

CONTACT

Maitreya's words

A wow feeling ...

*Wow feeling...
feeling the luck we
have to be alive
now and
together...*

*I am so lucky to be
alive at the same
time as you. It is a
privilege because
you are unique...*

About Rules- Precisions

In Contact #390, you could read the following : *"The Elohim gave us some rules in order to protect our genetic code when we plan to have children, but only for this reason! if you don't plan to have children then there is absolutely no reason to deprive yourself of any pleasure, except of course if you are a member of the structures of the IRM who must have an exemplary life"*

Recently, some structure members claimed that in the name of freedom, they were entitled to decide what they wanted to do as structure members or not.

Here are a few words of Maitreya to remind us of the structure rules:
"We must, one more time, remind all about the difference between being Raelian and being a member of the structure of the International Raelian Movement !"



**There is no
Happiness without
thankfulness...**

“Thinking is never Now”



“If Raelians are 100% free at every level, the members of the structure of the Raelian Movement are not! By agreeing to become members of this structure, they accept to lose a part of their freedom since they MUST obey the rules of this structure: like, for example, attend Sunday gatherings, obey the orders of their leader without arguing. They also have the freedom to recover their absolute freedom by leaving the structure. However, when accepting to stay in the structure, they agree to lose this absolute freedom. It is their choice. If they stay and do not respect these rules, they will be excluded of our structure”.

We never give enough love

Women and men, be as feminine as you can.

To be feminine means to be kind, kind to yourself and kind to other people; to be soft, sweet. Never too much sweetness, never enough. Never enough kindness for other people.

We never give enough love.

When you think you give 100 %, you can do more. So give love to each others and have your life enlightened by this love, without expecting anything from it.

I saw a beautiful sentence this week: “Love can never be proven”.

If you can prove your love, it isn't love.

Love is just love.

If you need a proof that someone is loving you, it is like making a deal, trading.

“Prove to me that you love me!”, this isn't love.

Love is just feeling.

Feel this love everywhere, outside and inside.

When you look at other people around you, feel this love.

Not only should you give love to that person but put your brain into searching the love in that person.

Some people never smile, some are always angry, but I always look at these people and I see love inside. I see love even in the most negative and angry people and I look at them with compassion. Then they relax and smile.

Feel this love and let the love guide your life.

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Happiness is a discipline

Happiness is a decision. You decide to be happy, it doesn't come from outside. It comes from inside, from a decision.

Children are naturally happy, they don't need to decide, they are happy but then the education makes them think.

When you think, you lose happiness.

Thanks to awakening, enlightenment and meditation, you learn that you have to decide to stop thinking and start being.

Being means being happy.

It is a decision. I said it many times. But there is a second element to it that is very important.

Even if you decide to be happy, you may slowly stop being happy. What can make you stay happy, following this decision of happiness?

Discipline

Happiness is a discipline.

You can wake up in the morning and say "ok, I decide to be happy". Then you open your mails, they ask you to pay taxes, bills. Your boyfriend or girlfriend doesn't want to see to see you today, and the happiness decision slowly goes away, you forget and you go down.

"I decided to be happy this morning, why am I not anymore?"... because deciding to be happy in the morning is just not enough.

You need the discipline of deciding to be happy every minute, every second, the discipline to select your thoughts at all time, because you react...

You open your mail, the government asks you money and you think... Even if you are angry that they ask for money, they will still ask for money. If being angry was making the letter disappear, it would be good, but it doesn't.





If your boyfriend or girlfriend doesn't want to see you, being angry will not change anything, quite the opposite. If you show anger on the phone, she might decide not to see you for a week instead of for one day, or for ever, and she will be right.

The decision to be happy is the decision to check every thought you have. It is a discipline.

When you see a dog's shit in the street, you don't put your feet in it. There are some thoughts that are exactly like dog shit. Don't put your feet on it. When you see a dog's shit, you go around. It is the same with thinking. Every time you think, ask yourself "is it dog's shit or does it elevate my happiness?", then you select.

A discipline of happiness in everything.

It is easy to be like a buddhist monk, on a mountain, always in meditation, only singing aom. This is not life. In life you receive mail, you communicate on the phone, you drive your cars, other cars are disturbing you, the police can stop you, things happen. That's where you need discipline.

It is easy to be on a mountain, 24h in meditation and be happy. This is not possible. Most of the Raelians make that mistake, actually everybody does. They have a life full of stress, angry, full of bad feelings. Then they come back to their home, lit a candle, lie down with a beautiful meditation music and they feel good. This isn't good. It is better than nothing, but this isn't good.

If you have the discipline of happiness, you don't need to stage a meditation, you are in it all day long. From the moment you wake up till you fall asleep, you feel exactly the same as when you meditate. This requires discipline, the discipline of happiness, every second.

Nobody wakes up saying 'I want to be bad all day long'. Some people wake up and say 'today will be a beautiful day' and then they go down, this isn't good. One more time, you can be at that level or be like a buddhist monk on his mountain, totally happy because he has no contact, no conflict, no stress. Or you can be even better, be in life, have conflicts with other people, have stress, but stay happy, able to deal with life, with government, police, taxes, girlfriend, boyfriend, manager of your company, and the discipline of happiness. This is being much better than the buddhist monk.

Most of the buddhist monks, when out of their temple, when exposed to life, will lose their harmony.

You may remember the buddhist monk from Korea who attended the seminar a few years ago. He came to the European seminar. I was staying in a house then with a swimming pool. He told me that he didn't know how to swim. I said 'no problem, I will teach you'. We went to the swimming pool and I taught him. The best way to start is to lie down on the back and feel that the water is supporting you. He lied down, I supported his head and

he started shaking, in panic. He is a buddhist monk! In panic just being in water! This is not good. In a temple, in meditation, beautiful harmony, but in water all this was gone.

Remember, normal people stress and are not happy, buddhist monks are happy in their temple. You are better than that. You are in contact with life, in the water, and you smile and laugh and enjoy happiness. This is the top and only happens when you have discipline.

Happiness must be a discipline, and it starts right now.

Gods, god and Infinity...

I want to talk this morning about the history of religions.

At the beginning, when Humanity was very primitive, there were many gods, everywhere. For everything they couldn't understand, there was a god. You still use the name of a god in Japan for the thunderstorm lightning. Now we know it isn't a god, but you still kept the name. In the past, people really believed that it was a god. Everything that human beings couldn't understand was a kind of god. The moon, the sun, were gods like Ra for the Egyptians. We know the sun isn't a god now. There was the god of the ocean, the god of the mountain. People were living in fear, afraid of everything, gods were everywhere. Of course there were no gods, but by praying and putting some fruit or food at the bottom of the mountain, they were hoping to be protected because they were afraid. "Please god, protect us'...

Then the times changed, new religions came with many gods, new gods, no more from the mountain or the ocean but it suddenly became gods, like the Greek gods. There were women gods, many of them. In Asia also, you had many gods everywhere.

The more we progressed, the more our technology progressed, so did our gods. After a while, some people created the idea of only one god, monotheism.

Monotheism is not more intelligent than polytheism, it is the opposite, monotheism is more stupid. "There is only one god who created everything from nothing". He took nothing to do everything, nobody can do that. He was never born and will never die and, for the Christians, even more stupid, he can have a child, the son of god... wow!... this is the most stupid possibility.

So we evolved slowly. In thousands of years, we go from many gods who don't exist to only one god who still don't exist.

Thanks to the Elohim, who are not gods, we have to repeat that clearly because people believe that the Raelians worship the Elohim, kind of gods. So we must repeat it very clearly, the Elohim are not gods. There is no god. The Elohim are human beings like us. In their history, they had beliefs in gods as well, and then in only one god and finally they reached the ultimate level of spirituality, the Infinity.

Infinity is not a god as some people may equate Infinity with god. No, there is no god.

Infinity in space and time, nothing is limited in space so it cannot have a center. If you have Infinity, you cannot have a center. Some people say Infinity is god and he is the center. Infinity cannot have a center. To have a center, for example, you need a circle and the center will be in the middle, like in this medal with the symbol of Infinity. But it isn't infinite, I can't wear Infinity.

Infinity never ends in any direction. When I point my finger, I choose a direction in the Infinite but the line coming from my finger never ends. There is no end to it. That is why it is called Infinite, something that never ends.

The Elohim finally, with a lot of progress, reached the understanding of Infinity.

We, primitive human beings, thanks to them, we have the same religion as them, a god less religion, based on the very essence of where and what we are, and of who we are, Infinity.

We cannot become equal to the Elohim about science, that's impossible. About knowledge either, but when we feel Infinity, we are equal to the Elohim.

That's the most beautiful gift they gave us.

There was progress from many gods, to one god, to now Infinity. Now there won't be any progress anymore, there is no next step.

Why is that? because it is infinite.

Infinity cannot have a next step.

The hourglass is a beautiful image for you. Before the watch was invented, the only way to measure time was the hourglass. There were big ones to measure a day, smaller for a tenth of a day, smaller for the time it takes to boil water. That was the way to measure time. No cell phones then.

We are hourglasses in time and space. The top part is full of sand at the beginning, there is nothing under. Time is going through us, we are in the middle of the hourglass. You are in the narrowest part of the hourglass and time is going through.

There is an infinite amount of sand at the top which comes through us and flows out. We are these hourglasses, or rather 'centuryglasses' instead of hourglasses, for time and for space.

There are two triangles in the Raelian symbol. These triangles are like the two parts of the hourglass and we are in the middle.

We feel Infinity like an hourglass of matter. We are at the narrowest part of the hourglass, taking consciousness of the infinitely small and the infinitely large.

When you want to meditate about the Infinite, visualize yourself as a kind of hourglass; not an hourglass, not a centuryglass, but an 'infinityglass'.

Feel it, when you meditate about Infinity. You cannot understand Infinity, nobody can't but you can feel it as a meditation.



Why the Elohim want to come back

Just a little anecdote, something that happened yesterday.

I received an email from a top scientist who is a Raelian with a question.

He said “ why do the Elohim want to come back on Earth. There is so much violence, we are preparing for war everywhere, destroying their creation, why do they want to come back?”

He is a genius scientist but sometimes, very intelligent people forget the most important thing - Love.

They want to come back because they love us, that's the only reason.

It isn't to give us more science, we would use it for war.

They don't want to help us, because we would use it for war.

They don't want to save us because if they do, it isn't respecting the cosmic order.

Why? why? why?... this is intellectual.

We don't need to question, thinking is bad. Love, between the Elohim and us, there is a love story, the most beautiful love story.

They look at us. When we do war and violence, they cry. When we give love, sing and dance, they smile. They care for us because we are their children and most importantly, they love us.

For one second, stop thinking - I know it is difficult - and feel the love of the Elohim, feel it coming from everywhere, from the sky, from the earth, from inside yourself, from every cell of your body. Feel this love, it is everywhere. The air is full of love.

Everything is love...
feel...

I wish you a
beautiful eternal life

