sooner or later lead you to the light. Because the forces of the shadows are also at the service of light, although they do not know it for the most part!

Anyway, think about it and answer the previous questions. Take your time. Listen to your heart and **affirm loud and clear, but also with all the conviction you can, what you have decided in your soul and conscience.** Do not hesitate to repeat often these assertions so they can go into your mind and eventually become obvious. This is especially important when you are in a situation of doubt.

Key 7: Act with love

Love is no doubt the most powerful force in the universe. It is a feeling, not an emotion. That is why he has no opposite. Hatred, which is often shown to be the opposite, is the opposite of compassion, not love.

Love is produced by our being and mainly by our heart which generates a magnetic field thousands of times greater than the one of the brain.

Love is undoubtedly the main key to getting out of the current situation.

But it is not easy to act in love much less to stay *always* in love.

- The first thing is to want to live in love.
- It is possible to start with feelings or emotions close to love and easier to achieve such as compassion, fairness, integrity, justice, sharing, altruism, etc.
- So little by little love will be obvious in your life and will become a habit.

Love will become the driving force of your life... the essential motivation... It should not be relegated to a few situations such as during a prayer or meditation... **Love should preside over all your thoughts, words and acts.** But also, when you have a decision to make, always choose the path of love.

Love goes along with **forgiveness**: forgiveness to others and to oneself. It is important to know that if we forgive an individual for what he has done to us, it does not mean that we recognize that he was right... it simply means, that we want to move on.

Nor does love mean being "yes-men" ... in other words to agree with everything that is done or said. We can act in love, showing our disagreement or even our disapproval of harmful situations... but we do it with respect for others and not in judgment. As we already mentioned, **it is important to resist to all harmful actions that could be carried out against ourselves or against other humans. It is our duty if we want to remain in our integrity. This does not prevent us from remaining in love and compassion.**

Love has to be decided. We can learn that. It's a life-changing. We all have love in us. You just have to reactivate the flame through our desire and our will. Love is the energy of the universe. We are beings of love made to live in love and to develop love. The proof? It is when we reside in this feeling, that we are well and happy... nothing can reach us and all the problems melt like snow in the sun.

8th key: Call your Guides

We all have Angels, Archangels and Beings of light by our side who only want to help us on the condition that we ask them. Because they respect our free will and will never intervene if we don't want to... in other words, if we do not ask them.

So call these beautiful Beings every day to come and help you, protect you, guide you throughout your day... so that they show you the best ways for you in the development of your being.

These Guides are endowed with an immeasurable power that nothing can hinder. They love you with unconditional love no matter what you have done, said or achieved in the past. They're always there for you. Remember to call them every day and especially when you are going through difficult times.

And do not hesitate to pray to the Divine and especially to listen to what He has to say to you. These moments are out of time. They allow you to realize **that you are never alone... that you are always accompanied.**

9th key : Ask

In all the sacred texts, it says "ask and you will have." However, our education has forbidden us to do this kind of thing, which is simple and natural. Asking also helps to set our desires and expectations.

Moreover, with the rise of the vibrational level of the Earth, the strength of our thinking, and thus our demands, has greatly developed in recent years. In these troubled times, it is imperative to use this phenomenal capacity that we have.

For those who can, be aware that visualization brings extra power to the requests you make.

So we can ask for a lot of things. **There are no limits.** Like for example :

- **Ask to be recharged with energy.** To do this, one must first ask to receive the telluric, cosmic, spiritual and Divine energies and then remain focused on this request for the time necessary to recharge it.
- **Ask for the opening and regulation of all your chakras.**
- **Ask your Guides to build around you, a protective bubble** that will let enter in your being, the right energies and transmute the bad (whatever they are) into good ones. It is also possible to ask that this bubble protect you from:
 - Nuisances, embezzlement and malicious actions.
 - Artificial electromagnetic fields and harmful vibrations.
 - Pollutants by eliminating or neutralizing them.
- **Ask for misinformation about the implants** you may be carrying and the destruction of their mechanisms by the Beings of light.
- **Ask for the elimination or neutralization of all pollutants** that you may carry.
- **Ask for your epiphysis to be cleaned and reactivated...** which is a small gland in your brain that puts you in contact with subtle energies. However, it is often fouled by metals,

pollutants, pesticides... It is also disturbed by certain artificial vibrations. All this has the effect of cutting you off from the highest part of your being... your spiritual part.

- **Ask for a positive epigenetics**, that is, the closure of the genes in your DNA that physically and psychologically diminishes you and the opening of the genes that allow the development of your being.
- **Ask to remain invisible to all** (whatever) policing systems that are intended to control or monitor you for harmful purposes.
- **In case of vaccination** (if you cannot escape it for any reason), before and after vaccination, ask for the destruction or neutralization of any negative elements (pollutants, RNA extracts, fleas, etc.) that it may contain. It is possible to complete this action, from taking *Thuya occidentalis* 9CH: 1 dose before vaccination and one dose on the following 3 Sundays.

These requests are to be made **several times** (about ten times) **slowly, being concentrated**, in order to integrate them into your mind and also allow them to have a complete action. **It is also advisable to renew these requests on a daily basis.**

A little trick: except from the energy recharge that must be done separately (staying focused on the incoming energies for the time needed), it is possible to establish with your Guides a kind of protocol ... you will call it by a name you like, such as "**Light Protocol**". So when you ask your Guides every day that they do the "Light Protocol" for you, it will mean that you ask that all the elements of the above list be put in place... which will save you from having to do it again every time. But you have to ask for it every time, focusing on what you want and stay there for as long as necessary... a minute... until the protocol is in place.

People who practice dowsing (pendule, Lecher antenna, bent chopsticks, etc.), kinesiology, energy testing, balance test or other techniques, can verify the veracity of my statements and also perform a test before and after the Light protocol to verify its effectiveness. If the result is not complete, the procedure should be repeated as many times as necessary.

10th Key: Replacing the atlas

The atlas is the first cervical vertebra. It is displaced in almost the entire population. However, this mis placement disrupts or even blocks the flow of the body's energies, especially those intended for the head (the brain, the mind)... It disrupts communications with high, especially spiritual plans (Beings of light, Divine...), which contributes to cut us off from the most beautiful and highest part of our being.

A good osteopath will be able to put the atlas back in place in one session.

Population control

A lot of means have been deployed in recent decades to control the population.

Here are a few:

- *Fouling the epiphysis* by fluoride, aluminum and pesticides in particular,
- *Displacement of the atlas* linked mainly to "modern" methods of delivery,
- *Epigenetic manipulation* of DNA by pollutants, infections, vaccines and waves,
- *Disruptive vibratory fields* (wifi, phone, relay antenna, 5G, etc.),
- *Pollutions and hormone-like* substances sterilizing the population and destroying their immunity and health,
- *Inoculation of chips* via mainly food, water, air (chemtrails?), drugs and perhaps vaccines (?) because they now use nanotechnology or even bioengineering to make them undetectable. These are transmitters that can disrupt your personal energy fields and influence (on a receiver mode) your health and behavior.

Until then, chips were not customised. They could have an effect on a population without targeting a particular individual. The next chips will be individual containing personal data allowing the authorities to act as they please on a particular individual (make him sluggish or aggressive at choice, or even kill him).

It seems today that we have moved to a higher level of control with the coronavirus epidemic, containment, random testing, banned treatments, vaccine of all dangers, population chipping, computer surveillance apps (with the help of 5G), the development of general surveillance (and denunciation), the fall of the financial means of individuals thus placing them in precariousness, soon to be food shortages.

You now have all the elements in hand... It is up to everyone to see and react as they feel. Only one thing is certain is that you have to choose your camp. It is no longer possible in the current state of the situation to remain neutral... a situation too easy that avoids getting out of its comfort zone... Now you have to determine where you stand and accept the consequences.

In conclusion

These 10 keys are easy to put in place by people who want it. Their power comes from the fact that they place themselves on another level - a higher level - where dark forces will not be able to reach you.

Finally, we need to remember an important thing... the rest is of little importance: Everything comes from us. There is no exterior and interior. When we are fighting external elements, we are in fact fighting parts of ourselves. We are here alone with our thoughts, beliefs, programs and desires. All this to say that if we want to change the world, we must change ourselves. This manual gives you the keys. It's up to everyone to decide his behavior.

CONCLUSION

A few reminders, to help you raise your consciousness:

- Believe in your strength and power...
Believe in yourself.
- You are powerful... beyond all limits.
- Whatever happens, stay in the light.
- When you have a choice to make, always make the choice of love.
- May love guide over all your thoughts, your words and your deeds.
- Let the external events slide over you without reaching you.

No evil, no shadow and no harmful action can then reach you.

Your example will help others to find their way to their real being.

In this way you can follow the magnificent vibrational motion that is taking place on Earth.

The elevation of each will contribute to the elevation of all.

Together we will create a new humanity, made of consciousness and love...

Together we can do it... We have to get there.

All united, towards a new destiny.

"Man is the only master of his destiny"

Buddha

Luc Bodin, May 2020