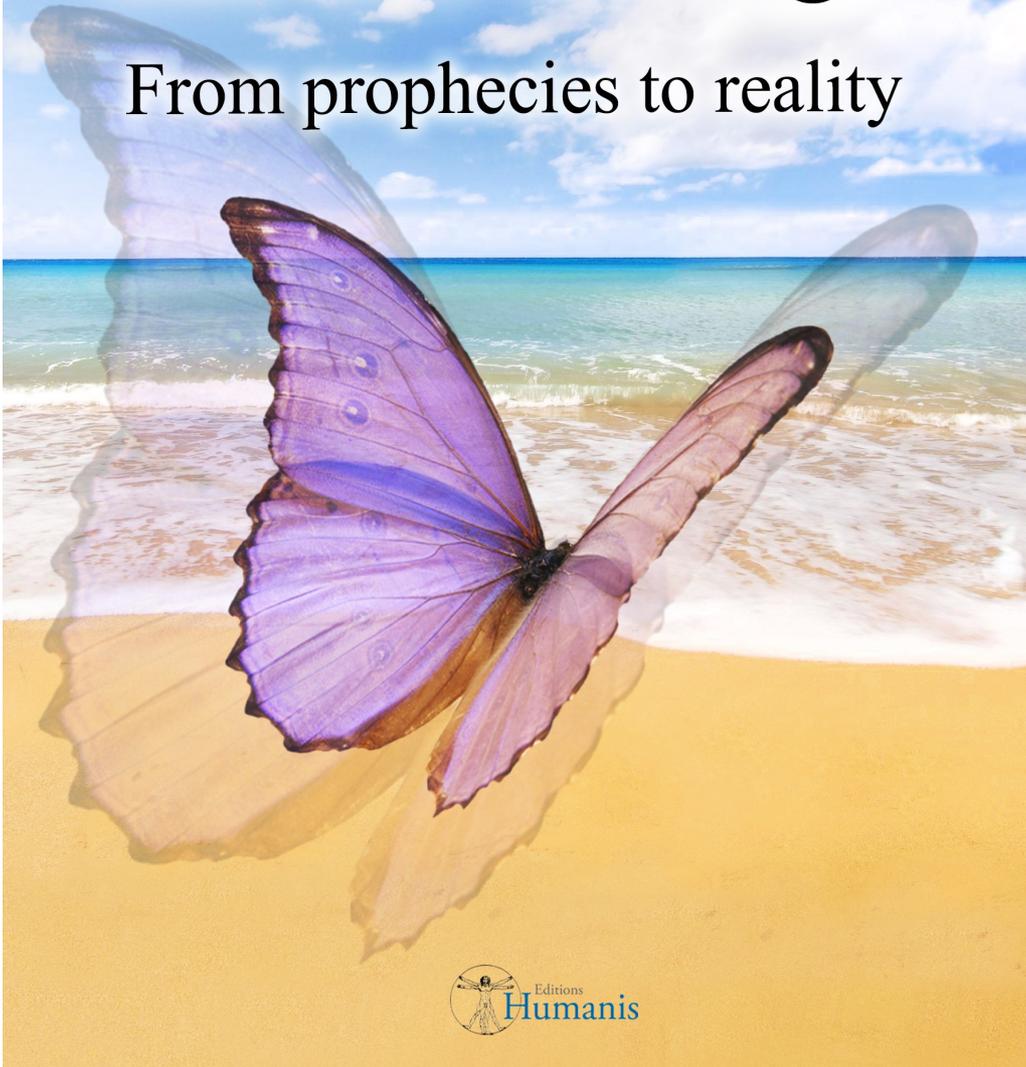


Dr. Luc Bodin

Prepare for the change

From prophecies to reality



Docteur Luc BODIN

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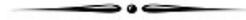


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Vous êtes en train de consulter un extrait de ce livre.

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About the Author

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www.luc-bodin.com

www.conseilslucbodin.com

www.livreslucbodin.com

www.vivreavechooponopono.com

Foreword

This book starts in setting the stage of what our world is going through today, geopolitically, militarily, financially and environmentally. It is true that listing all these events may be anguishing for some. However it is necessary to go beyond and keep reading the book as, conversely to what the reader may feel at the beginning of the book, it is not pessimistic. It is bringing a **message of hope** with simple, concrete and above all positive tools so that everyone can cross serenely this transition period. The solutions are in the second part of the book.

Enjoy your reading and may the best be in your life.

Dr. Luc Bodin

Introduction

We fear that our world is on the brink of chaos. It feels fragile and... destructible. It is a new impression and not a reassuring one. Until now, we were bathing in opulence and security, sure that all the problems encountered by humanity would be immediately resolved by the human genius.

Now we are getting aware that our society is vulnerable — a colossus with feet of clay. We sense that our planet cannot be pilfered and deteriorated any longer without our ecosystems and our lives to be seriously impacted. Moreover, we are discovering that we depend on the workings of our sun and that, without warning, the galactic winds can blow the good or the bad onto our planet...

Added to that, many prophecies like the famous Mayan calendar predict the end of the world and include descriptions of events that we are experiencing today.

It is, however, necessary to maintain some distance — similar prophecies predicted the end of the world for the year 1000, others for the year 2000 with the famous computer bug... And nothing happened. So should we believe today the predictions?

Whether these predictions are real or not, they reset man to his right place within the universe. Beyond his maniacal egoism, the human being is only a tiny piece of this huge complex. That is why some feel threatened. The end of the world may seem closer and humans may be attacked by forces with indomitable strength and swept away like wisps of straws in the midst of a tornado... Others will even feel that humanity is righteously punished for its mistakes.

However, instead of dreading the possible end of our civilization, it would be judicious to view what is going on as an evolution of human kind and to contemplate the future with confidence. Whatever the upcoming events, they will allow the emergence of a new society, built upon sharing, compassion, tolerance and personal development.

This general trend has already surfaced because for several years now, new vibrations have been reaching the Earth, allowing humans to develop new perception and understanding capabilities. All these changes are part of the normal order of evolution from a galactic, human and terrestrial viewpoint.

However, like in all transition periods, the old structures will have to be replaced by better-adapted new ones. This, in turn, will be difficult as many remain attached to the past and strive against this universal occurrence. It will be more difficult for them. Others will be unaware of what is going on and from the force of habit will try to rebuild a world identical to the previous one. Then some will contemplate the future with serenity while knowing that a new “Eden” is looming on the horizon for humanity. For them, this crossing will be simpler and performed in full awareness.

This book is intended for all who yearn to understand the upcoming events and who want to get prepared.

The Facts

Many major events are happening, right now, at the planetary and galactic levels, and they are troubling because of their number, their intensity and their progression. But do they indicate the end of the world? This is not obvious. We will see that no date concerning them can be conclusive: at the planetary level, what is a month or a year?

The holes in the ozone layer

In the 1980's and 1990's, the media kept telling us about the holes in the ozone layer and today this information has totally disappeared... but the holes are still there! This ozone layer is particularly important for humans because it protects the Earth from cosmic and ultraviolet (UV) radiation coming from the sun.

The holes in the ozone layer are essentially centered above the poles. Others can also be found elsewhere, temporarily, notably above Europe.

It is well known that the thickness of the ozone layer varies naturally and seasonally. But these data have nothing to do with the depletion that has been happening during the past few years. Notably, the volume of the stratospheric ozone (above the atmosphere) has been decreasing. This type of ozone should not be confused with the ozone that you find in highly polluted cities. To give you an idea about the damage, it has been calculated that in August 2005 ¹ only for the Antarctica area, the hole in the ozone layer had spread on more than 10 million km² (same surface area as the Canadian territory).

Officially, the depletion of the ozone layer is caused mainly by CFC emissions (chlorofluorocarbons) from industrial applications (aerosols, solvents, cooling liquids, etc.).

The sun's UV radiation is not correctly absorbed any more by the ozone layer so the planet and its inhabitants (humans, animals and vegetal life) are facing numerous consequences: melting of polar ice caps, increase in plants temperature, decrease of agriculture quality and output, important consequences upon health with chromosome mutations, skin cancers, cataracts, accelerated skin aging, eye infections, autoimmune disorders... The Asef ² is forecasting an increase of 5% in skin cancers in Europe and 10% in the United States ³ in the upcoming years.

Fortunately, the historical Montreal agreement signed in 1987 by 190 countries with a goal of limiting HCFC production seems to be bearing fruit. Indeed, the hole in the ozone layer does not seem to progress any longer: it is a first step. However the hole is still significant and the average thickness of the ozone layer is still at its lowest level. The improvement is not notable and the few variations that have been observed these past few years are due to seasonal changes and weather conditions.

The reversal of the poles

Two satellites launched twenty years apart, Magsat and Oersted, have yielded data that the Institut de Physique du Globe de Paris (IPG: "Paris Physics Institute of the Globe") analyzed; its observations show significant variations at the level of the Earth's magnetic field ⁴. Scientists concluded that this phenomenon could indicate an upcoming pole reversal,

¹ Nouvelobs.com dated 08/31/2005

² Association Sante Environnement France (Association Health Environment France)

³ Bulletin d'information de l'Ordre des Medecins n. 9 january-february 2010

⁴ Sciences et Avenir Magazine – June 2002

specifically called “true polar wander”, showing a cyclic variation of magnetic field intensity without polarity change between the poles.

However, more observations have evidenced that the Earth’s magnetic field is changing. Indeed, our planet usually behaves like a dipole with a positive charge on one pole and a negative charge on the other. Each charge has a set territory whose theoretical limit is the equator. But for the past few years, this limit has been rapidly fluctuating showing increasing overlap of the magnetic fields. Scientists believe that this activity is the sign of an upcoming pole shift. However it remains impossible to set a date for the event. It may happen tomorrow or in a hundred years.

Pole reversals have occurred at various times in the past. Geologists have uncovered evidence of this in the orientation of the ferromagnetic particles in volcanic lava. While cooling, the lava preserves the magnetized particles oriented toward the pole of the specific time. This is what allows us to establish that during the past 90 million years, pole shifts occurred approximately every 10,000 to 780,000 years ⁵. And the last one occurred... 780,000 years ago.

These reversals can happen more or less rapidly. It can take weeks, months or years. They are followed by a chaotic period of variable duration during which the Earth’s electromagnetic field remains unstable. Thus, it was observed that several poles could form at the surface of the globe: up to eight poles at the same time were counted!

This pole reversal would be caused by the inverted rotation of the Earth’s core –influencing directly the poles’ position and the related Earth’s electromagnetic field. But before the core starts turning in the opposite direction, it stops for some time (probably several days). This is the most dangerous time as the Earth remains without its electromagnetic protective shield (see above).

The effects of this pole reversal upon humans is difficult to predict. But a geomagnetic change of such intensity will influence behaviors: mental health disorders, fatigue, depression, distress, aggression, etc...

The shift of the magnetic poles

According to Russian specialists at the Academy of Science, the Earth’s magnetic poles are now shifting toward the equator. Between 1994 and 2001, the north pole — varying more than the south pole — shifted by approximately 300 kilometers with an average speed of 10 kilometers per year until the 1970s, then increasing to roughly 40 kilometers per year ⁶.



Currently the north magnetic pole is in Canada and is going toward Russia with a higher speed of 64 kilometers per year ⁷. This would be caused by the activity of the Earth’s core which also impacts the electromagnetic field of our planet.

⁵ Sciences et Avenir Magazine – June 2002

⁶ Sciences et Avenir Magazine – June 2002

⁷ <http://news.nationalgeographic.com/news/2009/12/091224-north-pole-magnetic-russia-earth-core.html>

This shift should be taken seriously. For one, it shows the profound changes occurring in the Earth's electromagnetic field; in addition, such a rapid shift can only disrupt human beings and leave them disoriented as is the case for migratory animals.

The intensity of the Earth's magnetic field is decreasing

Earth's magnetic field is generated by the motion of molten iron alloys of the outer core around the solid inner core of the planet. It is a giant dynamo generating electrical power.

The latest observations show that, during the past few years, the Earth's electromagnetic field has been decreasing. It is estimated that within 2,000 years it will have completely disappeared, thus leaving the Earth unprotected from cosmic radiation and solar winds made of ionized particles (protons, electrons, helium cores, etc). Geophysicists have also verified that the main climate changes in the past have always meant that the Earth's magnetic field is changing too.

This is why the decrease of the magnetic field is bringing more and more auroras boreales on Earth. Then, in the long term, bigger upheavals are to be expected like earthquakes, volcano eruptions, tsunamis, storms, hurricanes, heat waves, floods... with a never-seen intensity. Climate change and the related temperature variations will reach extremes in the cold and in the heat.

Human beings, animals and plants will be also impacted by the arrival of these solar winds. Agriculture will become more difficult during this period, even impossible on large stretches of land. Animals will not be able to migrate anymore and will show distress.

Since solar radiation will increase on the planet, genetic mutations may occur in the vegetal and animal worlds, thereby generating new species. But also at the human level, this radiation could generate an increase in the acidity of the body, hormonal dysfunction, emotional disorders, irritability, depressions, behavioral troubles, diseases⁸, chronic fatigue syndrome, and numerous deaths in the population.

The Schumann resonance

In the years 1952-1957, the German physicist, W.O. Schumann, discovered that the cavity defined by the surface of the Earth and the inner edge of the ionosphere 55 kilometers up is in resonance with the Earth's electromagnetic field. He was able to measure the vibratory rate or frequencies of the Earth. They could be compared to a human heart beat. The Schumann resonance might be the Earth's heart! It directs the rhythm to all living entities on Earth, including humans. This significant frequency increase (from 8 to 13 hertz) considerably impacts our lives without us being aware of it.

Once the Schumann frequency resonance was 7.8 Hertz (Hz). But since 1980, it has been increasing. This phenomenon started to develop slowly and has now accelerated to reach 12.8 Hz. This acceleration does not have any obvious explanation.

According to legends, the increase in the Earth's vibratory rate in the years 2000-2010 has shifted the Earth into the fourth dimension⁹. This frequency opens the human mind, thereby allowing humans to cross into the fifth dimension when the frequency reaches 13Hz...

Researchers such as the engineer Gregg Braden¹⁰ believe that when the Earth's frequency reaches 13Hz – according to the acceleration rate, it should happen soon — the Earth will stop rotating. It will be the “zero point” of the Earth's magnetic field. Then after 2 or 3 days,

⁸ Many diseases have genetic causes: diabetes, Alzheimer's, cancers...

⁹ The meaning of these “dimensions” is explained in a later chapter

¹⁰ American author of “Awakening to Zero Point: The Collective Initiation”. www.greggbraden.com

our planet will resume its rotation... but in the other direction! The sun will rise in the west and will set in the east.

Inverted rotation of the Earth already occurred in the past. The Egyptians even made hieroglyphic representation of its latest occurrence. It appears that this event happened more than 10,000 years ago, during the “Leo” age. For that matter, they had chiseled two lions back-to-back holding up a sun. Moreover on one side, a hieroglyph representing the sky was turned upward and on the other side, another hieroglyph was turned downward, in order to symbolize the rotation of the Earth.

We have to be cautious about these assertions. But everything looks connected: the pole reversal, the motion of the poles, the decrease of the Earth’s magnetic field and the acceleration of the Schumann resonance. These different phenomena seem to have the same cause and could be the forecasters of upcoming planetary changes.

The related consequences upon human health could be significant. Our cells are tiny battery cells and can be easily influenced by a change in frequency in our environment. Moreover, our brain produces waves which vibrate in harmony with the Earth’s frequency, notably the alpha waves (8 to 12Hz). In human beings, frequencies lower than 12 Hz are those of relaxation, hypnosis and drowsiness whereas those higher than 12Hz — that currently prevail — are those corresponding to nervousness, anxiety, intense mental work... which we find in many people right now.

Therefore it is understandable that an increase of the Earth’s vibratory level will impact the mental and physical conditions of the human beings.

The solar activity

The solar cycle (or solar magnetic activity cycle) has a period of 10 to 12 years as follows:

- It stops its activity,
- It resumes progressively the occurrence of solar eruptive phenomena,
- It reaches normal solar activity with the release of numerous sunspots visible on the [photosphere](#) of the [sun](#) as dark spots,
- It progressively slows down,
- Then it stops again.

So after an intense solar activity during the years 2000, the solar cycle followed its usual course and slowed down at the end of 2008. Then, solar activity completely stopped for 266 days in 2009. During that time, no sunspot could be seen on the photosphere of the sun. Such a long stop in the solar activity is rare but not exceptional. Then suddenly in January and February 2010, several intense solar flares occurred and indicated the solar activity had resumed.

The sunspots indicate solar flares. So the number of sunspots shows the intensity of the solar activity. This is important as it directly impacts what occurs on Earth. It explains that the storms we have on Earth are generally linked to solar storms. For example, the 2005 series of hurricanes: Katrina, Rita, Wilma... coincided with one of the most disrupted weeks in the solar activity history...

Solar activity is powered by a hydro-magnetic dynamo process, a kind of “conveyor belt” on the sun’s surface, carrying away the sunspots and the generated magnetic fields, once their activity is over. They are carried toward the poles 200,000 kilometers deep where the natural sun dynamo reenergizes them. Once reenergized, the sunspots go back upward to the sun’s surface. This is how new sunspots appear. Astrophysicists consider that, according to the speed of the conveyor belt, a cycle is completed in 30 to 50 years. But between 1986 and 1996, the belt speeded up, then slowed down in 2008 and brought about the 266-day-long solar calm.

For University of Paris XII astrobiologist Yves Benilan, the sun has a cycle of 10 to 12 years with intense activity periods followed by little activity periods. The last solar activity peak occurred around the year 2000, therefore the next peak will take place in 2010-2015.

It is also the opinion of Mausumi Dikpati from the National Center for Atmospheric Research who asserts that *“the next sunspot cycle will be 30 to 50% more active than the previous one”*. This assertion seems to coincide with a brutal and violent sun awakening in 2010 : on January 19, there were two strong solar flares (class C4.9 and C5.2) and above all at the beginning of February an M2.3 class ¹¹ solar flare on the 3-level ¹² GOES scale. The last strong solar flare occurred in 2007. The Russian TESIS laboratory researchers state that *“it is a new intensification of solar activity. Solar flares are getting stronger and the time elapsing between them is getting shorter”*.

These last observations seem to corroborate the National Center for Atmospheric Research forecasts stating that in the near future, solar activity would reach the historical peak of 1958 (M+ Class).

The stakes are important for the Earth. Any strong solar flare directly facing our planet could destroy life within minutes. Fortunately, this is a very low probability.

Aside from this extreme situation, the geomagnetic storms and the coronal mass ejections (CME) generated by the solar flares reach the Earth in a few hours or a few days. They affect the Earth's electromagnetic field with electric power and radio blackouts. This is what happened in the United States in 1965 and in Quebec in 1989. If a more intense solar flare occurred, a planet-wide blackout would take place.

Also, a more intense solar activity could increase the global warming of the planet and its impact on health according to the INVS ¹³ because of:

- The emergence or reemergence of infectious diseases,
- An increase in heat waves, floods and other extreme events,
- And the profound modification of the environment (air and water quality, UVs, etc.) ¹⁴.

Thus, it looks like we are moving toward more intense solar activity in the next few years with consequences upon the life and health of human beings.

.....

Fin de cet extrait de livre

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¹¹ <http://www.lepouvoirmondial.com/archive/2010/02/09/la-plus-grande-eruption-solaire-depuis-juin-2007.html>

¹² Scientists classify solar flares according to their x-ray brightness in the wavelength range 1 to 8 Angstroms. There are 3 categories: **X-class flares** are big; they are major events that can trigger planet-wide radio blackouts and long-lasting radiation storms. **M-class flares** are medium-sized; they can cause brief radio blackouts that affect Earth's polarregions. Minor radiation storms sometimes follow an M-class flare. Compared to X- and M-class events, **C-class flares** are small with few noticeable consequences here on Earth. <http://www.spaceweather.com>

¹³ Institut de Veille Sanitaire (Institute for Sanitary Watch)

¹⁴ Le Quotidien du Medecin (French medical journal) dated April 12,2010



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