



# CONTACT

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## Maitreya's words

### Don't meditate seriously for peace... Laugh!!!!

**Laugh, sing, dance for peace!**

I received many messages from Raelians who panicked because of the last message [ *about the last chance for Humanity to survive if the negotiations on nuclear weapon ban succeed*].

There is no need to panic or to be anxious.

Some are saying that it makes them depressed. If you become sad, anxious, worried, you lose your power to save Humanity.

It is the most difficult time for Humanity and we need to be full of energy to save it. And to be full of energy, you need to laugh and smile and not become anxious or cry. If you become anxious and cry, you lose your energy.

Some Raelians sent me messages saying that they cannot sleep since the last message. This is stupid. It is the opposite, you need to sleep well for peace, to laugh for peace, to sing for peace, to dance for peace. You will have more energy then to save Humanity. You will have more energy to make these stupid politicians change their



**Thinking can never bring happiness....  
Don't ask "why",  
just say "I am" ...**

# “Meditation makes you stronger to help other people...”



minds and make the atomic bombs forbidden. If you cry, you change nothing. And even more terrible, if you cry and are negative, you have less telepathic energy to make this change happen.

We can make the change happen, we can save Humanity.

With protests, with petitions, people signing, yes! But that's not the most important thing. The most important you are doing it now, or a few minutes ago when Kotaro made you meditate for peace. That's very powerful. Do it, all the time, with a smile, happiness, singing, dancing, to send beautiful positive mental energy to the stupid governments. Then we can change the future. Not by crying, not by stopping to sleep, because then we become like vegetables and we have no mental telepathic power left to change the governments.

So, if you want to save Humanity, smile, laugh, sing, dance. We must make this terrible moment for Humanity happier than ever, to have more energy to save the world. This is our mission.

These stupid people crying, depressed, make me think about another thing, about these snobbish people living in New York or Paris who want to think about African people who have no water. In New York, Paris, Tokyo, they save water because Africans don't have enough water. But saving water there doesn't bring water to Africa. The water you save doesn't go to Africa, it just makes you having less showers, less baths and smell bad.

When I read “we must save water”, I say “ Yes, in countries where there isn't enough water, not in countries where you have too much water like in Canada where you can take 5 baths per day” The water saved there doesn't go to Africa.

When I read “save water for so many have no water in the world”, I take two baths, because in Okinawa there is a lot of rain. We don't lack water here. If by saving water, African people were receiving some, I would stop having showers, but it doesn't work that way.

So, if you are lucky to live in a country with a lot of water like Japan, Okinawa, enjoy your bath!

It is the same for food. “ I must save my food as poor people in Africa cannot eat”... Saving your food doesn't give food to Africa. If you eat less, you become smaller, weaker, and African people die the same.

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You need energy: eat! enjoy your food!

When I see on TV African children dying from starvation, I go and cook the best possible meal and enjoy it with other Raelians along with a little meditation... Enjoy your food! So many people don't have any... Is it being selfish? Not at all!

If by eating half of my plate, the other half goes to Africa, I eat half, but it doesn't work, so I eat everything and another help. Not too much so I don't look like a Sumo though. And you'll have more energy to really have actions, great organization, hospitals, to send food to African people. But for this, you need energy, you need to be healthy. It is the same for bringing peace to Humanity.

By crying, you achieve nothing, you become depressed, you stay in bed and Humanity is doomed.

By being healthy, laughing, dancing, you change the world. Happy people have more telepathic power. Depressed people have no telepathic power, because they think. Thinking is not meditating.

Meditation is no thinking, it's laughing, singing, dancing and no thinking, lots of telepathic energy available. Then you pray for peace, you pray to change the minds of these stupid leaders, especially the leaders of Japan.

I cannot believe that the Japanese government doesn't want to sign this treaty making atomic bombs forbidden. I cannot believe it! It is the only country in the world that suffers hundreds of thousands of deaths because of the bombs in Hiroshima and Nagasaki and they don't want to sign a law making atomic bombs forbidden? When I read that, I was laughing like crazy. They are stupid or crazy. Japan should be the pioneers, the Japanese government should promote the ban and push people to vote against atomic bombs. They said no, we don't want to make atomic bombs forbidden... am I dreaming?

So, we need to have energy. There are less than three months left to change the decision of this government and for that we need to be happy, healthy to change their minds.

Don't cry for peace but laugh for peace, sing for peace, dance for peace, then you bring peace on Earth... please do it!



## Peace is your responsibility

I just want to congratulate you all. I want to congratulate those who meditate one minute for peace because it works and, thanks to you, and thanks to other groups also, but you are a big part of it, suddenly the president of the United States wants to negotiate with the president of North Korea, the prime minister of Germany who was very angry against Russia wants to speak with the president of Russia. In Syria where there was a lot of bombing they negotiate to create a peaceful solution. The prime minister of China says that he is in favor of destroying atomic weapons. So, everywhere! [*this speech was recorded before the major vote of the UN that made atomic bombs banned which is another huge achievement!*]

But, don't stop! Continue the meditation One Minute For Peace because it's still not safe, these crazy leaders can always change their mind, so quickly, because they are mentally sick. So we must keep the pressure on and the pressure comes from you. Don't forget when you meditate for peace, especially the Raelians, your brain emits some strong wavelengths which affect the leaders. This is scientifically proven in experiences with rats in laboratory. Experiences also with monkeys. It works. Your brain waves are very powerful so don't stop. Continue to meditate for peace until they really destroy all atomic weapons and don't think: "Oh, this is not my responsibility, I cannot do anything." "Other people will decide, I'm not important." No! Each of you, each one of you in this room and in the world have this huge power in your brain to bring peace on Earth. It's your responsibility. It's YOUR responsibility.

Do it! Meditate one minute for peace and push people to do it everywhere. We don't ask them to convert and become Raelian. They can be Buddhist, Christian, Muslim, anything. Meditate one minute, one minute for peace! By meditating one minute for peace, you don't change your religion to become Raelian. And if you refuse to sit down with the Raelians to meditate for peace, what kind of religion is your religion? Religion of peace and love? And tolerance? Really? Really? And you refuse to sit with Raelians for peace? We don't ask you to pray for Elohim. Keep your Allah, Buddha... everybody you want, but meditate for peace one minute and you change the planet and then all your religious books which pretend to bring love and peace, you are really doing it. But if you refuse to sit with Raelians to meditate: "oh, he is Raelian..." you betray your own religion. I don't care if a Muslim a Buddhist, a Christian, a Jew whoever they are, want to sit with me for meditating for peace, I will be so happy to do it! So, do it! Or, your religion is not a religion of peace. Think about it. You reject Jesus, Allah, Buddha, Mohamed all your prophets if you refuse to meditate for peace.

*Maitreya set our next deadline to October where all countries will be asked to sign the nuclear bomb ban... we can change the minds of the leaders who have boycotted the negotiations so far, we can!!!*

Let's do it again and again and again! OK? OK?

## Yahweh Mantra

What is a mantra?

By repeating something, you stop thinking. Many religions use this, they don't know why, but we know why. Thanks to the Elohim we know that by dancing we stop thinking which is being in meditation. We know that by singing we stop thinking. That's why you must sing and dance every day, which is meditation.

When singing, sometimes you have to remember the lyrics, remember the music it can be difficult. Am I in tune? out of tune? With a mantra, it's so simple that everybody can do it. And the words are not very important, what is important is repeating the sounds. Of course, Christians repeat prayers with the name of Jesus, they think the word is important and it's not true. Buddhists do it also with repeating the teaching of Buddha. It is not very important what they say. Every religion sings, repeats repetitive songs. Why?

Because everybody feels good and we can do it also and we can do it with simple words. It's not mystic it's just that, instead of repeating potato or sashimi, we repeat Yahweh or Elohim. It doesn't make a big difference. It makes a little difference, a little difference because, we know the sound we will make, will send love to the Elohim but, in a way it will be better to repeat sushi, sashimi or putaputaputaputa because when there is a meaning in the one we repeat as a mantra, then we think, and to go very deep in a mantra you must not think at all. The AOM is the best at the beginning you think, after, ok, there is nothing to think about. But you can do it, with sushi or sashimi without thinking. If you think about "hum, sushi for lunch..." then you think and you are not in meditation. We do it with Yahweh or Elohim because we love the idea at the beginning. And when we do it by repeating, repeating, repeating, we stop thinking. And that's the goal.

At first we say: "ah Elohim, ah Elohim" and after "Elohim, Elohim, Elohim..." then we stop thinking. That's the target, but it's good, at the beginning, instead of thinking of sashimi or sushi, better to think about Yahweh Elohim, and slowly [the meaning] disappears and just feel the music. We feel after the effect, we feel good after but each sound, will give a different effect. You can try different sounds Yahweh or Yahweh... you change to feel the different effects of sound. Also, the rhythm affects the brain, different rhythms, different effects, different sounds, high or low, different effects. Do it, feel it, experience it at home or in your car -with eyes open, please!- Yahweh... and you go directly to Yahweh. So, please open your eyes in the car but in your home, whether your eyes are open or close doesn't matter. And try also different rhythms.

Do it everywhere in your house, on the beach with your eyes closed, in the car, with eyes open and enjoy.



## The Ocean is a symbol of Oneness

Look at the ocean. Is it the Pacific Ocean? No, it is the Ocean. It's an ocean that covers the whole planet. Human beings like to make borders, borders between Korea and China, between France and Germany, but it is one planet. They call this the Pacific Ocean and further they call it the Indian Ocean. It is very stupid. Human beings want to put borders everywhere. The Japanese Sea, the Atlantic Ocean, it's one ocean. When you look at it, there is only one ocean on Earth.

One Ocean... the Pacific, the Atlantic, the Indian oceans are one like Earth is one, like we are one.

The Ocean has the water of everywhere on Earth mixed together. Some molecules of water are coming from the North Pole, some from the South Pole. Think about all the huge rivers which bring water to the Ocean. These rivers are also one with the Ocean; molecules of water coming from the Amazon, some from the Mississippi, some from the Yang Tse, some from India, from Europe, from everywhere, molecules of water coming from every part of the world.

The Ocean is a symbol of Oneness.

Molecules coming from big mountains, the Himalaya, the Rocky Mountains of America. A little bit of every mountain of the world is here just in front of you. The rain or snow falling on every mountain become a river and ends up in the Ocean. But not only do you find molecules from mountains and rivers, there are also some from plants, animals and human beings, right in front of you, right now. There are molecules of your urine of last year and from people from everywhere in the world, from people living now and people who died a long time ago. There might be molecules of water that were in Gengis Khan, Napoleon or Julius Cesar, in Gandhi, Moise, Jesus. There are molecules and atoms of everything. Also some coming from the sky as everyday, stardust is falling on the Earth.

So, when you look at the ocean, there are parts of stars, this is oneness.

When you look at the Ocean, you don't look only at the ocean, you look at every ocean of the world, every river of the world, every human being of the world, alive now or from the past. We will die and we will be part of this Ocean.

The Ocean is oneness where every thing melts and becomes really one. That destroys the illusion of separation that we feel when we are in a human body. One day, we will be one in the same water. So we can be one now on Earth by loving each other and feeling this oneness and love.

When you meditate looking at the Ocean, remember, it's the past, the present, the future. It's oneness in space and time.

*BE THE PEACE THAT YOU WISH TO SEE IN  
THE WORLD*



### Regarding the latest members who were expelled for anti-Raelian activities

I am thankful for what this kind of people do as it purges the structures of all the weak and psychologically unbalanced people. As I said recently, if half the structure members contest the Messages or the authority of the Guide of Guides I will not hesitate one second to expel immediately all of them. I already did it at the time of the transition from MADECH to the Raelian Movement and I will not hesitate one second to do it again.

Raelians are free to believe whatever they wish, structures members must follow the strict discipline of the organization or they are immediately expelled.

So feel free to leave the structure immediately if you have any doubt!

The Elohim team on Earth, those who are freely and voluntarily part of the structure, accept this strict discipline and it's thanks to them that we will build the Embassy.

And one more time, Raelians are 100 % free to say or think whatever they wish, but not structure members, and not on my private page as I accept as Facebook "friends" only structure members.

My love and compassion is for all but they cannot be part of my team, which requires only psychologically stable people who do not take their dreams or mental disease induced hallucinations, for reality.

### Regarding the allusion of mediums in the Messages

Mediums, as explained in the Messages, have to receive a special training when they are little children. After childhood they cannot develop it. And even with this training they can only receive telepathic feelings: never clear Messages.

We do not even have, right now, the knowledge about this training. For clear Messages there is a need for a surgery which was performed on me when I went to the Eternal life Planet. The call for regular meetings of sensitive people called "medium" and who can receive feelings and never clear messages will be organized when the Elohim will ask for it and not to create a new leadership but for a very special purpose. And that may happen or not.

The Elohim decide and we follow. The only way to know when they decide is through the Prophet and not through people suddenly hearing voices...

If I received the Messages in 1973 by "hearing voices" I would never have believed it, nor created any organization but would have instead ran to see a psychiatrist. For the simple reason that I am a rational person. I did accept the Messages and the mission because they were given to me in a physical contact and not at a "sunrise" or at any "solstice" which means nothing.

Our mission is to fight traditional mysticism and even more neo-mysticism which attracts many people due to the disappearing of main religions. Peace and love.

## Comment on a call for compassion

There is no need for more false compassion or false love for Sophie or any mentally ill people who do not respect the Messages of Elohim.

The real love and compassion is to support science in order to be able to fix these diseases. Every person who doesn't respect the Elohim Messages or the Messenger is responsible for their act. And being mentally ill is not an excuse and doesn't create an exception to the rules. If so that would be unfair to mentally healthy people who DO respect the Messages and the Messenger.

The Messages are very clear : there is only one Prophet representing the Elohim and anybody, mentally ill or not, claiming to receive " messages " telepathically or on his computer or through an "internet radio " is just not respecting the Messages and the Elohim and by doing so is expelled from the Movement and has his Transmission cancelled.

They do not need false compassion and false love by supporting them in their delirium which can only reinforce the disease and push them to be even more sick which can lead them to individual or collective suicide. As many manic depressive people kill themselves during the depression episodes. The only love and compassion they need is from science and medicine and people who want to give them love and compassion should just push them to take their medication or see their MD to change or increase their medicine if it stops to work through time, which sadly happens.

And if properly medicated, they have the opportunity to apologize for the mistakes they made while in delirium, they will be forgiven and given the opportunity to do their Transmission again.

People who do not respect the Messages are not punished in any way : they are just not selected to be invited by Elohim on the Eternal life planet after death, as our Creators are free to invite on their planet who they want. They select only those who, through their actions, prove that they deserve it. What happens to others do not need any " compassion" as they are just after death " from dust and back to dust" or back to infinity without any "punishment" or suffering. One cannot " offer theirTransmission" to any other person.

Never forget that our religion is science. Real compassion doesn't mean losing our rationality to support mentally ill people to mislead people easily abused by false Prophets.

Peace and love

### JUST A REMINDER ABOUT MONEY:

When Raelians , structure members or not, involve themselves in financial activities, be it lending , investing or anything else, it's their personal responsibility. If some members do not pay back to you the money they borrow, do not complain to the Raelian Movement! It's your business and we do not want to be involved in any way in it!

When a Jew doesn't pay back the money he borrowed (and it happens all the time ...) nobody complains to the Grand Rabbi. When a Catholic doesn't pay back another Catholic , nobody complains to the Pope. You are the only one responsible for your financial activities.

If you think any Raelian, or even structure member has done to you something illegal or fraudulent about money, you have a solution : it's called the justice system. Take a lawyer and sue that person. Period. We are not here to replace the police or justice system.

# Raelian Events

## Gilad Atzmon at Raelian gathering in Los Angeles

Gilad Atzmon was a guest speaker at a recent gathering of the Raelian Movement in Los Angeles where he spoke about Zionism and Jewish identity. Gilad has been a strong critic of the state of Israel and its policies towards Palestinians for a long time. Maitreya Rael made him an Honorary Guide for Humanity in 2009 after reading his essay "War on Terror Within: The End of Jewish History".

The gathering was attended by many Raelians of Middle Eastern descent including some who emigrated from Israel following the Elohim's message urging real Jews to leave the land of Palestine as quickly as possible. [hyperlink text to: <http://raelianews.org/message-of-the-elohim-on-the-6th-of-august-70ah-to-the-jewish-people.html>]

Michal who only recently arrived in Los Angeles from Israel had this to say about the event: "I admire Gilad Atzmon for his courage to speak out about Jewish identity and the racism that stems from it, all this done with a lot of humor on top of that."



# Swastika Day



