



Issue# 384

Raelian Movement Newsletter

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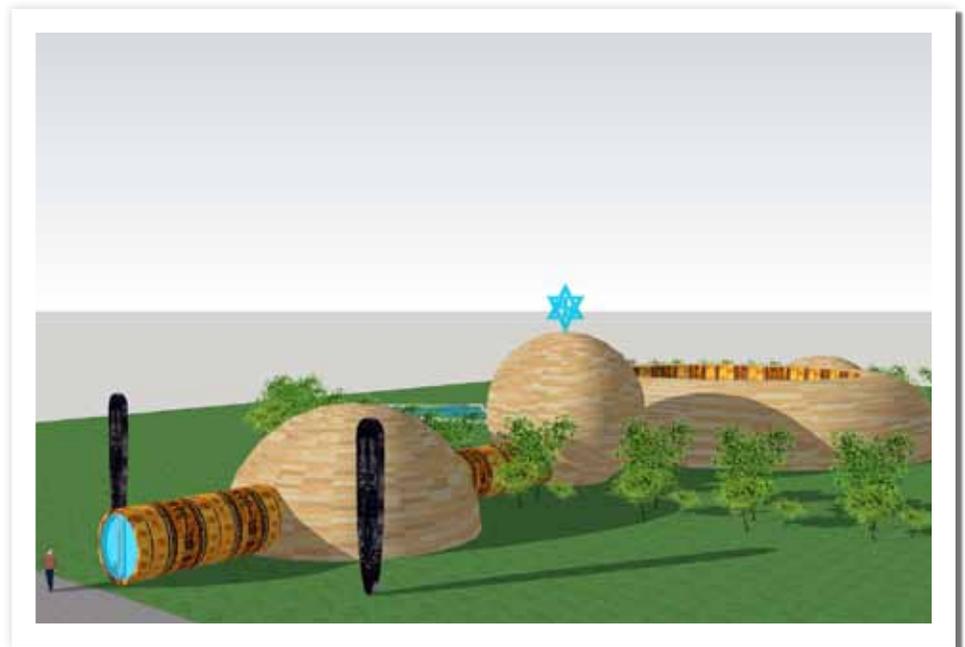
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*The Kamite version of the Embassy*

Don't become fossils, change everything.  
Enjoy, change everything, be new always.  
Surprise everybody around you, don't stay the same.  
A new you everyday.  
Happy new you!

RAEL, November 67 aH

## MAITREYA'S WORDS

### LOVE MEDITATION

*November 11*

*Maitreya lead a short meditation which he described as a small one but the most important of all.*

Just, send love, because love is the most important thing in life.

Feel love for your body first.

Feel love for your feet, your toes, your legs, your sex, your stomach, your breast, your hand and your fingers, your arms, your shoulders, your neck, your face, your brain.

Send love to all these parts of yourself.

Send love for all these cells which make you who you are.

When you send deep love for your cells, they start to shine like billions of little stars.

Now send love to everybody around.

Love and compassion.

And then, to other people outside who don't know you are here, but who will feel your love.

And then, to the people who are very far, send love to all the planet.

Send love to the people who don't like you.

Send love to the people who hate you, to everybody and to every being on the planet, not only the people.

To every ant, to every bird, to everything alive in the ocean, every fish, everything alive.

We shine our love to everything alive.

Not only on the earth, but in the infinite universe, including the Elohim, but not only them.

And to the infinity of planets with life, and the infinity of planets of the infinitely small of your hand.

At the same time that you send love, try to feel also how many people in the infinite are sending you love right now, are sending love to you, without knowing you.

Imagine how many beings in the infinitely small, in the infinitely large, and on the earth are doing exactly what you do right now, sending love everywhere like you do.

How many? An infinite number.

This may be the consciousness of the universe.

An eternal, infinite flow of love.

Feel it, from inside out, and from the out inside.



## WHAT WILL I DO FOR THE FIRST TIME TODAY?

*November 18*

Just a few words to enlighten everyday, so that when you wake up, you have everything in you to have a beautiful day, and before going to bed, you also have everything in you to feel good.

There are two ways to help you doing that.

The first one is just to be thankful to wake up, because one day it's possible you won't wake up.

If you wake up on the Elohim planet it's great but if you don't wake up anywhere, it isn't as good.

When we die, and if we are not recreated on Elohim planet, because we are not sure we will deserve it, then you don't wake up, you are from the mineral, back to the mineral and your consciousness disappears forever.

We don't know, that can happen every day. So the first thing, when you wake up, is to say : "wow I'm still alive, thank you for another beautiful day".

Just waking up, what a gift.

No need to have money, lover, power, just waking wow!

And the second one, if you don't want to become old, everyday ask yourself if you did something today for the first time of your life.

When you age and become old, you have a tendency to not do things for the first time in your life anymore.

Of course the body ages, we cannot do anything about that, but the brain, if we do what is necessary, never ages.

Not the whole brain, but the most important part, the consciousness.

When you are a child, everyday you do many things for the first time and slowly while aging, you do less and less. When people become mentally old, they spend months, years without doing anything for the first time.

Old people do always the same thing, the same way, in the same position at the same time.

If you like aging, it's perfect. Your brain shrinks and you lose it, you become a vegetable.

So please every morning when you wake up, ask yourself : "what can I do today for the first time in my life?"

And it's easy to find something, not 20, only 1, please.

And when you finish the day, before going to bed, you remember the one thing you did for the first time in your life.

There will be another one tomorrow.

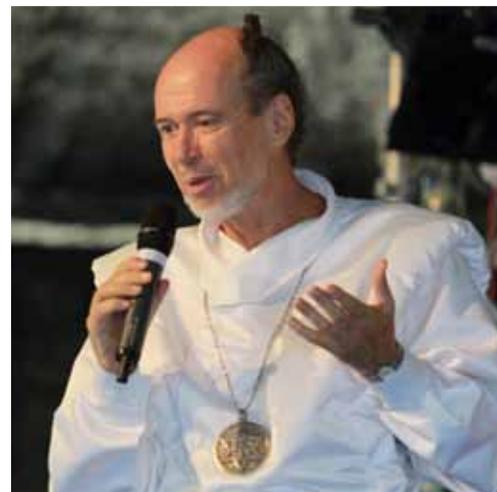
So I have a question for you: try to imagine, what is the thing you will do today for the first time?

It can be anything, it can be going to a place where you have never been.

It can be talking to somebody you never talked to before, anything.

Except, it cannot be buying.

If it is something which you can buy, it doesn't count. It must not be something you buy, and must not be something you



have power over. It must be something you do, something that you have never done in your life.

What will you do today? any answer ? Who is ready to give me an answer, every body must be ready.

Find it. The more you age, the more time you need to find it.

If you ask this question to young people, they answer immediately : "I want to do this, I want to do that".

Old people: "hummm" (thinking). So are you young or are you old ?

Are you ready to give me an answer ? What will you do today?

Immediately, something crazy, something beautiful, something new.

The more time you need to find, the more you are aging.

When you do it every day, the time needed to find something becomes shorter. At the beginning it's difficult, but after it will be shorter and shorter.

It can be very simple, like for example, trying to find a snail and looking at a snail for 20 minutes. It can be something very simple, like going in the forest and making some flower arrangement with wild flowers. It should be as simple as possible.

Train yourself. Train yourself to be able next Sunday to give a very quick answer, by doing it everyday.

And me, I will start right now with a song. I will sing Elohim for you, together, but in a way I never did before. As you may have noticed, I never sing Elohim the same way twice. I train my brain to always do things in a new way.

Repeating the same thing is boring, and shrinks your brain.



So, every time I play Elohim I say: "what can I change?"

Japanese musicians never do that, they follow the paper, exactly, they become fossils.

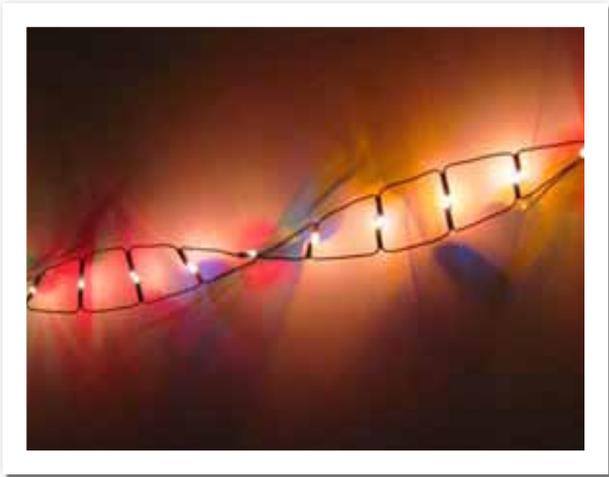
Don't become fossils, change everything. Enjoy, change everything, be new always.

Surprise everybody around you, don't stay the same.

A new you everyday.

Happy new you!

I wish you a beautiful day, and don't forget to do something you never did before.



## LOVE IS WRITTEN IN OUR DNA

*December 2*

*Maitreya lead the telepathic contact on that Sunday morning.*

You know what the contact is about, it's about love.

We never have enough love. There is never enough love on the earth.

Never enough love in our consciousness.

Never enough.

Never.

Even if you imagine the craziest possible love, it is still not enough.

To have enough love, is impossible.

Even if all the cells of your body are full of love, it's still not enough.

What level of love would be enough? Infinity, and we can never reach infinity, but we can be in harmony with it.

When we become, when we vibrate in harmony with infinite love, then we are close to have enough.

So let's try to send to the Elohim an infinite love coming from each one of our cells.

Let's try to close your eyes and send this love to Elohim. Think and inside yourself say this sentence: "Elohim, I love you".

Not only with your brain but imagine that all your cells, at the same time, are saying "Elohim I love you".

When you feel this infinite love for our creators, then it's very difficult not to cry.

And these tears of love, because they are tears of love, are the best gift for Elohim.

Don't let your brain escape from this thought it must stay focused on this sending of love through every cell, because naturally, the brain, suddenly when there is a long silence start to think about the future, the past, what will happen,.. no, stay focused, sending love with every cell of your body.

Don't think about anything, don't let your brain think about the past, about the future, about what we will do after the contact, about your problems in your life, about what you will eat for lunch, no, just send love, with every one of your cells. In fact, it's more than sending love, it's becoming love.

The highest percentage of our DNA is encoded with love. A huge majority of our DNA code is love.

That's why when we become love, we feel good, because all the DNA molecules in our cells do what they are made to do.

Love is written in our DNA.

Love is life.

Without love, there is no life.

If you really focus on sending, being and sending this love, then you will reach another level, a level where not only you send love, but also you receive it from the sky.

Because the Elohim are sending you the same wave of love, right now.

Do you feel the love of the Elohim raining down on you?

**KINDNESS AND HAPPINESS***December 9*

Thank you Elohim for being together

Thank you Elohim for giving us the Message

Thank you Elohim for giving us a meaning of our life.

Thank you Elohim for giving us a purpose in our life.

Thank you Elohim

Thank you for your love, your respect, your kindness, and your great philosophy.

And thank you specially for putting the emphasis in your teaching on happiness.

Thank you Elohim

I wish to add a few more words about kindness, and happiness... Kindness and happiness go together.

You cannot have deep happiness without being very kind.

Real happiness always comes from deep kindness.

Other happiness are not real, they are more joy than happiness.

You can drink alcohol and you feel joy, or use drugs, or money, or power, that's joy, it's not happiness.

Happiness goes together with kindness.

Be kind to each other, like the Elohim are very kind with us.

The Elohim have a huge power, they created us and created all life on Earth.

In one second they could destroy it.

They still can, in one second, to destroy all life on Earth, because they can think we don't deserve to be alive with so much violence on Earth, with all the bad things we do, they can think we don't deserve to be alive.

We destroy more than a thousand species of animals every day. One thousand every day from their Creation!

They could be angry: "they are destroying the life we created! with war, pollution, Fukushima, they are destroying the beauty we created on Earth".

They could be very angry, and say "let's destroy humankind, they are a mistake."

No, they trust us, in their infinite kindness, they think "they are making mistakes, but they will learn, they will save this Creation".

We are disrespectful to the Creation, we are disrespectful to the Elohim when we destroy their Creation. We are insulting them.

When we believe in a supernatural god, or in evolution, we are insulting them. They could be angry and say: "What?! you are insulting us - we destroy you".

No, they still love us.



We insult them, they give us love and kindness.

We kill each other and destroy animals - they give us the Message.

It's an unconditional love, whatever we do, they love us, they are kind to us.

They are our Creators, they could say: "ok, we come, we come", they could land anywhere, no army, no weapon can do anything against them.

No, they say: "please make an embassy, if you make an embassy, if you invite us, we will come back".

Wow!

They could come and say: "that's it, we are the Creators, we come, you like it or not, we come!".

That's what the American style government will say: "we come to bring you democracy!"... with bombs and military.

No, "please make an embassy, and if you make an embassy, and if you invite us, we will come".

What a lesson of humility! A great lesson of kindness, and respect, and love.

So remember it, and do it between you. You are never kind enough to each other, never respectful enough. If you really want to be in the image of our Creators, be kind to each other.

## THE FUTURE IS IN FUSION

*December 13*

*After the transmission ceremony in Okinawa, Japan.*

What a beautiful day!

We are lucky to have so many people joining the family.

This is an amazing day for you. You have to realize how fantastic it is.

Like the Americans say, it is a little step for you, but a huge step for your genetic code.

You just did maybe 40 or 50 Km to come here, but your genetic code is travelling millions, billions of km to the Elohim's computer.

We are living now 39 years after the day I was contacted by Elohim.

39 years is a long time. It doesn't make me feel younger, but it makes me feel younger. I can pretend I am only 39 years old, because before my life was not interesting.

39 years ago when I was explaining the transmission, even the most advanced scientists on earth couldn't explain, couldn't understand the science behind the transmission. However in the last few years, scientists have discovered that each of us have a different genetic code, which has a special wave length. In other words, each of you has like a radio emitting some radio waves which are personal to each of you. That's absolutely fantastic, and so simple.

It is difficult for our science to understand, but it's very simple.

Everyday, science brings us confirmation of the Elohim's message.

Every month, there is a new discovery which confirms what was in the Message of the Elohim.

We are living a very exciting time. 99% of what is in the message, 39 years ago, looked impossible.

Now the most advanced scientists start to say "maybe the Raelians were right".

I had a contact with somebody who works in a very advanced nuclear research facility, involved in peaceful nuclear research, not in nuclear bomb, or nuclear power plant, but research on a sub-atomic level.

He knew like you do, that our symbol represents the infinitely small and infinitely large, and that in the infinitely small in your finger, you have very small galaxies with very small planets on with very small human beings are living who may now be having their transmission as well.

The balance in the universe, the harmony in the universe, requires some safe guard, some guarantee. For example, we cannot destroy atoms because it affects other levels. We cannot also destroy planets, because it affects the balance, everything affects everything.

So this nuclear scientist, said : "we are wondering, after reading your message, that when we, in a very advanced nuclear research centre, we bombard at a very high speed, protons and neutrons to explore the infinitely small, could it be bad? is it affecting the infinitely small, and at the same time, maybe affecting our level, because everything affects everything?"

And my answer was : nuclear fusion is very good.

Fusion is bringing together things, fusion is love.

But nuclear fission, which is breaking, is wrong.

Nuclear fission brings unbalance in the universe.

Nuclear fission creates atomic bombs and Fukushima, and that's terrible.

So the future is in fusion.

Fusion at the nuclear level and fusion at the human level, by becoming one, by becoming close to each other without any border ,without any separation.

Because we are one. That was the teaching of Buddha a long time ago. I am you, you are me, Elohim are us and we are them, we are one, that's fusion.

Another word is love.

So please, feel as close as possible with each other, and give love to everybody, to create this worldwide fusion, which is the only way to have peace and a beautiful future on earth.

Our choice is very simple now : love or destruction.

It never happened before in the entire history of humanity.

Either we love each other or we will kill each other, it's our choice.

And we choose love. Do you ?

Yes, say it with me "I choose love".

## ABOUT DEPRESSION

*December 16*

*Maitreya was asked on that day what he recommends in order to heal from depression.*

You know, the number of things I know is very limited and the number of things I don't know is infinite.

The first thing for depression is to make sure there is no physical reason because some physical conditions or diseases can create depression.

Most depressions are due to medical conditions. So at first it's very important to check that there is no medical condition or disease. People think that depression is linked to the fact that we are not meditating enough or not in harmony. When the depression is due to a medical condition, disease, you can do whatever meditation you want, it doesn't help.

If for example you don't have enough iron in your blood, you feel very very tired, and depressed.

You can meditate as much as you want, you need iron.

It's like if you have your arm cut, you can meditate, the arm doesn't grow back.

So, at first, fix the medical condition, fix the disease if there is one, because the number one reason for depression is a medical condition, and there are so many possible ones.

One of the most important reasons is malnutrition, not eating the right food. Many food are poisoning your body and your brain and make you depressed. If you eat a lot of junk food, like MacDonald, Coca-Cola, all the American shit, you can lack vitamin and nutrients and become sick. If you eat junk food, you can even get cancer very quickly, diabetes as well, many many diseases.

We need good minerals and vitamins, from food, not from pills. Pills are made to fix the problem you created with bad food. If you eat the right food, you don't need pills. The best pharmacy is a vegetable shop. If you eat delicious fruit and vegetables, organic if possible, you will never need pills. All my life I ate organic vegetables, very little meat, and that's how one stays young and healthy.

For example, one of the most important nutrients of your body is magnesium. When you buy industrial vegetables grown with chemical fertilizer, there is almost no magnesium in it. A long time ago, vegetables were grown with cow shit, horse shit and magnesium, and they were naturally full of magnesium. But the chemical industrial vegetables have almost no magnesium. The lack of magnesium is one of the most important causes of depression.

So please choose organic vegetables and fruit and if you cannot, because sometimes it is difficult, you can fix it by taking twice a year, a little bit of magnesium supplement, natural if possible, as it is the most important nutrient lacking in normal food.

The second thing to check is if you have parasites. 30% of people have parasites. 30% of you have parasites, not only parasites in the intestines but they can go in the brain. You get them by eating meat which is not cooked enough, especially pork, and I know that the Okinawa pork is delicious but full of parasites. Beef meat is full of parasites too, and sometimes you eat it raw, a little bit pink or red. That's very dangerous. This parasite can go in the brain and make you depressed, even make you feel to kill yourself. So it's very powerful.

The number 3 thing - and Japan is specially sensitive to that, China as well,- is to avoid MSG. This is poison and makes you depressed. It's a neuro-toxin.

These are the three main reasons.

If you have no problem with good food, if you have no problem with parasites, if you have no problem with MSG, then, depression can be fixed with meditation.

But if you remove the parasites, the lack of good vitamins and minerals from bad food and MSG, you remove 70% to 80% of depression.

Then, the 30% left that causes depression is stress and lack of meditation.

If you have everything ok, you meditate and have no stress, but still has depression, which relates to maybe 2 % only of the cases of depression, this can be linked to a genetic problem, but there are very few cases like that.

But stress is terrible. When I say stress, don't think about negative stress. Stress results from a strong emotion, positive or negative. Positive emotions do create stress also. So it's better to be like Buddha, happy but calm.

When you jump of crazy happiness, it's stress. When you cry of crazy sadness, it's stress.

For example, some people, young people, play a lot at computer games. Computer games are fun, I love computer games, it's enjoyable, you are happy when you play, but it's creating stress.

So, you have to be careful with negative stress and positive stress. Loving somebody is beautiful but it's stress. If you love peacefully, it's beautiful, but if you are so much in love that you stop eating and stop sleeping, that love becomes poison.

So always follow the middle way, the Buddha teaching. Be afraid of a big down, and be afraid of a big high. Just be in the middle and happy, then you are not depressed.

Every time you jump to the sky 'wow', what happens after? your body makes you go down.

When you have a big joy, it's good, feel it inside, and instead of jumping too high, jump modestly and keep the energy not to fall after. If you jump very high and you touch down the ground, it's painful, but a little jump is ok and then you keep your harmony, no stress and no depression.

To summarize, beware of negative thinking but also beware of too much positive.

Like for the beautiful ocean we have here, it can be a peaceful ocean with little waves but it can be bad when there is a typhoon and huge waves.

Tsunamis are not good, even the tsunami of joy.

Have a peaceful morning ocean in your head, not completely flat, with little waves, that is happiness.

I wish you have this peaceful ocean forever in your head.

## **RAEL IN SUPPORT OF ARGENTINIAN DECISION TO LOWER VOTING AGE TO 16**

After the decision made by the Argentinian lawmakers to lower the nations voting age to 16, Rael sent his congratulations to the Argentinian government qualifying this new law as 'a great decision which should be applied worldwide'.

Rael even suggested that voting age be lowered further down to 14. "Young people are much more concerned by the political decisions that affect our future environment than old people who don't really care if they have a few years left to live".

Rael also proposed further voting reforms: "The voting right should be removed from people whose sickness make them unable to take decision : mentally retarded, old persons with alzheimer or other degenerative diseases which make them unable to decide even simple things in their life. It's shocking to see the families or even nurses vote for these people."

"A long time ago, when selfishness, nationalism, competition and greed were not ruling the world, elder councils were taking good decisions. This kind of people do not exist anymore. The elder councils of the past should be replaced with "youngster councils", made of young people who are not yet polluted by ego, selfishness, nationalism and competition and have a much better vision of what should be the future world."

## RAEL APPLAUDS CONCLUSION OF UK HOME AFFAIRS COMMITTEE ON DRUG POLICY

Following its year-long inquiry into drugs policy, the Commons Home Affairs Committee concluded that efforts to combat the drug barons had failed and called for the UK Government to consider the possibility of legalizing and regulating the use of drugs.

Rael fully approved the committee conclusions.

“They are absolutely right ! Criminalizing drugs is putting depressed and hopeless people in jail, where they get more hopeless and depressed and then can become real criminals.”

For Rael, to punish sad people who try to escape in artificial heavens is not only stupid : its criminal.

“Instead society should have values based on love, sharing , and compassion which give hope and oneness feeling to everyone.”

## RAEL IN SUPPORT OF GERARD DEPARDIEU

The decision of Gerard Depardieu to leave France and return his passport was hailed by Rael as an excellent decision. “All talented people should leave the countries that overtax them,” Rael added.

“Instead of punishing artists and creative individuals, governments should stop spending money on wars and weapons. France is one of the worst nations in this regard with its neo-colonial approach in Africa and elsewhere. “

# THE RAE LIAN PLANET

## KINGSTON, JAMAICA

Riki Kline and Becki Lewis had spent many months preparing for their journey to bring the Raelian Messages to Jamaica and to spearhead the birth of the Jamaican Raelian Movement. They headed into the path of Hurricane Sandy – arriving in Kingston on Tuesday, October 23rd just in time to get some emergency supplies before the storm swept through the city.

For more than a year, Riki had been in close email contact with several interested Jamaicans whose invaluable advice enabled the detailed planning that was so important for success. Before leaving the USA, a conference had already been arranged at the University of the West Indies (UWI), and a TV interview was in the works that would be aired throughout the country during prime time on the largest Jamaican TV network. Emails and Press Releases were sent to the media, and arrangements were made for an advertisement in the Sunday edition of the Jamaica Gleaner which is the country’s leading newspaper.



After the storm had passed, the next several days were spent mainly on putting up posters and handing out flyers both at the University of the West Indies and the Jamaica University of Technology (UTECH). Altogether, about 50 posters and close to 1,000 flyers were distributed. Konata Beluchi, a Jamaican and graduate of UWI, guided and assisted in the optimum placement

of the posters and distribution of the flyers.

It was while putting up posters, that they came across the radio station Newstalk 93 FM where they succeeded in arranging to be guests for 30 minutes on the “Straight Up with Jerry Small” radio show. Riki was interviewed about the Creation of Humanity according to the Raelian Messages, and Jerry Small enthusiastically discussed the Raelian Clitoraid project with Becki. Several times, Jerry mentioned the time and place of the Raelian conference that would be taking place the next day at the university’s Conference Center.

The UWI conference was on Tuesday - one week after arriving in Jamaica. Konata was the MC of the evening, welcoming the audience of 70 people, and introducing the speakers. First, Becki gave a presentation about FGM and was followed by Riki who presented the main topic: “The Third Alternative to the Creation of Life”. The presentations lasted about an hour, and afterwards the next 45 minutes were spent in a lively question and answer session. Following a short break, those who were interested stayed on for a meeting to learn what it means to be Raelian and to understand the organization of the Raelian Movement. Some of the attendees said that they would like to become active in the Raelian Movement. Several mentioned that they would like to “officially” become Raelian by having their Cellular Transmission performed. Riki explained that soon they will be able to take part in Raelian activities by participating in monthly online meetings. Most importantly, he told them that his involvement was only to help them establish their own Jamaican Raelian Movement that will be headed by a Jamaican.

The day after the UWI conference, Riki and Becki were interviewed by Ian Boyne for his weekly TV show “Religious Hardtalk” which is aired throughout Jamaica every Tuesday evening and is also available online. The show, which explores religious beliefs and concepts, is very popular amongst Jamaicans who are predominantly conservative religious Christians. With his strong academic background in Comparative Religion, and as pastor of a church, Ian Boyne is most qualified for discussing religion. His charismatic manner, especially while asking penetrating questions, was always respectful and friendly. The taped interview will likely be aired at the end of January, or early February.

This ends the first chapter in the history of Jamaica’s Raelian Movement. And the next chapter is already beginning...



## VIRGIN ISLANDS

After a year and half of search, planning and preparation under the supervision of the Guide Andre Julien and the direction of the Bishop, North American Continental Guide, Ricky Lee Roehr, on November 29th our team, consisting of Gabriel Bluteau and his assistant Victor Muscat, landed at St-Thomas airport. Our first aim was to bring the message for the first time to the Virgin Islanders. As the second part of our mission, to hand out documents to the government officials proposing to build the Elohim Embassy and asking permission for the land on behalf of Maitreya’s assistant for the Embassy Project, the Bishop Daniel Turcotte.

Inspired by Maitreya’s teachings, and by our daily prayers and meditations to our beloved Creators the Elohim and to the Humanity, it was with enthusiasm and excitement that we began to initiate our plan of action on the following morning and continued until the lecture 12 days later. One of the first things we did was to get acquainted about the Virgin Islanders concerns in the local media. We found out on YouTube that a major “economical earth quake” was going on. The number one employer in the territory and the second or third largest oil refinery in the Western Hemisphere had shutdown, creating a huge hole in the government’s budget as well as a major loss in the territory gross product. We seized the opportunity to use this event as a door opener. We redesign our press release, flyer and approach message for the promotion of the Embassy Project as an alternative solution to this event. Then we send our message by email to twenty media. We received a couple of emails from a prominent atheist radio host and university of the Virgin Islands teacher promising to talk about us and the lecture in the news for three

different days prior to the lecture date. On the other hand, the major business news web site of the territory acknowledges with gratitude the receipt of our press release.

We also had two prominent ads put in the Daily News Paper for the islands. There were 2,000 flyers passed out. Being originally from a country with a colder climate, we enjoyed it very much. Talking about the Messages is always exiting, but it is even more exiting under a tropical climate on the streets, near the harbour, in the taxis and around the resort. We found that the Virgin Islanders we spoke to are genuinely curious, open minded and generous. Thanks to the contribution of our teammate's Gary Caron, the message "Scientists from another planet created us using DNA - RAEL.org" printed on our T-shirt got a lot of attention from the people everywhere we went.



For the second part of our mission, we visited the Governor's office. We also left a copy of the Embassy proposal project with United States Virgin Islands House of Representative the Honorable Donna M. Christensen. We were very welcomed with courtesy and respect. On December 11th, the lecture and video presentation was held at the Bolongo Bay Beach Resort. A group of Islanders listened respectfully and stayed after the end to ask questions. All in all, we believe that we made some inroads and seeds were planted. We do have some contacts to stay in touched with, on the Islands. For the future, we will stay abreast of the developing situations from an economical and social perspective. From our experience and our contacts we will get indications for our next action step.

Victor Muscat, For the Virgin Islands Team.

## « UNE MINUTE POUR LA PAIX » EN COTE D'IVOIRE

The launching ceremony of the planetary campaign "One minute for Peace" took place in the hotel room Delafosse in the district of Abidjan, this Thursday, November 15, 67 ah (2012) - A National Day for Peace in Ivory Coast. By choosing this date, the national guide, Bishop Ya Boni wanted to leave the Raelian Movement's footprint on this important date considered a holiday.

About ten official radio statements, the international press release sent to all the press agencies, nearly 200 invitation letters were addressed to political, administrative, and religious authorities as well as representatives of the civil division.



In spite of the political crisis shaking the country with the dissolution of the government the day before and the transportation strikes, the room was full. Even the Environment Minister was represented, as well as the two kings' and traditional chiefs' associations, the number one TV channel, national and private radios and about ten press agencies.

The launching ceremony unfolded well with many artists participating and the contribution of an expert in traditional cultures who spoke about Peace in African cultures and traditions. Several interviews were granted to the press by the national and the continental Guides. The Raelian Messages were presented and a video of the Prophet seen launching the campaign in Japan last July. The public very much appreciated Maitreya's words. In short, harmony was everywhere.



During the evening, the national radio aired a report of the activity with the interview of the national Guide. The icing on the cake took place when the TV news media aired it at 8pm. A most positive news coverage that showed harmonious images, interviews, and closing with an exceptional comment. Our phone lines did not stop ringing and e-mails requesting membership abounded.

#### Media results:

The national channel of Ivory Coast (RTI 1)

- Diffusion on the same evening on the 8pm TV News show and broadcasted again at 11pm - that's the national channel of Ivory Coast (RTI 1)

- Diffusion on the National Radio that aired at 7pm on the

same night, and the next day at 7am and 8am. (16/11/12)

- Diffusion on the private radio "Friendship" that aired at 7:30am, 8:30am, and 11:30am on 15/11/12 and 16/11/12

- Publication in the daily newspapers "The Morning News," "Times," "", "THE NEW AWAKENING," and "THE PLUS DAY" the following day and the days that followed the conference.

- Note: Many congratulatory phone calls and an application to join the Movement.

As announced at the conference, the following Saturday Raelians took it to the streets of Abidjan to invite the population to meditate for Peace. It was a beautiful lesson of love and peace that the population received once again, thanks to Raelians.

### 1MIN4PEACE IN SWITZERLAND

I would like to share my joy and excitement of having meditated in the city of Sierre during the Sainte-Catherine fair. This was one of my most beautiful experiences of spreading the Raelian message...

I arrived around 3 PM and set up my posters in the middle of the street. In the beginning, it was difficult because people were laughing and mocking me, but through meditating and praying everything changed. I had planned to stop at 5 PM, but people kept joining and I finally stopped at 6 PM, with stiff joints ;)

Many people came to meditate, especially 15 to 20 year olds. I guided a dozen mini-meditations (breathe, smile, feel happiness, share this happiness with others, imagine soldiers throwing their weapons away and hugging each other...). These young people showed a lot of feelings, listening and respect. Tomorrow morning in school, some of them will ask their class to do the same meditation for peace...

As I was sitting cross-legged on the floor, I was at the same level as children and in their field of vision. It was great to hear their questions, their comments ;)

This gave me hope for the future, and I wanted to share it with you. This activity is a treasure Maitreya Rael gave us. Our mission is wonderful and we are really privileged!





## PEACE AND LOVE TO YOU ALL! 1 MINUTE FOR PEACE IN NEPAL

Upendra Singh, National Guide for Nepal, launched 1 Minute for Peace campaign there too.

“It just felt so good - just to be with people and meditate for peace!! Very different from other events we have done, there wasn't much explanation required for people here to understand why we have to meditate for peace. They simply wanted to be with us and do this. As it is said, 'Peace is possible, it must be felt,' we felt peace as we meditated together in this simple, harmonious and poignant campaign shown to us by our light for human-

ity, Maitreya Rael.

We touched hundreds of people as we held 5 events in 3 major cities of Nepal - Pokhara, Lumbini and Kathmandu. All events were held in major Buddhist/Hindu temples and monasteries. Some of us chanted 'Aum' while others handed out flyers. Men, women and children all joined us. The biggest crowd we had was at Lumbini, the birthplace of Gautam Buddha. Yes, we all felt peace!!!

Special thanks to Aboo, our Raelian sister from Thailand who joined us, and other Raelian and non-Raelian brothers and sisters Som Nakarmi, Anjan Dhakal, Suwarch Devkota, Lalit Gurung, Bharat, Anju Chand, Abhusan Chand who helped us in making this a successful campaign in Nepal.”



## IN MORELIA, MEXICO, NOVEMBER 17TH AND 18TH



In our visit to the State of Morelia, Ruben, Aida, Carlos, Silvestre, Rafael, Isaiah, Ivette, Priscilla, Arcadio, Luis Antonio, and three beautiful sympathizer girls arrived at the center of Morelia, a city of great religious tradition.

We were located next to the Cathedral, in front of a kiosk and we put our blanket of “Meditate with us, 1 minute for peace”, we distributed flyer and invited them to participate and attend the Conference which took place at 18: 30 pm in the “Casona del Teatro”.



It was wonderful to see people’s response at the Conference that was attended by 65 persons who were very motivated to hear that there is a movement that is concerned about love and world peace and which arrived to this city where there is a lot of violence.

The messages are always a glimmer of hope for all the people.

Frank Caballero, Guide of the city of Mexico

## ONLINE MEDITATION

*“Internet is a Temple”, Maitreya Rael (Okinawa Seminar 65 ah) A long time ago people were going to church (or temple) to communicate with each other, then came the phone, the TV and now Internet, which is a temple in itself allowing us to communicate with others all over the world ... Maitreya added that we should be conscious that this is a temple through which we can affect other people’s lives ! But to not forget that, there are homeless people close to us that need help...*

*“With a click, we can change Lives”*

On July, 21st 2012 (66AH) during our English Planetary Meditation, which happens every fourth Saturday of each month a new participant by the name of Kamil from Czech Republic was online and as everyone could use the micro to question the Special Guest as much as to give comments about the theme itself on that day, which was “Taking Care of ourselves” Kamil chose instead to introduce himself briefly and mainly explained the difficulties he was experiencing in his life, being in a psychiatric hospital, from where he was joining the event. For him, being connected with all of us did make a huge difference. He said that suddenly, he was not feeling lonely anymore, he found people who could understand him, he moved us so much, that with the whole team, we decided to take a minute, focusing on him, as he had a camera and simply sending him Love. It was so powerful, that we could feel everyone emotions in the conference room, tears of love everywhere :

A few months later, Kamil told me that he had his transmission done on October 7th in Sweden by our wonderful Kenny Stolpe, the National Guide of Sweden, wowwwwwwww even more moved

Like Our Beloved Maitreya said, “With a click, we can change lives” ... It may happen to you, you who are discovering, the influence and the power to be all connected. Therefore I invite you, to come and experience with us, this amazing adventure :D :D

Looking forward to see you soon online

Tender Love

Sakina, Responsible for European Online Meditation in English

## FRANCE: FOR THE ESTABLISHMENT OF A UNIVERSAL HOLIDAY ON DECEMBER 10TH

On the anniversary of the Universal Declaration of Human Rights, Monday, December 10th, Raelians were in the streets of the major cities in France to inform citizens of a formal request submitted to the French authorities for a Universal Holiday and to invite them to sign the petition launched on the internet. Whether in Lille, Montpellier, Aix en Provence, Nice, Toulon, Metz, Paris, Nantes, Bordeaux, Lyon or Toulouse, they received great support from the people they met.

In Paris, this event took on a highly symbolic significance because it was held on the Human Rights Square, the world famous Trocadero, the exact location where this Universal Declaration was proclaimed by the United Nations General Assembly on December 10th 1948. Thierry related: “In Paris, the ideal place to have this event was obvious: the esplanade of Human Rights at the Trocadero, located between the wings of the Palais de Chaillot, and specifically named in memory of the Universal Declaration of Human Rights, proclaimed here 64 years ago... Passers-by who came to see us were touched by our action, like this young German woman, a member of Amnesty International, who works to protect and promote human rights; she signed the petition and supports this action of universal significance”.

In Lyon, Osiris commented: “There were many people who showed us their support... Maybe our presence was enough to boost the idea that freedom cannot be taken for granted, and that we must constantly be vigilant so as to not to let ourselves be oppressed by this society.”.



And the testimony of Mariella, a Raelian guide, shows the impacts that can sometimes result from such actions, which at first glance might appear to be just drops of water in the ocean...

“I was handing out leaflets in the streets of the city where I live, when a man who had just received one, nodded with encouragement. This gentleman congratulated me for my solo action, acknowledging that too few people have the courage of their convictions. He wanted to help me, and suggested that I stand in front of the City Hall of Aix-en-provence because, according to him, many elected officials pass by there and it is imperative that I give them my leaflets so that this idea of a Universal Holiday in honor of the Universal Declaration of Human Rights can spread. He decided to accompany me and

on our way, during which he wouldn't stop praising this action, we met the Mayor of Aix whom he greeted... He had many questions, was very enthusiastic, and when I told him about the Raelian Movement and the Messages which initiated it and he had never heard of, he was even happier to chat with me and showed eagerness to learn more. He told me: 'I am a City Counselor of Aix, and I want to help you, I know a lot of elected officials, give me some leaflets and I will give them...!' I gave him about twenty... and I also showed him a picture where Raelians were handing out flyers about this Holiday proposal at the market place in Velaux, a place called the 'Human Rights Square'. Ironically, the municipal police had 'invited' them to leave the premises, in violation of the Universal Declaration of Human Rights...!"

## HAPPINESS ACADEMY IN SOUTH KAMA

The Southern Kama Happiness Academy was held in the beautiful city of Pretoria (South Africa) with its wilderness, game reserves, plentiful and very sophisticated infrastructures that live in the shadow of Apartheid. The light of the Elohim shown through the teachings of the Maitreya, we didn't see any shadow no more, but stars shining infinite colors in our brain and all the cells of our bodies and beyond.

Each one of the words of the Maitreya caressed our neurones, guided us with the most sensual femininity on the path of an everlasting awakening and his wonder voice touched all the participants deepest purity and trigger our consciousness to express the happiness that resides within Thank you Maitreya for showing us the secret of Happiness of its dwell.

The beauty of the site, coupled with the magnificent summer weather (Yes in December, Jan, Feb it is Summer time in Southern Africa ) and the teachings purity made this experience unforgettable. During the morning meditations we could hear all the birds singing and the herbivores waking up to the morning sunshine, a symphony of nature and beauty joining these very enlightened meditations...sublime! You could see the tears as a result of the well-being of each cell of our body being aware of these exchanges of feelings with our surrounding and within.



## CLITORAID SURGERIES IN SAN FRANCISCO

*November 30*

Yesterday, Dr. Bowers operated on 4 new patients in San Francisco. I had the great privilege to shadow her during this 48 hour love marathon... here is a little recount of what happened.

The 4 surgeries went super well!! These women are amazing! Dr. Bowers is very happy with the surgery results. The ladies are now resting and recovering in their hotels in San Francisco before traveling back home.

One of the patient, "O" is a tall, strong, wonderful woman from Accra Ghana, West Africa with a powerful personality. She was adamant about changing her life and her destiny through this surgery. She had been to see Dr. Foldes several years ago while in France but was not able to afford the surgery then, though she promised herself that one day she would be a complete woman again. And today, her life dream has finally come true!

During her hotel stay for the surgery, "O" was paired up with another Clitoraid patient, "L", a very shy, beautiful, young girl from Ethiopia who lives in the US who was deeply ashamed of her circumcision. During her physical exam, she burst into tears as Dr. Bowers lifted the paper sheet thrown over her bare legs. I don't know how to explain, but her face became suddenly filled with

horrific shame at the thought of showing Marci that part of herself that she perceives as “repulsive”. She was also told that “they got you good” by her mother and other women who described her circumcision which of course made her feel even worse about herself.

Today, when I spoke with her on the phone, I thought I was speaking to a completely different person! She was elated, such lightness in her voice! She kept saying “a page has turned for me”. It seemed as if this “curse” she had between has legs for the last 24 years was suddenly lifted and she could finally love herself and could start to forgive her mother who ordered her circumcision.

The 4th patient “D”, a wonderful, sweet lady came with her husband and her 4 children and she too was looking for a new beginning in her life as a woman no matter how busy a mother she is.



## MORE IN PICTURES

Raelmas in Vegas



*A happy team in Cuba after finding the first Raelian in the island*



*Raelmas in Okinawa, Japan*



*Lotus, Raelmas in Okinawa, Japan*



*December 13 in Busan, South Korea*



*December 13 in South Korea*



*Young people joining the meditation for peace in Milan, Italy*



*Clitoraid March against violence against women in Ottawa, Ontario*



*Clitoraid in Quebec*