

IRM NEWS CONTACT # 402



**Happiness is
supraconsciousness**

**Love is the best way to
have beautiful flowers**

**Trees fin supreme
happiness where they
are**

**The most beautiful day
of my live will be the
day I die**

**Animals are superior to
us in everything except
laughing**

**The one who receives is
the one who gives**

**Give your eyes, give
your smile**

Happiness is supraconsciousness

Maitreya Rael - Happiness Academy in Europe by video conference, August 4th, 76 aH (2022), Okinawa, Japan

What's important is what happens inside the little box that is here [head], the little box that you are going to develop during these few days.

This little magic box, the most beautiful creation of the Elohim, has two parts, as you know very well; a part which is useless and a part that is essential. The essential part is the part we almost never use, the supraconsciousness. This supraconsciousness is what connects us to the Elohim and to infinity, that is, to ourselves, because we are from infinity, crystallized on Earth, through the creation of the Elohim.

The dust and the soil that they used to extract the chemical elements that made it possible for us to live, all of a sudden, became conscious. It is by the magic of the creation of the Elohim that, all of a sudden, this dust, this sand, this soil became supraconsciousness. It's absolutely amazing. You can watch the earth, watch the soil, watch the sand, watch the stars and there is no supraconsciousness in them. It exists, "it is" but it is not supraconscious, that is to say, it is not conscious of being infinity. While us, human beings' creation of the Elohim, we have the ability to become aware of where we come from, what we are, and where we are going.

Where do we come from? From infinity. What are we? Infinity. And me, I say, I am." You probably remember my song. I've been singing this for forty years. Well, that's it, it's all there. Where do we come from? From infinity. What are we? Infinity. Where are we going? To infinity.

Unfortunately, more and more of our Raelian brothers and sisters reach the end of life and die. The others, with lots of love, of course, wish them a "Good trip back to infinity" I'm sorry, it always makes me burst out laughing because, you never leave infinity! You don't return to infinity

Let's us be thankful for the Elohim to bring us together

Create a distance with the emotion and then you can be in harmony

Homage to my brother, Jean Gary

When I disappear, smile, laugh, dance and sing

Immunity

Free Hugs to save humanity

Be thankful

A new National Guide in Ivory Coast

Clitoraid: 3rd humanitarian clitoral restorative surgery in Kenya

when you die, because you never left it! You are in infinity, here, now. When you were born, you came into infinity, but before you were born you were also in infinity. Therefore, birth is an illusion of sorts in relation to infinity. You were from infinity and you have become aware of it. It is the only privilege of being: I am, I am. And then, you know it, I hope you know it, I don't want to scare you, but you're going to die. I am telling you: you're all going to die! The dangerous guru tells you: you are all going to die! And I will die too. But we remain in infinity! So, when one of us goes missing, please don't say, "Good trip back to infinity" as if they hadn't been there before! You can't be anywhere else but in infinity.

The supraconsciousness gives us the consciousness to be part of infinity, to have always been part of it, and to be part of it forever because infinity is eternal. It's impossible to escape from it. We are from infinity forever, and always. That's just what's wonderful in the eternal infinity. We are infinite and eternal. Sadly, ordinary people do not use their supraconsciousness. Only a few enlightened ones do, of which you are part, that's why you're here. It is an extraordinary waste of something that we all have here and which allows us to feel infinity. The intelligent brain works non-stop to give us illusions. It is an illusion maker that has been permanently and always working since our birth. Since our birth, everything is an illusion: Family, governments, education, absolutely everything around us conditions us to illusions.

If you seek what is not an illusion in your life, there is nothing. Everything is an illusion except infinity. Infinity is. And that's why, when you wake up, when you awaken the supraconsciousness, which is a sudden connection with infinity, at that time you can say this beautiful and basic meditation, I am. I am.

Before awakening the supraconsciousness, you are not. You live in an illusion like a sleepwalker. I see the people, all over the cities, who are agitated, who run, who put on yellow vests, who vote, who... it is a complete illusion. Meanwhile, there are people living in other illusions and who manufacture nuclear weapons. We've never been so close to totally destroy the marvelous creation of the Elohim, Humanity. We have never been so close. I believe we are a few seconds before midnight, in the doomsday clock of twenty-four hours, the clock that measures what separates us from the end of the world. That is, from the end of humanity, because the world does not end, it is infinite. But humanity can end. It has been created, and it can end. It depends on what the superpowers do. They have accumulated atomic weapons that are currently so powerful. I was listening to a speech by Putin who explained

-and it's so true and so right- that they have a new generation of atomic bombs which the Americans are preparing as well as India, China and Israel and many others countries, France too.

He explains that if one of this new generation atomic bombs - that the Russians, for now, are the only ones to have - hits New York there will be nothing left. There will be no more New York, it would be over. And Putin says, "We send one to New York, one to Los Angeles and one in the middle of the United States, there'll be no one left in the United States." And it is totally real! It isn't Hiroshima anymore. It was a small town of 200,000 people. It was a firecracker; it was a July 14th firecracker. But the current atomic bombs have nothing to do with it! And they continue



to work to make more powerful ones. That's the illusion of power, of competition, for the people who use the part of the brain that is useless that is, thinking. They think. An atomic bomb is very, very well thought out. It's awesome, it's amazing but it sucks! Because it completely negates humanity.

The Earth doesn't care. People say, "We have to save the Earth." The Earth doesn't care at all. If tomorrow it blows up and there are no more humans left on Earth it will change absolutely nothing for the Earth. You know, I see people who keep saying that nature around Chernobyl, Fukushima, has never been so beautiful. Trees, wild boars, deer, there have never been so many, everyone is healthy. Humans, however, there aren't any. That's why everything is fine because there are no more humans! So, there is no need to save the Earth. The Earth doesn't care at all, whether we are there or not. But we, on the other hand, I think you will agree with me, we would like to continue to exist, to love, to enjoy life, this marvelous life.

Life is beautiful, they say, yes, but I always ask people who tell me that life is beautiful if they know death. To say that life is beautiful, one needs to be able to compare: this flower is beautiful, this rose is beautiful, but the lotus is very beautiful too. So, if you don't know something else, you can't say that life is beautiful. You have to experience death so you can tell that maybe death is more beautiful than life. So, to say, "life is beautiful, life is beautiful!", it's always an illusion. It's like our first love Oh! This man, this woman, they are absolutely wonderful. If she didn't exist, if he didn't exist, I wouldn't be what I am. The wise man says, "If it wasn't her, it would have been someone else." If it wasn't him, it would have been someone else". That is using the supraconsciousness, what connects us to everything and everywhere.

How many ideal partners do we have on Earth? Not one, not ten, not hundred, not one thousand, but millions! I remind you that we are now 8 billion, that's it, we are eight billion human beings on Earth. So, the number of ideal partners you have, is probably, come on, let's be modest, ten thousand. You don't even have time during your earthly life of seventy or eighty years to meet them all. It's impossible! So, we grab the first male or the first female and we say, "Oh! If it weren't for you, I'd be alone." It isn't true, it's an illusion.

Love, when it isn't connected to the supraconsciousness, is an illusion. Everything that is not connected to the supraconsciousness, therefore to infinity, is an illusion. The illusion of democracy: you think you elect people; you think that your votes ensure that this planet is governed, but absolutely not! I was reading again this afternoon, obviously, all American politicians say, "Russia is the absolute enemy. China is the absolute enemy." They want to start a war because of Ukraine. By the way, ninety per cent of Americans don't know where Ukraine is just like when you showed them a map, during the invasion of Iraq, there were those who placed their finger on France thinking Iraq was there. No one knows where it is but, the supreme enemy is Russia, China too. And we have to protect ourselves from this incredible threat that is China, that's what they're saying. But there are one hundred eighty American bases in the world and two Chinese ones only. You can compare by yourself. The Chinese have increased their defense budget this year by ten per cent. Ten per cent increase of the Chinese defense budget corresponds to 1% of the US military spending. But the media, the politicians fill you with fears.

Fear is what separates us from infinity. This is what disconnects us from the supraconsciousness. That's how you have the illusion to vote for people who lead. Who is in charge? You have to understand what is going on because here, I remind you, we've never been so close to disappearing.

It's sad and at the same time it's joyful because we will be forced to make changes and everyone agrees, all the scientists in the world agree to say that something has to be done. There was a time when there were enough atomic bombs to destroy all life on Earth one time as our Belgian friends would say (expression widely used in Belgium). But now, we have ten-thousand times the number of atomic bombs it would take to destroy all life on Earth.

Maybe not all, because apparently cockroaches and ants are very resilient to nuclear radiation. So, well, it will be the planet of the ants or the cockroaches because apparently, they enjoy it, but human beings don't. Not humans! It depends on the dosage, again always put things in their context. Fukushima, Chernobyl, were supposed to be a medical disaster, there were going to be millions of cancers. There are very few, it's negligible.

Human beings have the capacity, like wild boars, like trees, in Fukushima to adapt. We have a natural immune system and a detoxification system which are extremely powerful. You know, if you live in Brittany, I know that there are Raelians from Brittany, the natural radioactivity of the ground is very very strong. It is 10 times stronger than in the rest of France and everyone lives well. There are no more cancers in Brittany than elsewhere.

So, it's the fears, always these fears that governments stir up. COVID! There you go, you've found something there! Now there is a disease that's supposed to come from the monkey, however, the monkey does not carry this disease, it is still an unbelievable novel. Just like the Spanish flu of almost a century ago, it did not come from Spain. It's the media that broadcast things that scare everyone, but remember the incredible succession of fears in which the media and governments have bathed you in for fifty years!

Remember the acid rains that were meant to destroy our forests. Well, the latest news is that there are more forests now on Earth than thirty years ago. So, well, there is a problem here, acid rain didn't remove the trees.

Right now, there's the other myth of global warming by carbon emissions. Carbon emissions will destroy all life on Earth. Just a moment, I have friends who have greenhouses where they grow vegetables, plants, and they have machines that inject CO₂ into their greenhouses. Why? Because plants love CO₂! Plants love CO₂! The Amazonian forests love CO₂! It makes trees and plants, a lot more powerful, healthy and able to reproduce. CO₂ is the plant oxygen. It's extremely well done, thank you Elohim, the plants eat CO₂ and they produce oxygen, and oxygen, for us, is very good. Have you noticed trees in cities?



I love trees, I am passionate about trees, I am a gardener at heart. If you look at the species of trees that are in the cities, in parks or, when there are no parks, you can see them along the avenues and boulevards, they are the most beautiful trees! You go to the forest, to the countryside and look at the trees of the same species, they are much less beautiful. Why? Because in the city they have a lot of CO₂! So, they flourish much more. It is another fear. Watch out your CO₂ emissions, you are polluting the Earth, destroying life. False! But everyone believes it.

It's worth looking up the list of fears spread over the last fifty years, hundred years we can even say, to prevent people from being. It must be. I'm not saying, "be happy", just be. You can't be happy if you're not. Happiness is being. Are you? I'm not going to say what, huh? I'm not asking you if you are Raelian, if you are happy, if you are well seated.

ARE you? When you are able to wake up in the morning and say, I am. Ah! That's it, you don't need the Happiness Academy, if you are able, every morning to wake up and say, I am.

If you are not sure, there is just a simple little meditation: you touch your vein which is here, or there, or elsewhere, or in the neck and you feel your heart beating. It's not complicated, no need to go to Tibet, in monasteries. It's a basic meditation, one of the most powerful: to feel your heartbeat. Whatever you do, it doesn't stop. If it stops, it's over. It keeps beating, when you're having sex, when you're working, when you're watching nonsense on TV, it beats. How does it beat? It beats well (pun with "how are you?") Eh? It's, "How does it beat?" And not, "How are you?" It beats. These are the two basic meditations of the Buddhists.

Buddhism is THE religion closest to the truth. We Raelians are Buddhists, without all the stupid beliefs that have been added to the word of Buddha: reincarnation and all that. It is like all religions; they have completely distorted the teachings of the original prophet. The teaching of the original prophet, Buddha, is quite simple, it is happiness. It is being.

Who was Buddha? You always have to remember where this came from. He was a prince. He lived in a castle, he was living an extremely luxurious life protected from the whole of society he was, you could say as the French were cloistered, locked up in their apartments, because of the COVID. He was completely isolated. And one day he decided to go out. He went to the town that was next to the castle and he saw it. He saw life! Instead of being surrounded by dancers, musicians, beauty, suddenly he saw the people who were suffering who had nothing to eat, who were jealous, who shouted, who died and he said, "But that's not what I know, I didn't know that existed! What is that? What is life?"

And he left. He gave up his luxury and his castle and he left, on foot, to discover what it was to be. Like you. To be. You woke up one morning, and you said to yourself, "I want to know what it is!" Why am I on this planet? What is it? What does it mean to exist? What does it mean to be? Am I, because I go to school? Because I find a job? Because I make money? Commute-work-sleep, have children and die. Is that being? Nope! That's not enough for you. That's why you're here. It's not enough for you! And Buddha, that was no longer enough for him. He had everything he needed. He said no, I want to know, is this why I am?

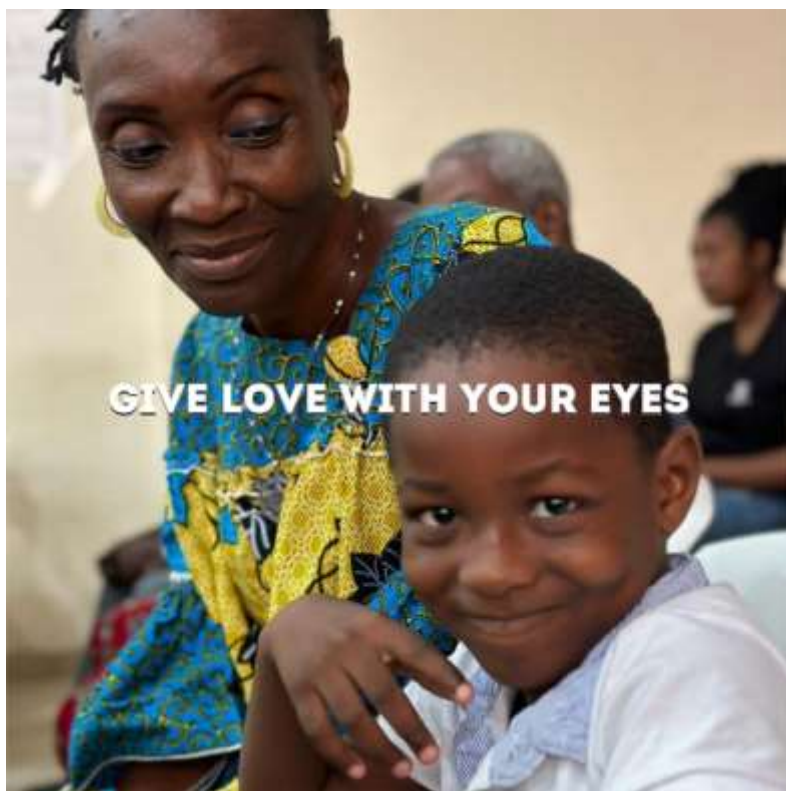
And he left. And he left with nothing. He could have left with gold coins, no, he left with nothing, with just a bowl. He sat down in the street and he held out his bowl. And people were giving rice, because it's a tradition in Asia, not to give money, but food, to people who beg. I have a beautiful Buddha next to me, he has the bowl in his hand the bowl that allows one to live, quite simply by begging.

It's extraordinary, it is the summit of humility. I will exist, continue to exist, only if you feed me. You who run around, who have jobs, employments, occupations, who cultivate the land me, I don't want to do anything I just want to be. There is a Buddhist monk who walks with his little bell, I love seeing him in Tokyo. Do you remember? We often showed it in the Happiness Academies. I hope you still screen it, that you have it, he has his Chinese hat, triangular, and a little bell. At each step he rings the bell. Di-ding, and he moves on and he has his bowl. Buddha's bowl, he has it in his hand and people pass by running around, going about their business. They are in a rush to go shopping we see them going into stores, we see them and the monk walks, softly, in silence, with just the bell. Di-ding and he always has his bowl, and from time to time, people put food in it. He doesn't want money. There are people who think it's about money and so they put in a coin or a small note. That's not it, well, he does not reject it because the

best way to give is to give others the opportunity to give. This is the love of Buddha. It is to give the possibility of giving.

I always remember some Raelians financially very comfortable during the Happiness Academy, who come to me and we see that they have, they have assets. And they come in front of me, and tell me, "Maitreya it's for you." And they give me money. And I don't always accept. Often, I say, "Listen, when it is done with humility, you give me the opportunity to give you the privilege of giving." Because the privileged, is not the one who receives, it is the one who gives. There is nothing worse than to give to someone who does not accept. Give anything, huh? Give your love, how do you feel when you want to give your love to someone and he says, "No, I'm not interested." It is hard to take! And the same goes for food if you see someone begging on the street who says no to your food. Wow! That's something! That's a lesson.

I've seen, during my life, a very rich man with a luxurious car, I was in it. And of course, maybe because he wanted to impress me, I don't know, but he saw a beggar walking by the side of the road he stopped his car, rolled down the window, and held out a banknote. Then the beggar said, "Sir, thank you, but I'm not begging." Ah! What a lesson! And he didn't take the money. He did not give the rich guy the possibility to give. It is the one who receives who is the one that gives.



That's extraordinary. It's Buddha, it's the humility of Buddha that will give people the opportunity to give. Give others the opportunity to give you their love, their attention, their time, that's love. It's not about patronizing by giving oneself greatness. More and more people give to the poor in the street, or in front of churches, and they use their bloody mobile phones to take pictures of themselves giving! Oh! That's tacky! For me, it's tacky, they don't do it just for giving, they will take their phone to see themselves giving! I call it tacky. That is to say, you shouldn't want to do that. But it's an illusion that must, that needs to be worked on.

Learn to give the ability to give. To love, is not giving. To love is to give the possibility of giving. To love is to go to very poor people's homes who offer you a piece of bread, when you eat caviar or foie gras every day and accept it. That is love! It's not looking down on those who have nothing and photograph yourself giving to them! It is those who receive who give you the opportunity to be. To be. To be able to watch yourself in the morning say, "I am." So, the two basic meditations of Buddhism: the beating heart, feel your heart beat and breathing. Breathing is simple, it's elementary. Breathing. You breathe you're all breathing there. Me too. We cannot stop. You can't stop the beating heart. There are people who come to see me, sometimes: "Maitreya, I have done a lot of Happiness Academy, I am unhappy I want to die". "Well, go ahead! You can do it right now, stop breathing".

“Oh but!” “Come on, stop breathing, right now!” “Well, well, uh...” Yes! Even if you want to stop living, stop breathing, there is something going on here, that makes you keep breathing. If you hold your breath, at some point, life takes over, of its own accord.

So, basic meditations: the beating heart and breathing. It's a form of meditation, I would say it's more to focus one's attention on something, like a black dot on a white wall. It's an elementary type of meditation, it is not a true meditation. I focus my attention on the center of the symbol, you do it, it's very good, it is a very beautiful meditation on my breathing. Some count to 7 while breathing in up to 4 while holding it, then to 5 while exhaling, or vice versa. But all of a sudden, what happens? The brain thinks. It's a “juggle,” and a jungle. But in reality, the thinking brain is an inextricable “juggle.” You know it when you try to fall asleep, if you have ever had insomnia, we start thinking about something. Okay, I'll think about it tomorrow and then another thought comes and then another thought, and then another thought and the sun rise. When it starts, the thinking machine doesn't stop. So, I'll give you a little tip, for those who have insomnia, because I was a professional insomniac. No matter how much insomnia you have, you are amateurs compared to me. I spent months without sleeping.

What caused it? I was like, “Why can't I sleep?”, thinking. And that's what we do when we're not sleeping, we think. That is to say, we accelerate the part of the brain that thinks. It takes up all the space. It is hyper-activated and we can observe it, doctors now have instruments that allow us to observe it. The temperature of the thinking brain rises. But then, it becomes too much. Depression, anxiety and insomnia are an inflammation of the brain. You know, when you rub one of your hands with the other, it turns red. That's inflammation. When you eat things extremely spicy, very strong, you have stomach ache. It's inflammation. Thinking too much brings inflammation too.

Think a little bit. Think about your boiled egg when you cook it, these are basic thoughts I'd say. That's fine. Think a little bit, think where the chair is when you sit down, that's fine. But if you think constantly and too much you create an inflammation of the brain. And after that, you are suicidal.

Recently a friend of mine committed suicide. Another friend who knew him, -they are both old, they were both old, they are 75 years old like me, we are old! - so, he said, “But why did he hang himself?” He told me I don't understand, he just had to wait! That's the problem. When you are suicidal, one minute, one second is too much. That is to say, that there is an inflammation, a hyper-activation of thoughts that makes every second that passes unlivable. Who makes us jump off the top of a cliff or hang ourselves on a rope? If we didn't think, it wouldn't happen. In Quebec, they say “Think about it”. Maybe in France, I forgot my French, they say “Think twice about it”. No. Don't think about it.

The more you think about it, the more you put your mental health at risk. So, what is the solution? Be. That is to say, do not activate thoughts and instead, be. The supraconsciousness. What difference is there? The supraconsciousness is. It doesn't think, it doesn't calculate. It isn't connected to the past, it isn't connected to the future, it is in the moment, in the now. The now. The now which does not exist. Because there is no now. Time, passing extremely fast or, us, passing extremely quickly in time. Now, when is it? It's I don't know what time it is now, 4 am, for me. It is 5:20 pm or 5:30 pm 5:30? Okay. 5:31 pm 31 and 10 seconds, okay. Ah! 10 seconds, but they're already gone, the 10 seconds. 5:31, 10 seconds and 7 tenths... No. You cannot. Time does not exist. It passes! It passes. We move through time and we have the illusion, an illusion which is very positive, that is to say “now”.

What is now? What is life, what is happiness, what is being? It's an infinite succession of now. So there, you open the door of the supraconsciousness. The supraconsciousness connects you to the infinite in time and in space that doesn't

exist. In space too, huh? I am here. Well, no, I'm here, where? On the left buttock? On the right buttock? Uh, am I in my head? Where? Which neuron? There is no here. There is no now, and there is no here! So, here and now, are good for beginners but it is a here and a now that do not exist. What does exist? Infinity and eternity. And the supraconsciousness is “the gate,” “the door” which connects us to infinity in time and in space.

This wonderful symbol that you cherish and which is there to constantly remind us of who we are. We are infinity in space and in time. So as soon as we start to connect to this infinity through meditation then when one is too used to being in thought, to being in the thinking brain, well, we are inflamed with thought, if I may say so and there is no longer the snail of the supraconsciousness, it is in its shell. We are not connected.

People who shoot their girlfriends because they are jealous have 0.0 of supraconsciousness. If there was a tiny bit of supraconsciousness they wouldn't kill their partner, for love, huh? They wouldn't go to war for love! They wouldn't stockpile atomic bombs, out of love for their country. But love for their country is hatred for humanity because, if it blows up, there will be no one left. So, this is where you have to realize then you have to, we say: disconnect this thinking brain.



How? Well, by using certain stratagems. The dot on the wall, which we focus on the center of the symbol, the branches that we count, it's a form of self-hypnosis. It's a basic meditation, it's very good. The heat wave, we start with the feet, we go up, we focus our attention on something to prevent this attention from being everywhere. Because when you are in the thinking brain, attention is everywhere, therefore it is nowhere. It goes into what happened yesterday or a year ago, during my childhood, my first girlfriend, “Oh! It was better with her!” What will happen to me tomorrow? And I will grow old! And I'm going to be sick, and there's COVID, I have to put on my mask! It never ends, it never ends! And all the media and the governments push you to use this thinking brain because when you use the thinking brain, you are governable. You are “enslavable.” You do not work; you are a slave. I remind you, most of you have bought a house that you will have finished paying for in thirty years. It means that you are like this, as with the police, in handcuffs for thirty years, you are stuck. Do you have a car on credit? Same thing! Do you have a credit card? Same thing! Constantly enslaved by the governments, the powers, and especially the powers of money.

Twenty or thirty years ago, I can't remember, the Soviet Union disappeared. It was the number one enemy of the United States and European countries. We don't know why because in truth the Soviet Union has been the main element that destroyed Nazism and defeated the Germans. It wasn't the Americans, they made their little landing in Normandy, but I remind you that there were thirty million Russians who died during that war. There were not thirty million Americans who died. So, the Russians were there directly but then suddenly because the Americans got involved, communism collapsed and the Soviet Union disappeared. And then, there was panic on board among arms manufacturers among all merchants, among all American capitalists. We won't be able to sell weapons anymore! because that's their primary source of income, weapons are the primary source of income for Americans. You can look at the American budget, more than fifty per cent of their budget is for armaments. This means that more than fifty per cent of the goods generated by American citizens go to arms manufacturers. The disappearance of the Soviet Union created a complete panic. We need to find enemies. It makes no sense whatsoever! We have to find enemies, otherwise we won't sell our weapons anymore. And they fabricated enemies like Libya, Iraq, Iran and now, supreme enemy, Russia which is no longer communist! China which is communist only in name. I remind you that China is the country in the world where the most Rolls Royce's are sold, huh? It needs to be said and repeated. And where Ferraris are sold the most. It's called Communist China, but it is the most hyper-capitalist country in the world! But they say "communist" China.

So, it's pretty amazing to see how the arms manufacturers, these extraordinary multinationals that get rich at an incredible speed, are able to "pull the wool over your eyes," as they used to say, that is to say, to enslave you. Americans, American citizens are people like you, who want nothing more than to live in harmony, happy with their children.

How many Americans see Russia as an enemy? Figures released this morning say one per cent! Just one per cent of Americans see Russia as an enemy! But the media have a field with Ukraine. We must send weapons... that's the arms dealers talking. The arms dealers who have enslaved the people of the world to get rich. And it's unfortunately the thinking brain that created all of this. So basic meditations to focus one's attention on the heat wave, on a dot on the wall, on the symbol, are good. But you are there, in the Happiness Academy, to go further. You want to meditate, to really meditate, right? This is no longer a matter of focusing one's attention on a point, on one's heart, on the heartbeat, on the breathing, no. This is good to escape the thinking brain, but if one wants to reach supraconsciousness something else needs to be done.

In Japan, there is something extraordinary which is called Zen. It is an offshoot of Buddhism which in fact rediscovers the Buddhism of the original Buddha as Shakyamuni initially wanted it to be. And this: being, that's meditation. What does that mean? Well, in Japan they call it Zazen. So, there are people who go to monasteries and then to discover extraordinary techniques to meditate to reach supraconsciousness and the senior monk tells them: "Do you want to do Zazen?" "Yes" "Sit down." "OK." "And after?" "Sit down." Za means sitting and "zen" meditation. It's just, sitting down. There is no dot. They are in front of a white wall. There isn't any black dot on the wall. It's a completely white wall, or completely brown or completely black, the color doesn't matter. It is to be seated, to be, sitting. Don't think about your breathing, don't think about your heart beating as I told you at the very beginning, if you remember. 45 years ago, when I started teaching you the meditation "I am". I used to say it three times, I am. I am. I am. So obviously people sit down and then, after a few seconds, they say, "Okay, but, now what?" Keep on going!

But that is extremely difficult for a beginner in meditation. In Zazen, you sit twelve hours, twenty-four hours, there is no notion of passing time, there is no alarm clock. Za is sitting, zen is meditation. I sit down and everything stops

moving. My body stops moving my hands stop moving, my head stops moving, my brain, especially, my neurons, stop moving. It's "idle". In English "idle," means immobility. The stillness of the body, for beginners, is very difficult. You sit facing nothing. I mean, not facing the sea, or the mountain, or a wall with the symbol, none of that. You sit down, facing nothing, and you are just aware of being seated, that's all. Not for 10 minutes not for 1 hour but for a day, for example.

I remember a friend of mine, French, who wanted to discover supraconsciousness, meditation, a whole bunch of things, and who went to Tibet. He was told about a guru, a guide, a master, who is the best in the world. So he went in an airplane, then a smaller airplane, then a bus to go to a village where this master lives, this absolute guru. And there, he arrives in the village. There is a village square with a market, with cars, motorcycles, lots of motorcycles, and people talking, exchanging goods and he asks someone about the guru in question, and he tells his name. He is directed to a small normal house, on the edge, facing the market. So, he says, "This must be a place where I'm going to be referred to go up the mountain, into the monastery." He knocks, there is no door, he knocks on the side and there is a monk coming. He said, "I would like to meet the supreme lama." We will call him the supreme lama and he says, "It's me." I've come to learn". "Well, let's go then". "Are we going to the monastery?" "No, it's here." Yes, but there is the market, there are people who sing, who laugh". "Yes, it's here". "And what am I going to do?" He said, "Well, I'll show you."

He leads him in. There is a small room, a cell, with a single bed and nothing else. He said, "Here, this is going to be your room for the three days of training that you've come to do." Just like you. And he says, "Okay. And what am I going to do?" "Well! You stay in the room, you sit down, you do not eat, you don't drink; you don't sleep, you give me your phone, that's what the course is all about. Uh... You can go back, if you don't like it". "No, I will do it." And, well, for three days he stayed in the room without drinking, without eating, without sleeping, three days. And he felt a change taking place because he no longer had this illusion of saying, "I must do something to elevate myself." No. Nothing. Zazen. Sit down, said the Buddhist monk. Where do you want to meditate? "Sit down!" It is extremely simple! All day long you just sit. They sit on the ground, but why not on a chair? Without waiting for the great prophet to speak but by yourself.

Because all I can tell you, you have it within you. All I can bring you; you have it within you. Me, I'm just here to bring you back to yourself. Just like the Buddhist monk, when he says "Sit down". "Yes, but what should I do?" "Sit down." It's the same thing. So, I wish you a very nice seminar, full of joy! Because when you're sitting and begin to connect to supraconsciousness, I want to show you this [statue of Buddha], because that's the true face of Buddha. There are people who talk about the true face of God, the true face of Christ, here is the real face, he's laughing! He is laughing. So obviously, this makes for an extremely different civilization from the one you probably grew up in with bloody Christs wearing a crown of thorns, nailed on a cross or Muslims who flog themselves, who beat themselves, who bleed themselves... No. Look again at my friend Buddha, he's having a great time. And not just a little, huh!

By the way, I would like you to destroy the image you may have of Buddha. There is Jesus there is Moses, there is Mohamed and there is Buddha. Buddha is the only one who says, "There is no God" And who says There are as many Buddhas as there are people on Earth. You are all capable of becoming Buddhas, if you connect to the supraconsciousness. And that's extraordinary, because if you're Christian, you do not become Jesus. If you are Muslim, you do not become Mohamed. If you are Jewish, you do not become Moses. If you are Buddhist, your goal is to become a Buddha. A Buddha.

Well, there are betrayals in Buddhism too, huh? I've often been to Buddhist temples, in Tokyo and elsewhere and there are shrines and small boxes where people put pieces of paper. I said, "What is that?" Because knowing the Buddha and Buddhism, well I know there is nothing to ask. Because you go to church, you pray, you burn a candle for your health, for your mother's health you are self-serving, it is the ego. Eh? "God, God, help me!" God, heal me! It's me, ME! That does not exist in Buddhism.



In true Buddhism, that does not exist, and yet there is a betrayal of Buddhism in some monasteries, some Buddhist temples, where there are small boxes and people put little pieces of paper, and I asked what they were for. The boxes contain what they want. They write their wish, like to have more money this year. They put it in a small box, at the foot of the Buddha statue. And it was full of little boxes! And I said, "Wait, but that has nothing to do with Buddha's teaching!" "Yes, but that's what it is."

And when you die, in Japan, the Buddhist monk comes and there is a tariff, it costs three thousand dollars to have your ashes taken care of, for him to take care of keeping the little box in his monastery, with your ashes. It's going to cost five hundred dollars a year, forever. They make money with it! It has nothing to do with Buddha's teachings. It's interesting to see how all religions end up distorted.

You are lucky. You are alive at the same time as me. Because I'm very afraid, I have one fear. I'm not afraid of AIDS, I'm not afraid of COVID, I'm not afraid of acid rain, but I have one fear, only one, which is that over time, Raelians forget who they are. One day there will be Raelian temples, Raelian monasteries, -which would be very good! which would be great! - where there would be statues representing, why not, Maitreya, or Buddha, or other great prophets, why not? But where there shouldn't be little boxes, to say and for people to kneel down and say, "Maitreya, please help my son pass his exam help my father cure his cancer."

That's my biggest fear! Because I know that all religion ends up distorted and people fall into the thinking mind, and for any religion, if you use the thinking brain, it automatically loses its nature, it loses its essence, it loses its being. So, I'm counting on you to convey my teachings, to transmit these keys to happiness not only to those close to you

but to those far from you, and ensure that it is faithfully preserved, faithfully, that is that there will never be a betrayal of what I teach you.

There is no god, there is no soul, there is no reincarnation, but there is happiness. And what is happiness? It is the supraconsciousness. And all of you are, I mean all of you, whether you are mothers, housewives, unemployed workers, beggars, you are all able to be the supraconsciousness. It's up to you, the choice is yours, the decision is yours.

I send you lots of love and thank you for being together.

Love is the best way to have beautiful flowers

Maitreya Rael - Raelian gathering, August 21, 77 aH (2022), Okinawa, Japan

A very intelligent philosopher said, “Intelligence is not to know what to do. It’s what you use when you don’t know what to do.”

Having knowledge isn’t intelligence. But when you don’t know anything and you do it properly, without knowing, that’s real intelligence! You may need to study gardening for ten years, or the Japanese language for twenty years in order to “know”. But if you don’t know gardening and you look at the flowers, touch them, give them love, if you understand them, the flowers become beautiful. That’s exactly how I used to garden.

Love is the best way to have beautiful flowers, beautiful trees, beautiful vegetables. When I had my garden in France, I was growing many vegetables and potatoes, but every day I was going to them, removing insects; some insects called “Colorado potato beetle” (potato bug) eat the leaves and kill the plant. I was talking to them, as if they were friends, “How are you this morning?”

I would bring my guitar and sing for the potatoes every day. At harvest time, one of the potatoes weighed 2 kg! Enough for a full dinner; just by giving love! I see the Elohim in the plants, in the flowers. These palm trees here and there, they all come from the Elohim. They didn’t appear by chance, by evolution. Look at the flowers, they come from the Elohim. I see the Elohim everywhere, laughing.

Thank you, Elohim!



Trees find supreme happiness where they are

Maitreya Rael - Raelian Gathering, September 4, 77 aH (2022), Okinawa, Japan

What a wonderful typhoon we had! It was a piece of cake. People were afraid but we are alive and it's good to have a little typhoon, it gives a good feeling. But us, we have a typhoon here, the typhoon of the Messages, a typhoon of love! Thank you, Elohim! The typhoon of the Messages removes all the leaves in our brain, all the leaves of thinking, in order for us to be.

When you think about it, all thoughts are like growing trees. When you strive to fall asleep, you have one thought, it creates a branch, "Oh, another thought. Oh, another thought..." Suddenly, it is midnight and you still have another thought, another branch, a new branch, another branch. Thinking works like that. You need the typhoon of meditation to remove all the branches, all the trees, to have a beautiful brain, empty.

That's happiness! It's simple.

I recently read a quote by somebody who had the illusion to be intelligent and said, "If you are not happy where you are, you are not a tree, go somewhere else." At first sight it looks intelligent, but it's very stupid. It's very stupid!

Happiness is inside. If you are not happy, you can go wherever you want, you will still be unhappy. Some believe that they will be happier if they go to Canada or to Korea. No. If you are not happy here, you will be unhappy everywhere. So, visualize yourself as a tree. Yes, a tree! A tree is happy exactly where it is. You never see trees going somewhere else to live, crossing roads, never!

They found supreme happiness where they are. Trees have consciousness, trees have feelings. They feel the wind. Where there is wind, they grow more. Look at these two little palm trees. Every day, I go to them and shake them, because there is no wind for them. That way their "blood" goes everywhere. They have blood. It is the same for you. If you stay in bed and aren't moving, your blood doesn't easily move everywhere. But when you move, exercise, jump, make love, the blood circulates well. And that's what makes us grow physically and mentally.

You meditate and suddenly the blood goes everywhere. When you think, the blood stays in one place, one thought. When you meditate, it goes everywhere, naturally. If you are worried, you regret the past, you are afraid of the future, you think. Naturally, your posture is closed and tense. But when you meditate, naturally you open up and the blood goes everywhere. This is life.

Don't think that happiness is somewhere else. It's exactly where you are, inside.

And instead of thinking, "What kind of thing do I need to change in my life to be happy? Do I have to change partner? Do I have to change job? Do I have to change apartment? Do I have to change this or change that?" Instead, ask yourself, "Where is happiness inside?"

Explore this incredible universe we have inside. The galaxies... there are galaxies, stars, everywhere inside you. If you go ten kilometers away, it's still there. Connect to yourself with the "I am" meditation... which, of course, you do every morning, right?

"I am." Here, now, "I am." Not "I was", not "I will be"... "I am."

That's the fantastic teaching of Elohim.

Thank you, Elohim!



The most beautiful day of my life will be the day I die

Maitreya Rael - Raelian Gathering, September 25, 77 aH (2022), Okinawa, Japan

Are you ready to send love to Jean Gary?

Jean Gary may have only a few hours, a few days to live. You know he had a heart attack - two, three heart attacks - and he was okay, but recently his health declined. He cannot leave his bed, but he forwarded me a message. Nadine, his partner, says that he is very harmonious, ready to meet the Elohim, sleeping most of the time. He is at home; he doesn't want to go to the hospital. He knows he will die and he wants to die at home, not in a hospital.

Me too! Never in a hospital.

So, let's send him love, not to save his life, not to make him heal, but to send him love, without any goal. Just send him love to make him feel love and harmony and die peacefully.

It will happen to all of us, we have to be ready. Like I said a long time ago, cemeteries are full of people who wanted to do something the next day. The worst mistake we can do is to say, "Ah, I have time!" You don't know how much time you have left. I don't know. Nobody knows. Don't say, "I have time, I will do that in the future." Even simply saying, "I love you" to somebody. "Ah, one day I want to tell my Raelian brother or sister that I love them." Better do it now, because we are not sure there is a tomorrow.

You have to feel the urgency to do it. Time is passing. We are passing in time, so fast. Many people are no longer with us; more and more of them. Koji, fantastic Koji... And so many others. Don't say, "I have time!"

Nadine, Jean's partner, helps prepare his death. She organized the papers to donate his body to science - don't forget, eh! - and also to remove the frontal bone. She contacted a doctor to perform the frontal bone removal. The woman doctor and this woman said, "Oh, I know this procedure! No problem doing it." It was the same woman who did it for Salem. And so, Salem too is gone.

Who is next? We don't know. We can believe it is the oldest, but not necessarily. Every time I wake up in the bed, while Sky is still asleep, I am always afraid she doesn't wake up. It's possible, at any age, suddenly the pump stops. So, every morning, when you meet each other, be surprised, be happy, hug each other, because we never know when it is the last time!

It isn't sad because we know where we go. It isn't sad! For non-Raelians, it's sad, because they don't know what is after. But for us, we are waiting for this beautiful moment.

I am not afraid to die. I almost died in the hospital three, four years ago. I remember when it happened, when I woke up from a coma, "Where am I?" I was not sure. "Am I on the Elohim's planet?" It was a very good feeling! Then I looked around and I saw a hospital bed. There is no hospital bed on the Elohim's planet. So, I said, "Ah, I'm still alive on Earth!!" I was really, honestly, disappointed.

But I don't see the transition from life to death as something frightening. On the contrary, I see it as something joyful. That's why for years I taught you the meditation on death.

Be ready every day. The question, “Are you?” You are! Don’t say what you are. Are you? What is the answer? [“I am.”] Eh, “oui” (yes). One day you cannot say, “Oops, I was.” But don’t be sad, because you wake up and there is no hospital beds, only beauty; beautiful plants, animals. Imagine, what will then be your first thought?

When you wake up on Elohim’s planet, you suddenly realize, “Wow, it was true!” I know you believe in the Message. I know you believe in me. But I know that something, some part of your brain says, “Maybe it’s not true.” A little 0.01% of doubt, and it’s normal. But one day, you wake up and you say, “Wow, that was true!” And there will be some robots welcoming you, beautiful. What will be the first thing you say?

“Where am I? Why am I here? Who is with me?”

“Where am I?” - “Welcome to Eternal Life’s planet!”

“Why am I here?” - “You died yesterday!”

And number three, the most important, “Who is with me?”

Who is the first person you want to meet?

[“Maitreya!”]

I may not be there yet, maybe you get there before me. So, who...? Me, I know, I want to see my grandmother. Immediately, “Wow!” But maybe for you it is your grandmother, your father; I don’t know... your best teacher, your guru. It is different for everybody. Prepare yourself. So, when you will be dying in your bed, if you die in your bed, which is not sure, and like Jean Gary, if you have the privilege to be conscious of the death coming, please practice, “Who is the first person I want to meet?”

Some people who died and you meet them, and they are alive waiting for you. Imagine! Me, I always imagine hugging my grandmother. It’s coming! Prepare yourself to be as good as Jean Gary who is dying in harmony. He is sleeping, sometimes waking up. And Nadine told me that when he wakes up, he recites, he says some of my teachings, some of my meditations. No screaming, no fear, no suffering, no pain.

He just says, “Breathe deeply, you feel all your body...” he repeats my meditations. Prepare yourself so this day of your death is the most beautiful day of your life. This is a very interesting question, “What is the most beautiful day of my life?” We think about the past, “Hmpf...” For me, the most beautiful day of my life will be the day I’ll die.

Do the same, make the day you die the most beautiful day of your life. And if I go before you, remember, I’m waiting for you!

Animals are superior to us in everything except laughing

Maitreya Rael - Raelian Gathering, October 2, 77 aH (2022), Okinawa, Japan

In every animal, in every plant, I don't see an animal, I don't see a plant, I see the Elohim. This palm tree is a creation of the Elohim. Everything. In everything in your life, don't look at things as they are, look at the Elohim. Everywhere, all day. In your laughter, there are the Elohim.

They created us able to laugh. So lucky we are. Animals don't laugh, only us can. What is the superiority of men and women, of human beings, on animals? We are inferior to animals in everything. When you wake up in the morning, you have to go to work to make money to eat, not for pleasure. The birds, the fish, don't have to work. The plants don't have to work. They just have their roots in the ground and they drink water from the ground. They receive energy from the sun on their leaves, which creates food.



Why do the trees have leaves everywhere? To catch the sun! What do they do with that? They make sugar, food. Amazing! And they breathe, and they are happy to be. Not you! You need to go to work. You cannot have food without working. We are inferior to every animal and every plant. Every little bird you see, when they wake up, they sing, they don't go to work.

But we are superior in one thing. We can laugh! No bird, no trees, no animal can laugh. So, enjoy it. Laugh! The only superiority we have on animals and plants is laughing. Even when a pigeon shits on your head, laugh! It's the privilege the Elohim gave us: laughing. Remember it! As long as you are alive, what is the best way to prove that you are alive? Laugh!

Every morning I wake up, still, and the first thing I do is laughing. I go to the toilet, I laugh. I love jokes, jokes are very important. Buddha also loves jokes, he laughs, he is always laughing. Never serious. So, just laugh. Remember to laugh. Not only laughing at jokes, laugh at everything, everything. "Can we laugh at everything?" Some people ask this stupid question. Of course! Not only can we laugh but we must laugh at everything!

Where is the place where you most want to laugh?

["Cemetery."]

Death ceremonies. When you celebrate somebody's death, everybody... Me, it makes me laugh like crazy. And when one of the Guides died, a few years ago, he remembered my teaching. It was in Canada where they have rooms for people to gather for a death ceremony with the dead person exposed in a coffin. People come to pay respect, to give homage to the dead person. Real Theriault, the Raelian Guide, organized for his death ceremony to wear the red nose and make-up of a clown to make people laugh instead of being sad.

Remember, when you die, put a clown nose, make-up, anything you want, to make people laugh, even after you die. But you are not dead yet, so, make people laugh while you are still alive. I speak to the Raelians and I always think, "Oh, maybe this is my last speech. I want it to be the funniest ever." That's why you may tell yourself, "Oh, we are with the Last Prophet and he is talking about pipi..." Yes! Yes! To make you laugh! The only time you stop laughing is when you die.

But you will continue to laugh on the Elohim's planet. Imagine that you die and you wake up on the Elohim's planet. Will you remain serious? Immediately, everybody will laugh like crazy. So, laugh your life away; and your death also. What stops us from laughing? Fear! And what is people's biggest fear? To die.

But I need to inform you: you will all die. Did you forget? People forget! You will all die, me too. That's why we must laugh as much as we can. And my secret hope is that my last breath will be a laugh. I don't know in Japanese, but in French, when somebody laughs, really strong laugh, we say, "mourir de rire", which means "to laugh yourself to death". So, never forget to laugh, whatever happens, as long as you are alive.

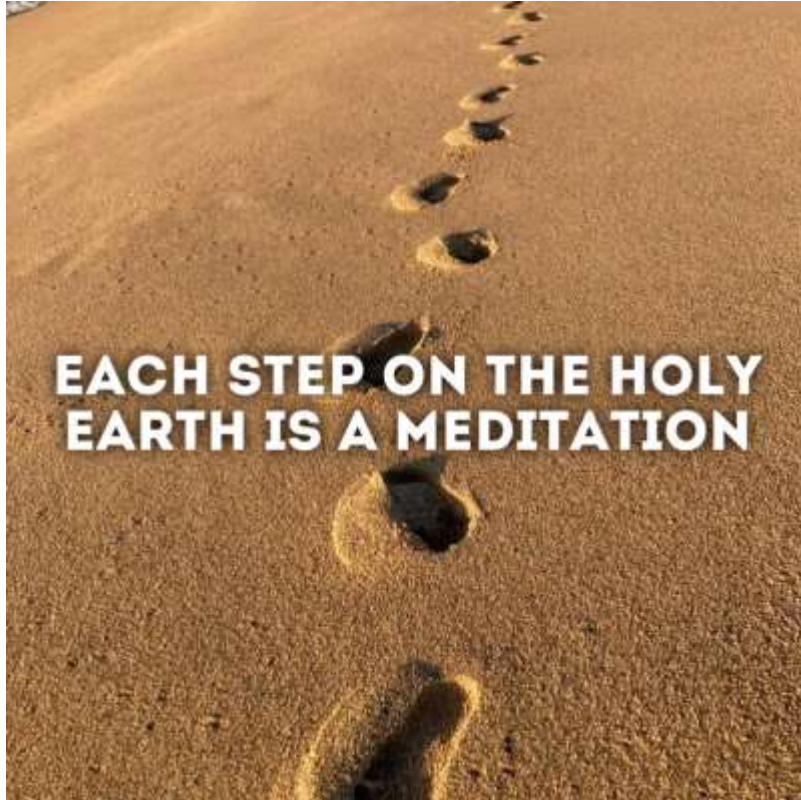
You know, a few years ago I was in hospital, after a stroke. I had tubes everywhere, but my first reaction, when I woke up from a coma, was to laugh, immediately. "Oh, I am in hospital. Oh, oh, oh..." That's so funny, because I was hoping to be on the Elohim's planet, and I saw other people's beds around me. "Arghh... I'm still on Earth!" And that was funny. Everything is funny.

Eh, maybe I will survive a little bit more, maybe a lot more. We don't know. Sure, thing is that as long as I am living on this planet, I will laugh and try to make you laugh.

The one who receives is the one who gives

Maitreya Rael - Raelian Celebration of the Second Encounter, October 7, 77 aH (2022), Okinawa, Japan

Each step on the holy Earth is not a step, it's a meditation. Each step is a holy step. Never forget that one day you will do your last step and you never know when the last step is. We never know when the last breath is. Suddenly it comes, and it's finished. So, each step is a holy step. Each step, I thank the Elohim, I thank infinity. We are so lucky to be alive!



Right now, you are looking at me, your heart is beating, you are lucky! For many people, it has stopped. It can happen to anyone every second. Every second on Earth, four people die. And you are alive. Every second, four people die but five babies are born, which is a problem. Every second, feel it!

We usually think only about ourselves. Millions of people, at this moment, are suffering in hospital, in prison, in the street, without food. You had a good lunch? Sushi? Sashimi? Was it good? Millions of people have nothing; nothing tonight and nothing tomorrow. I went to an African village where they have no fridge so they have no food today, no food tomorrow, no food next week.

Did you enjoy the sashimi? Don't stop enjoying it; don't feel guilty when you eat because you can. Enjoy this luck, this fantastic luck you have. You are all born in a country, and you all have a house or an apartment and food every day. You know you will eat tomorrow. You know you will eat next week. You are sure you will eat next month. You are so lucky!

You have to see this African village. I was giving a special seminar in Africa. Today you came for this meeting by car, or by bus, but you came. Some people didn't come because they would have to travel twenty minutes or one hour. I was in the African seminar with thousands of people and we started at 3 pm. Suddenly at 3:15, 3:20 three people arrived, running.

My first reaction could have been, "You are late!" However, I didn't say anything because I know what goes on in Africa. It was not twenty minutes by car, it was not one hour walking. They left their village to attend my seminar two weeks before! Two weeks walking. No car, walking, walking, for two weeks.

They wanted to be on time. They were twenty minutes late. They arrived with no money and no food. You should have seen the African Raelians how they ran to give them a place to sleep, some rice. They could eat for one week every day because everybody was giving something.

Like the Buddha when he was in the street with an empty bowl in his hand to receive rice, to give the privilege to others to give. Giving is beautiful but giving the possibility to give. Buddha was like a prince in a castle and he left the castle and sat in the street. He didn't bring any gold, any money, nothing! Just sat in the street with his hand like that.

Who is giving? People gave rice. Who is giving? Not the people. Buddha is giving the possibility to give. When you give, you feel good. So, when you give, you have to say, "Thank you" to those who accept your gift. It's not the one who receives who must say, "Thank you". Imagine that you want to give something and the person says, "No." Anyone could answer that. So, thank you for accepting, thank you for accepting my love.

Love. Also, sexual love. If you want to give your love to a girl you like and she says, "No", how do you feel? So, "Thank you for accepting my love. Thank you for accepting my teaching." The one who receives is the one who gives. Ah, this is a very important lesson!

We are living a terrible time where people's hands are slowly getting like that. The body is changing because they have cellphones. Cell-fishness. They give to the poor in the street and they want to show that they give. This is more than stupid. At least, if you don't give, you are okay. But if you give to show the world that you are giving, this is disgusting.

Giving... I remember when I was in Tokyo. In front of my hotel, there was a large park and many homeless people. In Tokyo, there are many homeless people. Everybody thinks that Tokyo is only crowded with rich people, some businessmen, but there are many, many people who are homeless. And the Raelians always give me too much food. They want me to become like Buddha.

So, my room was full of food and I took it down to the park. But I didn't want to give to people who were sitting and have them say, "Thank you." No, no! I was watching until I found a homeless person who was sleeping on a bench. So, I brought my bag full of food and put it in front of him quietly. I didn't want any "Thank you."

And I sat on a bench. Later, the person woke up, opened the bag and started eating. That was the best moment for me. You don't give to be seen! You don't give to look great; you give for giving. For giving is forgiving. Difficult to translate. I forgive you if you cannot translate forgiving.

So, always come back to the teaching of the greatest prophet of all; not Jesus, not Moses, not Mohamed but Buddha. Buddha, said, "There is no god. You are god." You become Buddha yourself. Give your love, give your compassion, give your forgiveness. Give and say, "Thank you" when people accept what you give. And then, happiness blossoms in your mind.

In this room, I don't see human beings, I see Buddhas. You are all Buddhas if you do what is required. If you are humble, kind, compassionate, you are a Buddha! The number one quality is kindness.

Again, I love this sentence: If you have to choose between being right and being kind, be kind and you will always be right. When you are kind, you are always right. When you are right, you are not necessarily kind. People argue, “I am right, you are wrong!” “I am right!” “No, it’s me!” And there is no love. Kindness is number one.



Give your eyes, give your smile

Maitreya Rael - Raelian Gathering, October 9, 77 aH (2022), Okinawa, Japan

Some people, many here, are born to meet me. And we are together! Why are we together? It's organized. You have been guided! Everybody is guided, by the sky. And we are guided by love, the most important thing! It's not books, music, it's love!

When there is love, everything is inside. And you know it because you are love. I know all of you. You are the most full-of-love people I have met on Earth. I feel it. You feel it when you look at your brother's and sisters' eyes. Not only when you look at me. Look at these eyes... there are full of love, shining.

The sun is shining outside, but the sun outside is pale compared to the light of your eyes. Your eyes are shining love. Love is the most powerful light in the universe. What is love? To use your eyes in order to enlighten other people. No need to speak, no need to know the sutra or any holy book. Just your eyes. Your eyes are the Messages! Remember it. Feel it! How to save people? With your eyes!

When people are desperate, you can give books, you can give teaching, you can give a CD. This requires efforts, requires you to be stronger. But with your eyes, no effort! And we feel regenerated by love. For many of those who were about to kill themselves, if only one person had looked in their eyes, everything would have changed. We need the eyes of people. Nobody can measure the energy in our eyes.

Look at these eyes. Look at the eyes of everybody here. Not only mine.

We are lucky to have a philosophy that is very close to the Buddhist philosophy. In this world, where many people are suffering, they are mostly suffering because there is a model: Jesus; with blood all over, suffering, wearing a very painful crown. People bring children in front of that, "Look at your god! Children, look at your god!" Blood everywhere. This is child abuse!

Christians hit themselves to bleed like Jesus. Muslims do the same. They all have a model, a prophet who suffered and they have to suffer like him. "We are born to suffer!" That's what they say. "And you, small human being, you can never be as good as God! You can never be as good as Jesus. You can never be as good as Moses. You can never be as good as Mohammed."

But Buddha said, "You can all be like me. Just be! Don't try to become something, be!" Feel the privilege you have.

Christians have one Jesus; Muslims, one Mohammed; Jewish people, one Moses; Buddhists, thousands of Buddhas, not one! Most of the westerners think that Buddha is a god. No! Buddha's teaching is, "become Buddha yourself." You can all become Buddha; which means to build light and love inside yourself.

Be love! Be light! No need to suffer, quite the opposite. Remove suffering from humanity. Have compassion for everything alive. Everything! Plants, animals and human beings. Please, human beings are suffering and if you wonder what you can do, just look at them! Give love by your eyes!

Buddha was talking about the three free gifts: your eyes, a smile, a glass of water. All free, they don't cost you anything. Give your eyes, give your smile. Compassion is a very important quality. But the Christians, the Europeans, are wrong

about the meaning of compassion. If somebody is crying, they cry with them. No! Compassion is to make those who are crying laugh.

A laughing statue is representative of Buddha! It's laughing. It makes people laugh. When you laugh, you don't want to kill yourself. So, you have the mission on Earth to make everybody laugh! Be clowns! Whenever you want to look



like a wise man, you have a good chance of going crazy. Whenever you try to look crazy, like the Buddha, laughing, you have a chance to be like him, the wisest man. Be a clown! Clowns bring happiness. But people want to be serious. Be a clown. If the planet becomes a planet of clowns, imagine the peace and love that would be on Earth. Your mission is to be "clown makers"!

When Christians pass on the street, everybody is serious. When Muslims pass on the street, everybody is serious. When Raelians pass in the street, everybody laughs! "These are the crazy people who believe in UFOs!" "Yes! Do you also believe in UFOs? Some new Raelians may want to explain, saying that it's more complicated. No! "Do you believe in UFOs?" "Yes!" "Do you believe in extraterrestrials?" "Yes!" And that changes the planet. People laugh. Even if they laugh at you, it's a success!

You all have friends who laugh at you, who say that you are crazy with your belief in UFOs. Don't be offended, be happy! "Yes, I love the crazy man believing in UFOs. And your wise planet made Hiroshima, Fukushima, wars, Nazi Germany." Very serious people, never laughing! If we were all clowns that would have never happened.

Remember, use the tools that life gave you, that the Elohim gave you: your eyes, your eyes to give love... Be happy; give love to everybody, be clowns, as funny as possible. Now the best thing to remember from this gathering is Buddha's face.

I went to a Buddhist temple in Tokyo. There are many boxes inside where people put a little piece of paper wishing for something. "Buddha, please take care of my mother's health." That was never Buddha's teaching. Never! Buddha said, "I'm not a god." Remember Buddha's most beautiful speech to followers:

"Are you a teacher?"

Buddha said, "No."

"Are you a scholar?" "No."

"Are you a prophet?" "No."

"Who are you?" And Buddha answered, "I am."

You are. That's all.

I am.

Say it in your language to feel the power of these words, in every language. The vibration is important, not the language.

Let's be thankful for the Elohim to bring us together

Maitreya Rael - Raelian Gathering, October 16, 77 aH (2022), Okinawa, Japan

Let's be thankful for the Elohim, for the Message, for the light in our life, yes.

The Message is fantastic. The teaching about infinity is fantastic. But for me, the most fantastic is knowing you. Without the Message I wouldn't know any of you, and you wouldn't know me. That's really amazing. Think about it! Without the Message, where would you be? Try to imagine. It's different for each of you, very interesting!

Maybe the most interesting thing is how the Message from the Elohim changed our life, physically. Where would you be if you hadn't met the Message? Amazing, isn't it? Ask yourself the question, each one of you. I would probably be dead now, from a crash for sure, in a racing car. I was so angry when the Elohim asked me to stop racing, but it probably saved my life. Each of you! Very interesting! A little detail can change your life, a little detail, a little thing, very small.

I remember a very famous person who came one day to one of my public speeches. He was very famous. I didn't know his face and he was very angry with me. "I don't understand why the Elohim met you", he told me. "I have been talking about the Elohim for many years. I wrote many books on the matter. Why didn't they come to me? Why did they go to you?" His name was Erik von Däniken, who wrote many books. And he was wonderful, of course; we had dinner together, I spoke with him.

And every time I was doing radio interviews, in Switzerland and Germany, where the public could call the station to comment, Erik von Däniken was calling to support me... but he was always angry!

"I don't understand why they didn't contact me; it isn't fair!"

And I said, "I'm sorry, but I didn't choose. I didn't choose to be chosen." But we kept a very good communication. He is jealous of me, but that's his problem. He is still alive, yes. Very active, that's wonderful! But suddenly he said, "I am, I am the one who should be chosen. I am the creator." Many people are like him on Earth, in many countries; many authors, sci-fi authors, all jealous. So here we are! With many, as you saw, many different paths, many different ways, many different backgrounds. But even with all these differences, we have one thing in common: the Elohim.

For that, you have to be thankful because we love differences. In primitive religions, like Christianity, they try to be all the same. Raelians, we want to be different, but connected to the Elohim! That's fantastic! That makes us wake up and say, "Wow! I am me. I am. I am, but I'm not alone. I have a family." Not a mother, a father, that's not a family. It always makes me laugh when a Raelian say, "Oh, my biological family, mother, father, they don't accept that I am Raelian." The family, father, mother, that's nothing.

Your family is the people who vibrate like you! The real family is love, people who care for you.

One man suddenly has an ejaculation, one sperm wins and, "Ah, you are my daughter, you will do what I want!" There is nothing in common. Especially in Asia, you have this myth of "bloodline", the cult of the ancestors. And you have to keep the family name. There is nothing in common between a mother and her baby, not even the same

blood type. When you give birth to a baby, its blood type is different from the one of the mothers, but people still think, "You are my blood." No! There is nothing in common, physically and spiritually.

You can have a father who could be a criminal, but you, you are not a criminal. So, there is no connection except that you were born somewhere in a family. Can you openly talk to your mother and father about the Elohim? About peace? Love? No!

But you meet Raelians and immediately you can talk about everything. That's the real family! We love to be together. We share the same values. We meditate one minute for peace together. Beautiful Message. Does your father and mother come to meditate for peace with you? Probably not. But if you call your Raelian brothers and sisters, "Let's go for some action in the American village." They come with you. Mum and Dad are nowhere to be seen.

So, feel the privilege we have: this real family!

When we were born, we had brothers and sisters, not in the family, but on this planet. You know that you have nothing in common with your brothers and sisters in the family. So, the real family they don't know you, they don't know who you are. We love each other, we love to make each of us flourish, blossom. That's real love. If one of us achieves a success, in any field, we want to celebrate together, even our birthdays. That's the real family.

How many among you have your father, mother, brothers, sisters call you for your birthday? They don't care, but we care. Blood is nothing. But the supraconsciousness, yes! So, be thankful for this fantastic gift. The Message is beautiful! Our mission to make the Embassy to welcome them, beautiful! But the best gift of the Elohim is to give us a family.

I have no father, no mother on Earth. No brother, no sister... poor me! I have you! You are my family. And I hope you consider me as part of your family also.

Thank you, Elohim!

Create a distance with the emotion and then you can be in harmony

Maitreya Rael - Raelian Gathering, October 23, 77 aH (2022), Okinawa, Japan

You all have been Raelians for a long time. You know meditation very well, harmony, the Message of the Elohim, we are for peace and love... You have had many, many years of Happiness Academies and meditation... But sometimes, you may wake up feeling a little depressed, a little down. Then, there is the possibility that guilt could possibly appear.

“Ah, it’s impossible to feel down, I am Raelian. I practice meditation for many years. How is it possible to feel down this morning?” Then, to the little feeling of being down, a little depressed, adds the guilt with more pressure, and more sadness. “How can I do that? I should be in harmony, serene, like a Buddha.” That’s an illusion! Remember the wonderful teaching of the Elohim, with the wonderful symbol of infinity, teachings from forty-five years ago, forty-eight years: “Everything balanced is the result of a succession of imbalances.”

Nothing is static. Nothing in the universe is stable, and we are part of the universe. So, it’s perfectly normal that some mornings you wake up very happy and some others you wake up very bad, even if you are a highly meditative person; it’s normal, it’s life. One day you are constipated, the next day you have diarrhea. One day you sleep well, the next day you sleep only a few hours, or not at all. And, of course, that affects you. It’s a normal cycle of life.

What is not normal is to feel guilty.

If you wake up after three hours of sleep and lament, “I am doing meditation. How can I be like that?” That’s not normal. If you slept three hours, you’re very lucky! It could have been zero. You may feel tired. Yes, it’s a little bit difficult, but you keep the joy. You wake up very tired, but alive!

Many people, every morning, “wake up dead”. We will all, one morning, “wake up dead”. But when you wake up alive, which is the case for everybody here, even after three hours of sleep, or even one hour, you can do it. However, if you start feeling guilty, “How can I have practiced meditation for thirty years and not sleep. Oh! I am bad...” That brings you really, really down.

As I said at the beginning, “Every balanced system is created by a succession of imbalances, which balance each other.” It is the same with your mood. One day you wake up a little down, the next morning you wake up feeling great. That’s life.

Even when walking, feel it, you can never be fully balanced. If you try to stay on one leg, it’s very difficult. The movement of walking is created by successive losses of balance. To walk, I need to destroy this balance. Top dancers are constantly losing balance, but they make it beautiful. Make it your life!

If dancers wanted to make a perfect dance, they wouldn’t move... When you don’t move, you are perfect! But we want to move. Move on, move on from bad night... Move on from bad mood, move on from good mood. You can never be stable. Look at the beautiful statue of Buddha, right here. You always imagine Buddha stable. He was not

always like that. He was moving, getting up, making “pipi” (peeing), “caca” (pooping), alive; and when he was walking, he was also losing balance.

So, balance in life is the result of imbalances that balance each other. Our number one priority is to enjoy it, instead of, “No, I have been Raelian for thirty years, I must be perfect.” It’s impossible! Buddha was not perfect. I am not perfect. Yahweh is not perfect, but they balance each other. If you start your life, your day, by trying to be perfect, you will be sad forever, because we cannot be perfect. “I am perfectly imperfect”, that’s the only thing you can be.

Don’t focus on being perfect, focus on being perfectly imperfect!

And naturally laughter comes. When you have this state of mind, you naturally laugh. And these beautiful words “So what” come to your mind immediately, and you should practice using them. This is very important. Whatever happens, no reaction going up or down. They happen! I repeat, on purpose, one of the most beautiful sentences I made this year is: “Don’t complain about aging, it will pass!” How will it pass? By death! Don’t complain about aging, it will pass!

Even life is a succession of imbalances. Enjoy! Laugh! Every time you make a mistake, laugh at it! You learn much



more when you make a mistake than when you’re successful. It is true for everything; for art even more. When you sing, you may have a slightly out of tune moment. Laugh, and you learn, and you practice. What did you do when you started walking? Is there one person here who learned to walk as a baby and didn’t fall? Nobody did, not even Jesus, Buddha, or Maitreya. When I first walked, at the beginning, I fell, a hundred times, but I kept on trying, like you; and now everybody walks.

So, it’s the same for the mood observation. Don’t involve yourself too deeply in your mood, guilt, sadness. It’s normal to experience sadness when your father dies, when your boyfriend or girlfriend leaves you, when you lose your job. All these things happen, and you know it can happen. So, witness it! When your mother dies, crying will not bring her back? Never! If crying could bring your mother back,

please do it. But it never happens. If your boyfriend or girlfriend leaves you, you can cry, but it will not bring him or her back.

Witness! Witness your suffering.

A few years ago, I remember, I was in hospital with a terrible headache, “Okay, this is my head. It’s very painful.” And I was in so much pain that I wanted to laugh. “Wow!” instead of “Arghhhh!” No! It was so funny. I couldn’t

stop this pain. Create a distance with the emotion and then you can be in harmony, you can become who you are, overall happy; with ups and downs, but happy.

Welcome happiness, of course, when you are very happy. Welcome also pain, welcome suffering. When you welcome suffering and happiness, then you are happy, because everything passes! I'm sure you all had terrible headaches. They passed! Maybe you had other pain, I don't know, very painful periods for girls, once a month! - I'm so happy to be a man - but you know, it will pass! So, when it's coming, welcome it. "Eh, I'm waiting for these periods. Welcome! How are you, my pain?" And naturally, that lowers the pain, and you witness it passing, every month.

I think it's a very interesting challenge for women, and if you witness it properly, it probably gives superiority to women. We men, we don't know what it means to have periods. We witness it sometimes when there is PMS (Premenstrual Syndrome).

Men know what periods are, not the suffering part but from what we hear. It's a good experience also. And it's exactly like everything else, a succession of ups and downs; and that's life! You have a cycle; you don't make eggs every day, like chickens. Women make eggs once a month. That's enough. Imagine if it were every day! That's why the hens are so noisy, it is painful, but it's a cycle. I love chickens, I talked with my chickens when I had chickens, and they suffered every morning making their eggs.

Imagine giving birth to a baby every morning. Wow! So, of course, "cluck, cluck, cluck", that's not for fun, eh! But after a few minutes, they're relaxing. It passed! So, be like chickens. Let it pass, let it be, let it flow, let it go. And then, happiness is in your life, even with ups and downs.

Ups and downs, like infinity. The sun rises, because there is night. If there were no night, the sun would never rise. Think about that! It's our life. Going down makes you go up. Going up makes you go down. Witness it and remove the most dangerous poison: trying to be stable and perfect.

Only one thing can be perfect: love!

Homage to my brother, Jean Gary

Pierre Gary – October 1st, 77 aH (2022)



Jean,

These few words are for you. They are merely a pale reflection of all the good you have put into me, as well as into all those who have met your eyes.

We pass in time... And one day, for each of us, this movement stops and leaves, in those who continue the dance, like the shadow of a lack. For you, Jean, it is the final act on this beautiful planet, and this morning, I remember the “magician” that you were for me. The tear that runs down my cheek dissolves in the joy, the recognition, the gratitude for what you have given. You have left us to continue elsewhere (I may know where) to spread your childlike enthusiasm, your communicative joy of living and your colorful smile.

Even if, lately, events have not always been gentle with you, you remain a colorful character, full of life, curious about everything, a fan of new technologies, a pioneer in video. Your office is packed with computers, Sony camcorders, cameras, high-tech gadgets, connected devices; all that makes you endearing. You know how to communicate your crazy desires for life, like the one for the sky and the stars. I remember when, in the evening, in the family house, you would show us the rings of Saturn with the little telescope we had bought with our childhood savings. Already, the infinity of space fascinated you...

For some time, you knew you were diminished by your worn-out heart, but you rarely mentioned it, the flame of life always shone deep inside you with great intensity. You even introduced me to Flight Simulator during my last visit to Las Vegas, excitedly showed me your little electric car, the new apps installed on your iPhone and on your connected watch.

You are indeed a man of passion.

- ✓ Passion for people: you knew how to befriend all those you met, passion for extraterrestrials and their prophet to whom you dedicated your life.
- ✓ Passion for beauty and sensuality: you knew how to make us soar beyond the stars right into our wildest dreams.
- ✓ Passion for adventure and travel: you have travelled far and wide, often to the four corners of the earth, beyond the seas, in the sun of Ethiopia, in the dunes of the desert, in the heat of Israel. You have traveled around the world several times with your flight simulator.

- ✓ Passion for harmony: everything around you breathe joy, pleasure and dreams. You are both the harmonious and the harmonizer. It is not a coincidence that for eternity you are the first Guide that Maitreya Rael has chosen.

The harmony of your smile will remain engraved in each of us as a sign of the purity of your convictions and the strength of your commitment to just and sincere causes. Harmonizer, because you know how to spread the radiance that you cultivate in yourself. Your simple and pure words have always touched our sensitivity. The delicacy of your sentences transports us into ourselves. The richness of the images in your words reveals the beauty of the world.

Harmonious and harmonizer, Jean, you are and will remain in our hearts, you are part of the clouds, the great trees, the turquoise seas that I contemplate in the moment. You are the reflection of the good of humanity. History will know the importance of your imprint, the greatness of your heart; as for me, I already know it.

Thank you, big brother, for having been my “magician” of beauty, of simplicity; for having taught me to dare to express what I am. The new humanity is germinating in the purity of your being. May everyone follow your example...

Thank you, Jean and see you soon.

When I disappear, smile, laugh, dance and sing

Maitreya Rael - Raelian Gathering, October 30, 77 aH (2022), Okinawa, Japan

I just want to talk about something beautiful that just happened. You know that Jean Gary died recently. And, of course, his long-time partner, Nadine, is now alone. A Raelian woman from France, who lives in Canada, travelled to Las Vegas to spend some time with Nadine. That's just love.

Of course, we know that after death we are in the beautiful world of the Elohim's eternal life planet. Yes, we must not cry. Yes, we must think, “He is happy with the Elohim!” But we can have a moment where we miss the person. We should not, but we all still have a little ego, “Yes, he is happy. Yes, we must not be sad, but I miss him!” That's possible. And if it happens, we must not feel guilty, “I know he is happy, I'm happy for him, but I miss him!”

Knowing that, Chana - the name of the French girl, Chana Lemetayer - travelled to spend a few days, or a few weeks, with Nadine. That's beautiful. That's love.

Of course, when I'll disappear, which can be very soon, I know you will all say, “Oh, Maitreya is happy with the Elohim.” But it's possible, even with your very high level of consciousness and supra-consciousness, it's possible that you miss me. I hope not, I will be watching you! But I know some people, especially those who are very close to me, may find it difficult. It's good to be there, to be present, to give love to people who are suffering.

The best way to help is not to encourage more crying by reinforcing the absence. That wouldn't be compassion but sadism. The support can be positive, “Let's imagine together where he is now! Let's imagine the beautiful life he can now have! Let's feel him watching us!” What is important is the hand, not what you say. Don't push people to cry more, “Oh, we miss him, oh...”, but, “Let's imagine how happy he is.” The hand is important!

So, not only with me. It can be your mother, your father, your best friend, your partner. It's important not only to talk about love, but to show your love. The best way, again, isn't complicated: it's being there, it's offering your hand. Sometimes a hand without speaking, just, "I'm here with you and I feel lucky to be with you." And that's compassion, positive compassion.

Always remember the meaning of compassion. Compassion is sometimes mistaken as crying with those who cry. Not at all, this is not compassion, this is sadism. Compassion is making those who cry laugh! Making those who are sad dance and sing. When I disappear, don't come together for, "Oh, oh, oh... Maitreya!" Instead come together, maybe here, anywhere, and dance together, sing my songs together, and be happy together. I will watch you, eh! If I see the Raelians together, sad, it will mean that I wasted fifty years teaching on Earth. You would make me very sad!



But if I see you around like that, dancing, singing, hugging each other, I will be very proud of you. So, do you want to make me sad or proud of you? So, smile, laugh, dance, sing. But you can also put your hand on those who are close to me, "I am here, let's remember the positive together." That's what I wish if you want to make me happy after I die. I spent my life on Earth teaching happiness, I hope you will continue after I disappear.

Will you?

Some human beings love suffering, it makes them feel alive. They love watching TV, reality shows. Their life is sad, they suffer; and they see other people in reality shows suffering more. So, they say, "I'm sad but there are more terrible situations than mine!" That's not good. On the opposite, look at happy shows, dance, sing, laugh together, for no reason. I hope that at the first meeting after I disappear, you come together and just laugh. Yes, just that!

Of course, there will be moments of separation. Death is a separation, but you can also have separation in couples. We have a bad education about suffering. Many people who pretend to be your friends will come to you after a

separation saying, “Oh, poor you! Oh, you must be so sad.” That’s sadism. Terrible! Instead say, “Hello! I learned that you just broke up, let’s go to a restaurant and celebrate!” Celebrate separations!

People create parties with beautiful food when they get married or get together. Do the same when you break up. We do, we have Raelian divorces. We get together and we celebrate, “Happy new me!”

Immunity

Maitreya Rael - Raelian Gathering, October 30, 77 aH (2022), Okinawa, Japan

I saw some people feeling old, and they think their body is aging. Yes, it is! But all our body is made of new cells. The life expectancy of cells, on average in your body, is seven years. After seven years, each cell dies and is replaced by a new one. So, even if you are seventy-six, all what you see is seven years old. Knowing that will help you laugh while aging. Yes, aging creates damage, wrinkles, beards become white, breasts go down, but each part is seven years old.

Why do they look different? Because each time there is a change, a replacement of the cell, there is some damage in the DNA. A little bit of damage, a little bit more damage, eh! We call it “aging”. But it’s all seven years old. The Elohim kept the secret for a long life. You know that they live seven hundred, nine hundred years; and we, only seventy or ninety. They live longer because they fix, they stimulate the immune system - and we don’t know yet how to do it - so there is no damage for each replication.

And how to stimulate your immune system? You can do it: by laughing! When you laugh, when you are happy, when you sing, when you dance, the immune system becomes stronger. If you are depressed and cry, it becomes weaker. So, do you want to stay young a little bit longer? We will all die, but it can be at sixty or at one hundred. If you enjoy life on Earth, you prefer one hundred.

This week, there was a very interesting news. One man, in Iran, never washed himself. He was the dirtiest man on Earth at ninety-four-year-old. For fifty years he didn’t wash himself, no shower, no bath, nothing! And he was ninety-four. You see people with masks, and spray, and alcohol; and they die at sixty because they are not happy, they are stressed.

What is funny is that the villagers, influenced by the myth of hygiene, took this poor old man and forced him to take a bath. Shortly after, he died - so, be careful - because of the stress linked to that bath. He was afraid of water; he was sure water was dangerous. And he was right because he died.

Happiness, happiness everywhere is a stimulation of your immune system.

Ninety-four-year-old, never washed himself. All doctors say, “Hygiene is very important, if you are not clean you will die. Use alcohol, everywhere.” By doing so, you make your immune system weaker. I will be a little bit of a Prophet for a few minutes. I can, right?

You know that now, most people, especially in Japan, use alcohol and masks. What will be the consequences of this habit? It will make immune systems weaker. I forecast the future. There has always been pandemic on Earth, but we are alive. There were pandemics thousands of years ago, hundreds of years ago, but we are alive. When you listen to television, “Pandemics will kill everybody!” During the worst pandemic in Europe, a long time ago, half of the population died.

Yes, but half survived!

They always talk about the half population that died. However, half survived, that’s why we are here. Those who survived were the ones with a strong immune system! Jeanne Calment, the oldest person on Earth, died at one



hundred twenty-two. She was always laughing. And she was drinking alcohol, eating meat, smoking. And the doctor, a stupid doctor, when she was one hundred five, said, “You should stop smoking, it’s dangerous for your health.” The doctor died at sixty-eight! And she lived up to one hundred twenty-two, but she was always laughing.

“Why are you old but you don’t look so old?” She had almost no wrinkles. “I was always happy”, she said. “How did you do it?” “First of all, I was married one year and I divorced, that’s why I was happy all my life.” “But you have no wrinkles!” She said, “I have one, between my legs.” Yes, one! That’s somebody who lived up to one hundred twenty-two.

When I see people with masks here, soon a real pandemic will come, because there will be many other viruses and people have no immune system. When I was a child, and maybe some people around here too, we were playing in the mud. I tasted sheep’s shit, because it looked like chocolate. It doesn’t taste good, but I tried! And I am here, and I am strong. Because I have a strong immune system.

And I see the children now; every toy is disinfected with alcohol. The next real pandemic, which will come, will kill a lot of people. But not you, because you don’t wear a mask, you don’t wash everything with alcohol. You can choose to make your immune system stronger, or weaker. The number one way to make it strong is by laughing, whatever happens. Including, please, when I die... I will watch!

I love you.

Be happy, be happy to have a beautiful life, first, a healthy life and a long life, a long healthy life. A long life being sick isn't fun. Laughing means healthy for a long time.

That's very interesting, it's the selection of people who can get eternal life with the Elohim: all very happy people. Imagine, if you are depressed, every day suffering from depression, and the Elohim give you eternal life. That would be sadistic. "You are depressed and sad, you will have eternal life." Wow! No, you are depressed and sad, death and over. You are happy, laughing every day; yes, live forever!

So, it's a kind of a natural selection of the people who deserve eternal life. Feel it! When you are happy, you prepare eternal life.

Thank you, Elohim!

Free Hugs to save humanity

Maitreya Rael - Raelian Gathering on November 6, 77 aH (2022), Okinawa, Japan

Recently, I saw some Raelians, even with the warning I gave, some of them got the vaccine! Baka, totemo baka! (Stupid, completely stupid!) People are free to be baka (stupid), it's your freedom to be baka. Nobody will force anything; nobody will force you to be intelligent.

But some people did get vaccinated and some people support wearing a mask, which is totally useless. Especially in Japan I still see people, alone in a car, with a mask on. What a strange planet! You know, when you look at the Earth with the Elohim's eyes, you see people with a mask alone in a car. Wow! But you have the right to be "con" (dumb). It's your freedom to be baka (stupid).

But I repeat, one more time, the vaccine, which is not a vaccine, is dangerous. Wearing a mask is totally useless; not only useless but dangerous! Why is it dangerous? Because your immune system, which was created by the Elohim, needs bacteria and viruses from outside.

You all remember our "Free Hugs" campaign. Some stupid Raelians said, "We should stop giving Free Hugs because of the coronavirus." Baka! So stupid! It is the opposite. I launched a planetary action, yesterday, to do more free hugs with a banner saying, "Improve your immune system with free hugs". Recently, a top scientist said, "I am afraid the immune system of humanity will go down because people who wear masks use alcohol." So, your defense will go down. Your defense needs stimulation!

Some children are born with a weak immune system. Doctors put them in a bubble to protect them from any bacteria and they become weaker and weaker. These poor babies will have to live in a bubble all their life. Some intelligent doctors put these babies in contact with the ground, with nature, with everything so they are in contact with bacteria. Yes, some of them developed fever, had infection, but they survived and they became strong.

We need infections to become strong. We need stimulation. When you hug each other there is a big exchange of bacteria and viruses. For your immune system, connecting with other people's bacteria and viruses is like when you

do push-ups to train. When you want to have healthy muscles, you need to do weight lifting, you need exercise! I do. I do weight lifting, not heavy, but I have strength. Every morning, I do physical exercise. Every morning, I walk one or two hours to have good legs. At seventy-six, I'm okay.

People think about the pandemic. Remember the radio and television telling you to wear a mask! "Be vaccinated! Millions of people will die! The streets of Tokyo will be full of dead people!" That was on TV. Did you see many



dead people in the streets of Tokyo? Zero. Nobody! And now, we have the numbers; the number of people who died five years ago in one year. And this year and last year are almost the same. So, the so-called "pandemic" isn't killing people. It isn't true, it's a lie. But people still wear a mask. The damage you create to your brain, poor Japanese people!

In Europe there is no more mask. Every country has dropped it. No more mask, except in Japan... You damage your brain! You wake up in the morning and before going out, everything is dangerous. It's a complete lie. We need to hug. Hugs increase your immune system. I repeat information I was giving many years ago. You have a certain number of cells in your body with your DNA. But you have more cells of "animals", bacteria, viruses; and they are necessary for you!

The problem is easy to see with antibiotics. Your intestine is full of bacteria that don't carry your DNA, they are foreign bacteria and viruses. Full! And without them, you cannot digest. Sushi, sashimi would go directly out. When you take antibiotics, you have diarrhea. The word antibiotic means "against life". So, it kills the bacteria, you cannot digest anymore and the sushi goes out directly.

But it isn't pleasant to have diarrhea. So, we need these bacteria and viruses. There are a lot of them! Not only in the intestines, in your liver, in your kidneys; all these living things, which are not carrying your DNA, help you to be healthy. When I was a child, we were playing in the mud and sometimes we tasted the mud. When our family called us for dinner, I never washed my hands. We didn't wash our hands and we ate and we are alive.

Five centuries ago, there was a big pandemic in Europe. Half of the population died. Terrible, isn't it? No. It means that half survived! You can see the negative or the positive. "Oh! Half of the population died!" Panic, mask! No. Half of the population didn't die; without masks, without antibiotics, it didn't exist at this time. Without vaccine, there was no vaccine. But half of the population survived. That's why we are here. Your ancestors, our ancestors, didn't have vaccines, masks and antibiotics. Zero. And we are here.

So, imagining that everybody will die is totally stupid. It never happened. In the history of humanity, there were hundreds of pandemics and we are here. We resisted everything. The weakest people die but healthy people survive, have children who have children and we are here. Remember, vaccines have been on Earth only for one hundred years. One hundred years represent such a short period of time! It is the same with antibiotics. Everything was discovered in that century. And we are here because our ancestors had a strong immune system!

You remember, at the beginning of the panic about Covid, I took the hands of some Raelians and licked them. Everybody said, "Social distance! Mask!" That was so stupid! That was two years ago. I licked the hand of some Raelians, I don't remember who they were and I'm still here. And I'm willing to lick the hands of everybody!

Yes, Shizue! There were bacteria on the hand of Shizue, thank you for giving them to me. Because they make me stronger! You touch your dog, and your cat, animals, the ground and vegetables... That will not kill you. That will make you stronger. But if you put yourself inside a bubble with no contact with anybody, then your immune system dies.

The immune system needs stimulation. It is very important that you remember to do bodybuilding - the bodybuilding of the immune system - that is hugging. Not only is it good for the immune system, but it is also good for the brain. You become mentally sick if you don't have contact with other people. We need to feel other people alive.

Many, many people who are mentally sick have no contact with other people. I saw on television a woman in psychotherapy because she was feeling bad, like many, many people, because she couldn't get out, she couldn't hug people and had to use alcohol. Many people became sick. The worst is social distance. That's terrible! On the opposite, we need to be close to each other.

And this poor woman spoke with a psychotherapist who helped her fix the problem. And when the time was over, before leaving the office of the psychotherapist, this woman turned to the psychotherapist and said, "May I hug you?" And she did. And he was so, so touched by this woman, asking her, "Please give me a hug."

So many people on Earth, in Tokyo, in Naha, so many people need a hug. So please, do it as much as you can. It is good for the immune system, good for our mental health and above all good for love on Earth. We need to promote love.

Mask is against love. Suddenly, you look at the world like something dangerous. "Be afraid of others. Be very afraid!" When you live in fear, there is no love. And if there is no love, there is no peace. So, you are part of this action to develop love and peace on Earth.

When you give a hug to somebody, not only do you help this person but you also help humanity. Because people pass and look and think, maybe they judge, "They are crazy! They should wear a mask. They should stay away from

each other.” But it stays in their head. They will think about it the whole day, the whole night, forever. And they will also feel, “Okay, why not?”

The craziest doctor during this “pandemic” - I think it’s difficult to believe it - this doctor officially said, “When you make love, wear a mask.” Where am I? What kind of planet is that? When you make love, wear a mask! And many people listened. So much for sensuality! So, you see how extreme this crazy fear becomes. Some people were afraid of their children, you know, they made these children afraid, “Don’t visit your grandmother, you can kill her!” And the poor grandmother didn’t see the children for a long time. Kawaiisool! (poor thing)

You are old, the pleasure you have is to receive your grandchildren but no more! And for the children, parents saying, “If you go to see your grandmother you may kill her.” Wow! Help! Please! Am I in a psychiatric hospital? The whole planet was a psychiatric hospital. But there are doctors, real doctors, you. Love hug. There is no love without contact, even if it’s a friendly love; you touch hands, you touch each other. We need it. Here and here. We need love. And that’s what I wanted to tell you. More than ever, hold a Free Hugs action.

Free Hugs to save humanity!

Be thankful

Maitreya Rael - Raelian Gathering, November 13, 77 aH (2022), Okinawa, Japan

I thank the Elohim all the time, every morning especially; not just on Sunday, every day of the week, every hour of the day. It's a state of mind that I recommend you to develop: being thankful. Being thankful is so good for our brain. It makes you more harmonious and happier. It's obvious!

When you are not satisfied, you are angry, your apartment is too small, your salary too, you don't have a beautiful boyfriend or girlfriend, all these things make you unhappy. It is different if you are thankful. And here, you all have a reason to be thankful; and there are so many. First of all, you are free! Many people are in prison. You are free! You may not have enough freedom in the society, but you are free. You are healthy, more or less. It may not be perfect, but what is perfect? Nothing is perfect.

So, be thankful for being free! Thank you for not being in a prison, for being healthy, for being alive. That's amazing! You don't think about it. Many, many people, this morning, "woke up dead". It will happen to all of us. But today, we are alive. Thank you! Thank you, infinity! Thank you for knowing the Messages! So many people are lost, they don't have any explanation of why we are on the Earth. So, they pray to a god. They are not sure God exists and they have something to believe, but most of the time they are just hoping that it exists. We, Raelians, don't believe anything, we understand. We understand. That's the big difference!

"Why am I here?" Elohim created life on Earth, not a god! They are men and women like us, with more science. This philosophy is such a gift. Many people are religious on Earth, and they look at the sky and they pray God, on their knees. We have our gatherings, we have one here right now, and we don't go on our knees. We say, "Thank you Elohim!" We stand up and look at the sky and say, "This is my universe. You created us equal to you, and you teach us. Thank you!" Thankful.

And where are we? In a free country! Not all countries are free.

We are with people who share the same philosophy. You could be alone, like me in December 1973. I was alone with the Message. I could have kept it for me, and nobody here would have ever known about it. But I spread it, and I found you! Imagine, you are alone in Okinawa, the only Raelian. That would be terrible, eh! Now, look. We have a group of fantastic human beings, all very different; different personalities, different egos, different qualities and "not qualities", but we share the same philosophy.

Thank you! Thank you for receiving the Message!

Did you have breakfast this morning? Thank you! Millions of people on Earth didn't have breakfast this morning. You eat your breakfast and... Wait a minute! When I sit, I say, "Wow! I have food." It's not a given. You are very lucky! I feel very lucky to have something in my plate.

We are special human beings.

This morning, all birds, all mongooses, all fish woke up with no food in the fridge... We have a beautiful bird living on this house. Birds wake up every morning, they don't have food in the fridge, they go and find it. Every animal has to do it.

You, you have a fridge. You don't wake up and say, "Okay, I will go into the street of Naha and find food." Think about it. This is amazing! You have a place to sleep, you have a tatami or a bed, I don't know, something. You have a roof. And there is a lot of rain these days. If you sleep outside, it isn't comfortable! So, be thankful for your apartment. Be thankful for your bed.



I went to Africa, in a village; the villagers sleep on the ground, they have no bed, no tatami... on the ground! I look at my bed and I am thankful. Thankful for you, because you, you help me, you give me love. Be thankful and that creates happiness. Happiness is not something you create with money, with honor position... No! It's being thankful.

This week, I read a beautiful sentence. What is the most important thing in your life? How to be rich, really rich? Not money, not power. Your wealth is what you cannot buy. Happy people have something nobody can buy. If it's something you can buy, it's not real happiness.

In the world there are very poor areas with big buildings; which looks like a rabbit house, for me. You know these buildings with many apartments, so small. There are favelas in Brazil; so many small, we cannot say "houses", sheds, so many, so small. You can see it on Facebook on a page named "Overpopulation". It's very impressive to see so many thousands of small apartments and small houses, together. You see it and think, "Wow, poor people!"

I don't think, "Poor people", I think about the shit, the sewage. They have no sewage, they shit everywhere, they pee everywhere. All these millions of people. Women have periods and they have no pads, they don't have money to buy pads. Think about the smell. That's the problem with overpopulation.

And you, you have comfort.

But there was an interesting study about the percentage of suicides. In poor areas, with many houses, many apartments, where people have very poor life conditions, compared to paradises, like Okinawa, Hawaii, Tahiti, Thailand beaches, there are twice more suicides in rich areas. Twice! Because, when you are poor, you can hope that when you have money, you will be happier. But when you are rich, you go on the beach, like this wonderful beach we have here, you have three houses, ten cars, and you are not happy, you don't want to live.

I often go to this beach to meditate in front of the ocean. And one morning, a girl went into the water, in front of me, with her clothes on. I thought, "Wow, beautiful. She's having a meditation!"

She stopped and went a little bit farther. The water was going higher and higher. I was watching and I said, "Hum, usually beautiful girls wear a bathing suit to go in the water." She had her clothes on, everything. I came closer and I said, "Hello!" She turned.

"Are you happy?" "No!"

"Are you going to kill yourself?" "Yes!"

"Why?" And we started to talk. "My boyfriend left me; I lost my job." And "blah blah blah blah."

I said, "Hum, I understand. But, how is this beach?", bringing her back to "now".

She didn't know she was on the beach. "Which beach?" "Look where you are!" She looked around and she started to come out of the water. I saved one life! But if you are not happy, it's much easier to kill yourself on the beach than in a big building or in favelas. So, be thankful for everything. When you look in the mirror, and think you are not beautiful, losing your hair, having a white beard... Be thankful.

You are beautiful, not necessarily because of the shape of your nose, but inside. I'm deeply in love with this girl. Is she cute, beautiful? I don't care. Inner, inside, she is a hundred times more beautiful. And look at the inner beauty you have. Each of you! Your face is unique. There is only one like you, only one. Be thankful for who you are; and please, never stop! Be thankful to be with me.

In the coming centuries, many people will say, "Oh, I would have loved to live at the same time as Maitreya!" You are! Many people today, "Oh, I would have loved to live with Jesus, with Buddha..." You are alive with me, be thankful! I am very thankful to live at the same time as you. For me, each of you is a little Buddha. And all of you, you are like that.

Be thankful.

A new National Guide in Ivory Coast

In Mondoukou (Grand-Bassam), on Sunday, September 18, 77 aH (2022), in Ivory Coast

Ivory Coast is one of the leading countries of the International Raelian Movement with often the largest number of new members during our Raelian ceremonies. Ya Boni Yves has been the National Guide for the last twenty years and it is now the turn of Kone Dete Moussokoro to take the lead...



On that day, at three o'clock in the afternoon, the Raelian Movement of Ivory Coast (MRIC) organized a celebration in the seaside town of Grand-Bassam, on the edge of the beautiful beach of Mondoukou, at the residence of the Raelian couple Dete - Bohoui.

This festive ceremony, at the initiative of the newly appointed National Guide for the Ivory Coast, the Guide-priest Kone Dete Moussokoro, was presided over by herself. We noted the participation of the whole College of the Ivorian Guides and about two hundred Raelians and sympathizers who came from all over the country for this exceptional celebration. The ceremony was enhanced by the remarkable participation of the first leader of the Raelian Movement in Kama, the Bishop-Guide Tai Ehouan; the continental leader in charge of teaching, the Bishop-Guide Eckra Kouadjo; and many other Bishop-Guides, as well as by the presence of Ya Boni's biological family members.

Guides and Raelians have even traveled several hundred kilometers on this occasion to show their gratitude to the one who for more than twenty years has presided over the destiny of the MRIC; from 1999 to 2002, and from 2009 until this year 2022. Twenty years of commitment at the service of the Movement in Ivory Coast, twenty years of unconditional love, twenty years of a wonderfully inclusive leadership with extraordinary results putting the MRIC among the leaders of the Movement on the planet.

The celebration was punctuated by many edifying testimonies, harmonizing meditations, songs, dances, ballet, gifts offered, general rejoicing; in short, a living celebration of a living person as advocated by the Messages of our Elohim

Fathers. “Instead, try to give love to those you love while they are alive...” (conf. The True Face of God, The Keys, Fulfillment)



The intervention of the former National Guide, following the various testimonies, can be summed up in one word: gratitude; gratitude to all the Guides, to each of the Raelians, for so much love and shared adventures, urging them to unite more in order to continue the mission of welcoming the Elohim.

It is in the joy and the total happiness that all parted with the firm promise to meet again for the future challenges.



Clitoraid: 3rd humanitarian clitoral restorative surgical mission in Kenya

Nairobi, Kenya - November 14th to 19th, 77 aH (2022)



Drs Abdulahi, Bowers and NP Debbie Anziano.

During Clitoraid’s third humanitarian mission to Kenya that took place at the Platinum Clinic, in Nairobi, from November 14 to 19, 77 aH (2022), the mutilated clitorises of fifty-two victims of FGM (Female Genital Mutilation) were finally restored. The international team of volunteer doctors was co-led by Drs. Bowers and Abdulahi, along with the very efficient staff assisting them, each gave eleven hours per day of pure unconditional love energy!!! The patients are now healing nicely and the medical staff is monitoring their daily progress



through a private social networking group we have put in place for them.

The next step for these brave women will be to attend a series of sexual therapy sessions in order to recover the full pleasure potential of their newly restored clitoris (it generally takes about three months after surgery for their vulva to heal completely). Their Self-Love sessions (as the late Dr. Betty Dodson used to call them) are scheduled to start around February 14. More about that in a future article.

