

TEST DESIGNED BY OUR BELOVED PROPHET

Spread it around as much as possible!!!!

ARE YOU A FASCIST ?

This easy test will help you measure your own level of fascism.. Just answer these simple questions :

Are you nationalist ? yes no

Do you love the flag of your country ? yes no

Do you like to wear your country's flag on your clothes ? yes no

Do you like to wear your country's flag on your car ? yes no

Do you like to wear your country's flag on your home ? yes no

Do you believe you country security is more important than Human Rights ? yes no

Do you believe your country security justify torture ? yes no

Do you believe your country security justify the detention of "detainees" without trial ?
yes no

Do you believe your country security justify the assassination of potentially dangerous
people ? yes no

Do you believe Muslims are potentially dangerous and must be more closely monitored
than others? yes no

Do you believe it 's right for USA to have a military budget which is 10 times bigger than
the second country in the world and bigger than the 10 first countries on the list added ?
yes no

Do you believe that your country should rule the world ? yes no

Do you believe USA has a special mission given by god to lead the world ? yes no

Do you believe it 's right to have a president who thinks so ? yes no

Do you believe that peace activists are traitors ? yes no

Do you believe that universities promoting peace and criticising war should lose their
government grant ? yes no

Do you believe it's right for large corporations to support financially political parties ?

Do you believe that for security reasons civil liberties can be limited ? yes no

Do you believe it is right to attack and invade another country just on suspicions of having weapons of mass destruction ? yes no

Do you believe it is right to call terrorists all freedom fighters in the world trying to get independence from occupiers ? yes no

Do you believe your country has the right after invading a country to supervise the elections and install puppet leaders they can control ? yes no

Do you believe that "bringing democracy" is a good excuse to invade all non democratic countries of the world ? yes no

Do you believe it is right for USA to target countries trying to develop nuclear weapons while having more than 2500 nuclear weapons itself and doing nothing to get rid of it?yes no

Do you believe it was right for USA to use the nuclear bomb on the civilian target of Hiroshima and Nagasaki killing 500 000 people who were innocent civilians ?yes no

Do you believe it was right to impose economic sanctions of Iraq which killed 500 000 innocent children ? yes no

Do you believe it's right for USA to promote democracy and at the same time, while its population is less than 5 % of the world population, to try to impose its will and values to the others , who are 95 % of the world population, even using military force to impose others its will yes no

Each yes is 1 point. Now count how many yes you have.

If you have 25 points you are a super fascist and should rename yourself Adolf

if you have between 12 and 24 points you are fascist

if you have between 6 and 11 points you have a dangerous tendencie to become fascist

if you have between 1 and 5 points , you have some small sympathy for fascism

if you have 0 points : congratulation you are really not fascist at all ! Try to promote your values to the 51 % who are on the other side before it 's too late to save the world.

Forward this to all your friends as a peace chain !

Also available on rael.org and raelianews.org

ACTION

Human Rights and Sexual Orientation

By Pierre Paul responsible for the Raelian Planetary Committee Of Sexual Minorities

You may remember that Brazil presented the resolution E/CN.4/2003/L.92 on "**Human Rights & Sexual Orientation**" in 2003 in Geneva in front of the UN "Human Rights Commission" in order to include sexual orientation in the "Declaration of Human Rights".

You might also recall that following pressures from the Vatican on Argentina for instance, this resolution was withdrawn by Brazil.

Now, beginning in March, this resolution will again be debated.

The Raelian Planetary Committee Of Sexual Minorities wishes to bring its support to this resolution and sollicit all Raelians and sympathizers:

1- To sign this resolution by indicating the name of the Raelian movement of your country.

2- Invite the persons in charge of sexual minorities of each country to write to their government requesting their support for this resolution.

I thus invite all the continental persons in charge to start this action immediately so we can be present as signatories of the resolution during the new discussions to be held in Geneva at the beginning of March 2005.

Choose your language and spread this message around you.

Français:

<http://www.ilga.org/brazilianresolution/petition.asp?LanguageID=3>

English:

<http://www.ilga.org/brazilianresolution/petition.asp?LangueID=1>

Espanol

<http://www.brazilianresolution.com/4598/index.html>

Italiano

<http://www.brazilianresolution.com/4679/index.html>

Portugues

<http://www.brazilianresolution.com/4652/index.html>

Rusky

<http://www.brazilianresolution.com/16218/index.html>

Deutsch

<http://www.brazilianresolution.com/19018/index.html>

NEWS AND VIEWS

(Also seen everyday on <http://www.raelianews.org>)

About the use of Cannabis:

The city of Barcelona, Spain is planning a pilot scheme to decide whether cannabis can be used to help patients with painful illnesses. There is still disagreement between the Catalan authorities and the Spanish government over whether the pills will be available at pharmacies for the trial.

RAEL declared this week: *No plants created by Elohim, that help us cure diseases, should be illegal. The cultural demonization of some plants must stop. In some countries like France alcohol is politically correct while marijuana is not and in Arabic countries it's the opposite. Stopping drug or alcohol addiction by education and helping people to have a happy life without these drugs, by destroying guilt or fears spread by bad traditional religious education is good, but the freedom of people to use plants as they wish must be respected.*

Our support was also sent to the British "Cannabis Grandma," an elderly woman who suffers a lot of pain and can live a painfree life if she takes 5 times a day her cannabis cookies that are killing the pain... She may face jail because of this...

About Stress hormones

Scientists from Johns Hopkins University published a study in the New England Journal of Medicine showing how stress hormones can be toxic to the heart. Patients can suffer days-long surges in adrenalin and other stress hormones which "stun" the heart.

Symptoms can be mistaken for a heart attack. Hearing unexpected sad news is linked to the release of these hormones and can cause a lot of damage.

Thanks to our Beloved Prophet RAEL we know that with a regular practice of meditation we can stay in harmony whatever happens around us.

A similar news was published this week about a study from Tokyo Women's Medical University showing that blood pressure soars on Mondays. The readings are higher than at any other time of the week.

Obviously, returning to work involves a stressful shift from leisure and can trigger that dangerous increase in blood pressure.

The higher the blood pressure climbs, the greater the force exerted by blood on the walls of the arteries when the heart beats. This could also explain why deaths from heart attacks and strokes tend to peak on a Monday morning as there are 20% more heart attacks on Mondays than on any other day.

Our Beloved Prophet reminds us that we haven't been made to work.

Of course, if you believe that you have been made to suffer as god believers do, or if you think that you are here by chance and not much can be done to change your destiny like evolutionists do, then nothing will ever change and there will always be Monday mornings and its quota of heart attacks or pills to take to survive it.

But if you believe that you have been made to enjoy every minute, use your time and brain to create and blossom as Raelians do, then this humanity has more chance to use its science for the benefits of each of us.... And reduce the level of blood pressure on Monday mornings : -)))

Homosexuality is genetic

We couldn't resist sharing the good laugh of the week... A German zoo's team tried to tempt its 6 gay penguins to go straight by importing females from Sweden but the six homosexual penguins showed no interest in their new female companions and remained in relationship with each other. Zoo Director Heike Kueck declared that the relationships were apparently too strong and they will try again later.

It is so funny.... Homosexuality is genetic for humans as well as for animals. To bring females every spring won't change anything. It is like attempting to change the color of one's eyes. J

Carib Indians

The Raelian Movement is sending its support to one of the leaders of the Dominican's Carib Indians, Mr. Williams, for his efforts to have cannibalism references removed from a film on Pirates planned to be shot soon by Disney Studios.

The Carib Indians stood up against early European conquerors and because they stood up they were described as savages and cannibals and this lie is still alive today. We agree with Mr. Williams that we shouldn't perpetuate the lies of the colonizers through movies or any insidious media.

For more on this matter regarding other mistreated indigenous peoples, read the excellent essay of Ward Churchill published last week in Contact 261.

About Ward Churchill

13,300 people visited our site raelianews.org on the day Ward Churchill was nominated honorary guide as the news was posted on a few U.S. blog sites and also commented on MSNBC (U.S. Channel). Ricky did a few interviews on the subject as it seemed that we were the only group supporting him officially in the U.S. J

Conscientious objector soldier refusing to go back to Iraq

Here is an excerpt of the answer of Kevin Bendersman, a conscientious objector who refused to go back to Iraq:

"Thank you for your words of support, and for your understanding of the reasons for why we do what we do. We believe in what we are doing. It was the only decision that made sense to us, and the messages we receive, like yours, tell us that it is a decision that is worth fighting for.

"It will take a lot of little tugboats to turn this great big ship around." We know that many tiny tugboats have been pushing and pulling on their own for many years... but it seems that the time is right, now, and we were lucky to have chosen this time to make the decisions we have made. There are so many strong and mighty tugboats joining us now, and the direction we hope to head is forward in Peace and with a common understanding of the true meaning of what our country should and could be.

Thank you for who you are, and for what you have offered to us. We appreciate having you in our corner."

THE LIFE OF THE MOVEMENT

Winter Festival in Europe

Winter festival in the island of "les Embiez" ...
life color Raël !

by Pierre Gary, responsible for teaching in Europe



Contact 262



To be found, to question ourselves, to create, to commit...four words for a first winter Raelian festival. On the small island of the Embiezes, in the south of France, nearly 200 Raëliens

came from all over Europe for the pleasure of being together.

It was a feast of neurons and senses, from the harmonization, to the deep of the night, on the sides of a swimming pool overflowing with laughter and pleasure... The decor of the island offered us postcard landscapes where the sea comes to lick the rocks and where the sun entertains the horizon... where it becomes easy to contemplate life color Raël...

With the help of all animators we could be actors of our own development: by the meditation with Luc, the sensuality of the body with Lara, the contemplation of the island with Marcel, the personal development with Gérard, the creation of video clips with Issaey, the creation of posters with Xavier... We also discovered all facets of the élohization of the planet with Michel, the culture of enthusiasm with Uriël, engagement and action with Jean François, sprinkled with nudity as we recovered with pleasure and sensuality at the swimming pool to close the evenings...

It is good to be together...

Some comments :



"I find that our Raelian men are feminizing themselves more and more and it is good. During the exercise of the tunnel with the eyes closed, I didn't recognize whether it was the hands of men or women that touched me, the gesture was so soft."

"I like this liberty..., it is a puff of fresh air, and a big responsibility: you come if you want to. It's up to you."

"During this winter seminar, I had a particular feeling indeed that I have never felt before: a feeling of freedom and very soothing feeling."

lightness in the structure... A very pleasant and
"... this seminary.... very very alive... particularly the encouragement to create... We "worked" while having fun and were as crazy as we wished.....TERRIFIC."

To commit ever more to be so that the planet becomes the color of Raël is the beautiful program that we have to live following these four days...



In FRANCE

Diffusion in the black community.

Told by Uriel: "I did a broadcast on Radio Africa N°1 yesterday... 45 minutes of antennas Themes: the role of the African woman in the process of decolonization in Africa It was terrific. I am invited again on the same radio show the first week of March, with the theme "Apostatizing the Christian religion to encourage the spiritual decolonization in

Africa." The interview was by telephone, I was therefore at home and it wasn't live, brilliant, I didn't need to go to Paris."

This interview was the result of the Parisian team driven by Abdou, called the Raelian Buddha. They went to the day of the judéo-crotchet friendship in Paris to hand the compilation of Words of the Prophet RAEL to Mr. Maurice Dorès and Mr. Sheik Doukouré who has been touched by this gesture.

The presence of Raelians in public places is accepted in various ways according to each country and France has a long past of intolerance...It seemed interesting to us to share the Parisian ambiance as Budha recounts:



We had a good time with Eléonor, Elsa, Elisha, Eliane, and Jean-Luc. We looked at the documentary "Black Israel" achieved by Maurice Dorès, attended a debate on the movie and the association "Judeo Black Friendship" co-founded by Mr. Doukouré. The debate has been marked by a group of young blacks who call themselves, "The Tribe of Ka". Their leader took the mic just after me and he began to get excited, "Yes, I am the Ka tribe etc... and the Jews participated in the slave trading, etc... so don't you approach the black race," and then everyone started shouting in the room and headed toward the exit. I was curious, I followed them to learn some more about this tribe. Then the leader told me, "Remove your Raelian medallion and we'll see!" I was surprised, then made a U turn and regained the

boardroom.

At the end of the debate, I went to meet a journalist that had intervened during it, Mrs. Marie-Roger Biloa, Editor-in-Chief of the Africa international newspaper. I asked her how to promote Uriel's book in her newspaper, she answered she had to read the book first. So I handed her the book and took a compilation out of the Prophet's words to hand out to her. She then saw the picture of Raël on the cover, and said, "You are Raelian, I won't take it," and she left. That made me laugh a lot.... *(to add to our black list, if I may say so)*

Eléonor and Jean-Marie Briaud gave a book to Eugénie Diecky, head editor of the radio station Africa N°1, she was very enthusiastic and very interested to receive this book. She took Uriel's info and was interested in doing a radio show with him. (Higher Cf)

We made interesting contacts globally and the Anibwé bookstore is organizing a lecture on Uriel's book Sunday May 29 at 4 p.m. let it be known to our Parisian readers."



Bravo to Buddha and the whole Parisian team. J

IN AUSTRALIA

As you may see.... a very different atmosphere for Raelians down under. J

I OPPOSE UNIFORMITY

A uniform suppresses your right to self "expression & Individuality"... which are both important to positive inner growth and happiness.

The way you dress is one of the most powerful ways to express your individuality. By wearing a uniform, schools have greater control on how you see yourself which affects how you behave and even how you think.

Uniforms take away your ability to appear, feel & dress beautifully or sexily by making you dull and regular. They prevent you from wearing your own colours or being unique.

Claim your rights to be yourself and express your individuality by protesting the wearing of uniform at school.

"If a rainbow had only one colour it wouldn't be beautiful. A rainbow is beautiful because it has many colours. To express your own colour, is to make humanity more beautiful." (RAEL)

You can show you want to be free to dress how you want at school by wearing the sticker..... "I oppose uniformity" that is distributed for free by the Raelians (rael.org). To order the stickers "I oppose uniformity" write an email to noschooluniform@rael.org

rael.org

No to Uniforms...

In Oceania, we have just launched a new action, targeting our beautiful young people. Did you know that in this area of the globe, our students are expected to wear school uniforms? In fact, the government in Australia wishes to make this already indoctrinated custom a law; meaning that the custom can be enforced. When the Raelians got wind of this, we quickly put together a continental action encouraging students to buck against this conformity. We gathered in front of schools handing out flyers and stickers – like the one above. What about your area? Do you have students wearing uniforms to school? What does a uniform mean? Don't uniforms encourage young people to think the same, be the same and above all else, suppress any individual expression? We invite all other areas to approach their youth with this message of freedom. They really love our idea and it feels so good to connect to the young. They are our future and we are here to

support them!!

Raelian Poster Enters Two Major Australian Art Collections

The Southbank Parklands Debaptism Ceremony poster for the Australian Raelian action in December 2004 will be included in an important upcoming exhibition in Brisbane.

Griffith Artworks, Griffith University and the State Library of Queensland are presenting an exhibition of political posters from the 1970's to the present day. The exhibition, entitled 'Zootopia: Posters From The Urban Jungle' will be at the Dell Gallery, Qld College of Art, Griffith University, Southbank, Brisbane from 2 April - 22 May 2005.

Luke Roberts aka Pope Alice has donated two copies of the poster signed by HDH Pope Alice in appreciation, to go into the permanent collections of

STOP BELIEVING
START UNDERSTANDING

FREEDOM
CELEBRATE

WITH SEXUAL AND SPIRITUAL LIBERATION
RISE ABOVE THE LIMITATIONS
IMPOSED BY YOUR WARMONGERING
MISOGYNIST, HOMOPHOBIC RELIGION

DEBAPTISE YOURSELF
WELCOME OUR CREATORS, LIBERATORS AND SUSTAINERS
11 am SUNDAY 12TH DECEMBER '04
at the point between Arthur Veery Cafes and Boardwalk
SOUTHBANK PARKLANDS

HER DIVINE HOLINESS POPE ALICE WILL
CONDUCT A DEBAPTISM CEREMONY TO
ACKNOWLEDGE YOUR DECISION AT THIS FUN
INTERNATIONAL ART EVENT.

Acclaimed international celebrity
Her Divine Holiness Pope Alice has
been invited by the Raelian Movement
for this celebration- for all
those who wish to cast off the
shackles of their mediaeval religion

POPE ALICE CORPORATION

For more information contact Senja Brian Chief Media Officer
for the Raelian Movement, 1300-44-ARTS@rael.org - www.rael.org

FREEDOM
FREE YOURSELF

Griffith Artworks and the State Library of Queensland. Both collections are significant Australian collections.

Many students and academics, as well as activists and members of the general public, will view this exhibition and also have continuing access to the posters in the permanent collections. There will be an opening event on Sat., April 9th.

IN SYDNEY, by Gerry the area manager



What a '*fantastic*' time we had at the 'World Naked Bike Ride' on Sunday! What began as a cool to mild day, turned out to be a beautiful, sunny and glorious day.

There were people lining the streets as the colored pack of riders followed the leaders, while a police escort closed the streets for the line-up.

The Raelian team had the website written across their backs, while some

had the website across their chest and tummies, which prompted many inquiries, one of which came to us at the end of the event and seemed very curious about our small group. She gave her email address for us to update her on where we will be next, which was very encouraging.

At one point upon completion of the ride, the team huddled up for a personal group photo when all of a sudden - it felt like we were the star attraction with people coming over and vying for a shot, calling out; "OVER HERE! OVER HERE! OVER HERE!" to attract our attention to their camera. It was almost like the "paparazzi" trying to get '*the*' shot for their article. These included several official photographers representing various forms of print media such as newspapers, magazines, etc.

Upon completing the approximately 7 km ride, the entire pack put their bikes aside to play & wash off their body paint in the water. It was a magnificent day!

All this was an expression of our appreciation to the Elohim for giving us life and supporting 'self-expression' & awakening our consciousness as a humanity. Hopefully they had as much fun watching us as we had being there.

A BIG thank you to those who offered their support: Craig for his artistic flair and his 'hand' in the body-painting department, Hermann for his enthusiasm and ability to always have a great time and to Sonja for her commitment and example in femininity that she

always displays. Also thank you to 8-year-old Sardonya for her resolve and determination to complete the ride.

About Gay Pride

Jean Francois Aymonier, the Oceania continental guide, just informed us that we have been accepted to participate in the Mardi Gras Gay Pride, the one that rejected us last year and censored us.

We applied with the same theme, "Debaptize Yourself From Your Homophobic Religion". At first they wanted us not to participate and not to display the website rael.org on our float saying we are not directly related to gay issues. So we created the website raeliangay.org instead.

It seems to have worked since we are now accepted in the float and we will be able to display our website. J

IN LATIN AMERICA

By Daniel Turcotte, asisstant to the continental guide of America for Latin America

A first national responsible for Dominican Republic

It is with the authorization of the continental guide of America, Nicole Bertrand, and great joy, that I announce the nomination of Eulalio Diaz Robles, national responsible for the Dominican Republic. Eulalio is 43-years-old and is doing a B.A. in philosophy. For having been in contact with him regularly, his kindness, his clarity of thought and his joy of life which characterizes his personality, I have nominated him. I plan to visit him next June.

In Bolivia

Following the wonderful action of Isabel Zabala in Bolivia a few weeks ago, about 30 people responded to the announcement she put in a Santa Cruz journal. Besides a few emails trying to convince us that God exists, the great majority of the contacts generated by the publicity were positive.

The show on bigamy, filmed in **Guatelama** with our dear national guide from Colombia Allan Rojas, was shown last week in Mexico, Guatemala and Colombia. City-TV also did a report on Raelians in Colombia. This report will be shown in many hispanic countries very soon. Several emails came from interested people in Guatemala lately. The contacts which are also spread in time are very enthusiastic!

The wave of dynamism and enthusiasm hit the group of American hispanic correspondance following an email sent by Gabiel Villanueva Ramos (Level 2) in Veracruz, **Mexico**. He communicates with his little 14-year-old cousin named Estrella ('Star' in Spanish) through MSN and sometimes gives her a little bit of the messages and a lot of info on Raelians. She talks about it to all her friends at school and this got big.

When her religion teacher asked everyone to do an oral presentation in front of the class on another religion, Estrella did hers on Raelians, since she's so well informed. The presentation was superb and at the end, the face of the teacher said a lot about his surprise. All students applauded enthusiastically and showed great interest to know more. She then invited them to invite a representative of the Raelian Movement to do a lecture.

We will hold the hands of our Latin American brothers around the Embassy...

IN THE USA, New York City

Marc Letourneau moved from the Mid West to the East Coast recently.... bringing with him his special diffusion technique right in the middle of New York City!!! A very efficient technique indeed J. Here is what he shared with us:

The rooster rings the awakening, the marked attribute of a Matreya. Not surprising that our marvelous Prophet comes from France, the country of the rooster. This rooster story made us target the holiday of the Chinese New Year because this particular year is the Year Of The Rooster for the Chinese.

New York is one of the cities we have targeted with its 400,000 Chinese. Raphael, Crystal, Susan and I went to Chinatown on the 12th and I went the 13th alone for the Chinese parade.



The Result:

13 books sold: 11 Chinese, 2 English, 7 Books given, 4 to journalists.

One interview given to a Chinese journalist for a daily newspaper, illustrated with a picture.



Chinatown, NYC, is a country within a country... I believe we fully accomplished this mission of spreading the message to Chinese people in New York. Maybe it will spread further... When I was returning home, my heart was warm with happiness: what a privilege we have to be in a position to help the Elohim and Rael in this worldwide mission...

On the picture of the article, we can see the poster and the poster image logo of a flying saucer landing a DNA strand on Earth. The text of the poster is in the Chinese language and states:

Message from Extraterrestrials: They Created All Life On Earth. Science Fuses With Religion,
www.rael.org

Translation of the article: **Welcome ET's into Rooster Year**

Holding a slogan in Chinese and distributing flyers targeting the goal to inform the Chinese people about an extraterrestrial's message given to Rael, the East Coast representative of the organization Marc Letourneau stated that you don't have to believe, it is your choice to believe what you want. He came from Virginia to spread this message. In 1975, Rael received a message from extraterrestrials and founded the organization.

IN QUEBEC

The Pauline Marois affair is not yet buried, the Quebecois Raelians are not about to let go....Here is a press release that will be sent in a few days...more actions to come!
The national assembly victimizes the fundamental rights of citizens.

Does the population realize that to present a petition to the Parliament to repair the wrong done to one or more citizens is a fundamental right, that is declared in Article 21 of the Charter of Rights and Freedom of the individual which is the supreme law in Quebec? Does the population know that since 2000, by the decision of a President, which deputies cannot contest, the National Assembly (NA) (collection decision, 62/8) was given a mean that reduces the civic right of petitioning? This decision has now effectively stopped the presentation of a petition that questions the behavior of a deputy, since this can only be done by following a particular procedure.

Is there a risk of abuse of power that looks to protect the members of the organism that should have for it's first vocation to have our precious charter respected to the letter?

Following Pauline Marois's attitude during the show, "Everyone Talks About It" on Radio Canada, the 19th of September 2004, and her condescending and discriminatory comments the following days towards the religious leader Rael, the Raelians from Quebec ask for apologies from Mme. Pauline Marois. They tried to obtain apologies by writing to her. Facing silence as the only answer to their legitimate request, they protested regularly in front of her office and during the opening of the NA session. Still with no response nor excuse, the Raelians decided to hand in a petition with the intention to present it to the NA, demanding that Mme. Marois presents her apologies to the religious leader in front of the Assembly.

They tried to deposit the petition through every one of the deputies of each party who are in the NA and by the president himself, by one of the vice presidents, but it was in vain. The NA that has for it's duty to facilitate the democratic rights of the citizen seems to make an exception in this case.

In their name and in the name of the other minorities in Quebec, Pierre Bolduc, President of the Raelian church in Canada, wants to let the population know that the Raelians are determined that the rights of respect and dignity be applied to the members of

parliament. They decided to resort to the specific procedure mentioned by the decision of the President (62/8), which is a mention debatable by all deputies. The motion mentioned in Article 315 of the regulation of the NA allows a debate on the behavior of a member of the parliament. Mr. Bolduc elaborates: "All the NA deputies will be solicited by a letter, to present this motion to talk about the unacceptable conduct of the deputy Pauline Marois towards Rael and all the Quebecois Raelians. The refusal of the NA deputies to present the motion would signify that democracy in Quebec, a principle that Mme. Marois strongly defends, is only arbitrary and superficial."

FOR FUN

Sent to us by Joe J

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a stepping stone. We can get out of the deepest wells solely by not stopping, never giving up! Shake it off and take a step up.

Remember the five simple rules to be happy:

1. Free your heart from hatred – Forgive.
2. Free your mind from worries – Most never happen.
3. Live simply and appreciate what you have.
4. Give more.
5. Expect less.

NOW -----

Enough of that crap

The donkey later came back and bit the shit out of the farmer who had tried to bury him. The gash from the bite got infected, and the farmer eventually died in agony from septic shock.

MORAL FROM TODAY'S LESSON:

When you do something wrong and try to cover your ass, it always comes back to bite you. **J**