

IRM NEWS CONTACT #403



49 years

**A life in the light of
the Elohim's
Messages is like
spending a day in the
light of the sun**

**Love each other
while you are alive**

**We are now entering
the Raelian Era**

Add art to your life

**The right thinking,
the right speech, the
right action**

**Nothing appears,
nothing disappears
in the universe**

49 years

The Raelian First Encounter's Celebration, Dec 13, 77 aH (2022), Okinawa, Japan

I'm so happy, I am forty-nine. Some people believe I am seventy-six. Maitreya is forty-nine! That's fantastic! I'm not good at mathematics but forty-nine to seventy-six is twenty-seven years younger, suddenly! Forty-nine years ago, it wasn't an illusion at all in the Puy de Lassolas, in that volcano. Forty-nine years ago. I still remember. My aging memory disappears slowly. When you age, memory disappears, but I still remember some things. I remember the most important event in my life, December 13, 1973.

I was nobody. I took my car and went to the volcano. You cannot go in this volcano by car, the road ends before. Then I went out of the car. I was alone wondering what I was doing there. I had a lot of work at the office and I was in the middle of the countryside. Why? Something was pushing me to reach the middle of the crater, and since I was there, it was better go to. It's a beautiful volcano!

In Japan, you know what a volcano is but, for French people, it's quite exceptional. In Japan, you have the Fujiyama, everybody knows this volcano; everybody can see it from Tokyo. I was so surprised the first time I came to Tokyo. I was in a large hotel; my room was on high levels. I went to the window and saw Mount Fuji; very far, but I was so impressed! Immediately, my brain made connection with Puy de Lassolas. Fujiyama is much more beautiful. Puy de Lassolas is very small but it's also a volcano.

I walked to the middle of the crater; it was very difficult because I had to follow a really tiny path. In some parts you have to climb a little. I went to the middle of the cone and I wondered what I was doing there. "Why am I here, alone?" It was cold; I had to go back to my car and return to my office. I felt that the place was beautiful but there was no

We are destroyers of beliefs

When you are serious, you don't look like the Elohim

Masterpiece of art

Women's leadership in Kama



reason to be there during winter! I don't like cold weather. I am very sensitive to cold. So, I turned around, ready to go back, but I saw something flashing. "Ah! A helicopter?" No noise though.

In Okinawa, you know what a helicopter is. You hear American ones so often, so disturbing! The American military is so disturbing with their planes and helicopters. You hear them, sometimes, ten times a day.

But this flashing light wasn't making any noise. It was coming down closer and suddenly I saw the shape. I will not describe it because everybody knows so I don't want to waste my saliva explaining something that we all know. But I remember. I forgot many things but this, I cannot forget. Every day, it's in my head. There is something I can add because it isn't in the book.

I went back by car to my office. I still had this "Wow!" image in mind. And at the office, I went to the washroom, like everybody goes to the washroom; same "Wow!" You know, I couldn't sleep the following night. I don't know why. I couldn't sleep because... "Wow!" I can't describe. I can describe the UFO, the volcano. I can't describe the feeling I had. The feeling was overwhelming. And it stayed all week, all month, all year... No, forty-nine years! Every day it's here. I can forget everything, but I can't forget that. And here I am, with you, because of that event. If I hadn't gone to Puy de Lassolas, I wouldn't be with you, you wouldn't be with me.

Hold the hand of the people beside you and feel it. All these people are here because I went, because I came back, because I spoke. I could have remained silent. I was thinking, "This is too much, I cannot talk about it to people." That was my turmoil for a long time! For many days, maybe many weeks. "Who can I share what's happened with? Everybody will laugh, nobody will believe."

So, I was keeping this secret but I had to speak! They asked me to speak. It created so much stress, so much anxiety that I began developing a stomach ulcer. I saw a doctor; he gave me some medicine for stomach ulcers and said, "You worry too much. This is stress. Why are you worried?" Of course, I couldn't tell him. I think I would have been sent from gastroenterology to psychiatry if I had said why. I laughed.

"Why are you so stressed? What happened in your life?"

"Uh, I went to a volcano, I saw a UFO, and then Yahweh came out and told me I'm a brother of Jesus..."

Psychiatry, right away, immediately!

“Relax, the doctor said, relax!” Hum... easy to say. “I will meditate.”

And slowly, slowly, we are here together. And the hand beside, that you are holding, wouldn't be here if I didn't accept to talk. We wouldn't be together.

So, I accepted. I said, “I will do it.” I was then invited to the most important talk show in France and millions of people watched it. The anchor interviewed me and I spoke. I was sure nobody would understand. I was convinced everybody was laughing but I said it all. “It's done, right? You asked, I did.” So, I left the TV station and returned home.

Two days later, somebody rang the doorbell. It was the postman. He said, “I cannot bring everything. We have two mailbags for you.” He was so sorry, not like the Japanese “gomen gosai” but sorry in a French style, “I'm sorry I cannot put everything in your mailbox. May I bring it to your door?” “Okay”, “dōzo” (go ahead). And he brought two bags, like potato bags, full of letters. And that's why we are together today. I saw the letters, I read them one by one. I was expecting everybody to be angry, insulting me. No. Most of the letters were positive, “I saw you on TV, I want to help you.” Then letters arrived day after day; more and more letters saying, “I want to help you.” What a shock!

And that's why I am with you. Then I traveled, made public speeches everywhere. Many people were laughing. I didn't care. Many people were very aggressive. Some tried to hit me. Some tried to kill me. But I'm here. And most importantly, I remember the words of the Elohim, “Go around the world and spread the Message. Many people will laugh, will make fun of you; but those who are ready to understand will help you.” You!

For forty-nine years, I have been looking for you. So, it's very emotional today because that's the reason. You are the result after forty-nine years.



Forty-nine years!

My beloved partner Sky wasn't born. Many among you were not born. But we are now together and I can relax. I don't travel anymore; maximum five kilometers. That's the farthest I want to travel. Even now, when people invite me in good restaurants in Naha, I say, "No, Naha no, it's too far." I have been around the world forty times. It is enough traveling. Sorry! Many people want me to go, "Please come to this country!" "Sorry, you want to meet me? Come to Okinawa."

Like Buddha said - you know I love Buddha; he's my brother also.

You know what a lighthouse is, this little tower with a light at the top for boats to find their way. Buddha's sentence says, "The lighthouse doesn't go to the boat. The boat comes to the lighthouse." You came to me. I'm sure you are communicating with people in many countries who want to meet me. They are welcome to Okinawa.

Jean Gary was like a brother to me but I am a little bit angry with him because he died one month ago, he went to the Elohim planet before me. How dare he do that? That's not acceptable! So, I hold a little grudge. When I go to the Elohim planet and see him, I will say, "Hey! I was supposed to be the first to go."

But here we are together; we don't know who's next. Around the world, Raelians are aging more and more and every month there is one Raelian or two who die; and I'm seventy-six. So every day, it is possible. Think about it, it can be you, not necessarily the oldest. Death is part of life. Death and being aware of death is one of the best ways to reach happiness. If you are not aware that you will die one day, you cannot be truly happy. When you know that you will die, every second is magic. Every time you hug or kiss somebody you love, feel; it can be the last time. One day it will be.

I love Michio but when I touch Michio, I always think, maybe it's the last time. Not because he will die, but because I may die. Every time I look in the eyes of one of you, I feel, "What if it's the last time?" What if? We never know. Remember this moment. Thinking about death makes life even more precious.

When you live your life like you will never die, you don't enjoy each second as much.

When you fall in love with somebody - I don't like the term "fall" but when you "are" in love with somebody - at the beginning, "Oh! Oh! I love this girl. I love this man! Ah!" After one month, you wake up and you don't even look at them. You go to the bathroom and you go eat breakfast. If your partner comes and says, "Hello, how are you?", at the beginning you immediately hug.

I have been five years with this little devil but every morning, every morning when I wake up, I am amazed. I don't want to spend one day without saying, "Wow!" The first thing I do every morning when I see her face, I thank the Elohim for placing such a wonderful woman in my life. Five years! And she's here, every morning, "Thank you, Elohim!" When I look at Tadao who loves me deeply, I thank the Elohim for sending me such a wonderful man. Each one of you, even newcomers, you are a gift from the Elohim.

You know, your life is guided. You are not here by chance. Every experience you had in your life, the books you read when you were a little boy or a little girl, the people you met, your teachers, your family, they sculpted your brain, like a sculpture. But ultimately you are the leader of your life.

You came here today, not because of your childhood books, not because of your family, not because of anything, but because you decided to come. You are responsible for your choices; always have been, always will be. You are the captain of your life. See your life as a ship on the ocean and you are the captain. Will you go right, left, straight? It's your choice.

Today, you decided to come to this harbor.

Thank you!



A life in the light of the Elohim's Messages is like spending a day in the light of the sun

Maitreya Rael - Raelian Gathering, November 20th, 77 aH (2022), Okinawa, Japan

It's good to be forever thankful. Thankful, happy and laughing!

I read a beautiful sentence this morning: "When you have a good day, you sleep well after. And when you have a good life, you die peacefully."

A life in the light of the Elohim's Messages is indeed a very good life, it cannot be better! It is like spending a day in the light of the sun. Even when it's raining, you are in the light of the sun. If not, it would be nighttime. Above the clouds it's always sunny, otherwise, it would be dark.

Think about that in your life. Above the clouds of your doubts, it's always sunny. Your thoughts are like clouds. The clouds pass, and then it's sunny again. Feel it! When you feel sad or angry because of your thoughts, remember Buddha's sentence, "Whatever it is, it will pass."

Like I wrote recently on Facebook, "Don't complain about aging, it will pass!" It will pass, and it's called "death" ... and it's coming.

But today, together at 11 am, we are alive, and we have to enjoy it, and to be thankful. Thankful for this day. Thankful for this hour. Thankful for this second. Amazing, isn't it? We pass so quickly in time, so quickly! Already, I have been in this house in Okinawa for more than ten years. I feel like we came yesterday. Ten years! It passes so quickly, so quickly! So, enjoy "now". Feel it. It's amazing!

"Now" is the gate to infinity. How long is "now"? It's infinity, eternity. You can say, "I have been in this house for ten years. I have been Raelian for thirty years." But, how long is "now"? That's amazing! Whenever you feel disconnected from the universe, feel the "now" and ask yourself, "How long is now? How big is here?" How big is here? The size of this house? No! The size of Okinawa? No! The size of the Earth? No! Infinity! The gate to infinity is "here", which doesn't exist, and "now", which doesn't exist. Everything in life is an illusion except infinity in time and space.

We are so lucky to know the Message of the Elohim. Twenty-five thousand years is a long time, it isn't ten years. Twenty-five thousand years! And thanks to the Elohim, we have the same religion as them.

What is this symbol? Here and now! And we are together.

So, thank you, Elohim!

Love each other while you are alive

Maitreya Rael - Raelian Gathering, November 27th, 77 aH (2022), Okinawa, Japan

There are many old Raelians. Who will be the next one to die? I think there are more chances that it will be me, but you love me so much, you forget my age. [He said he was seven!]

Seven here, seventeen there, but actually seventy-six. So, I'm ready to die, every day. Be always ready! You have to really feel the presence of death. Thinking about death makes life more beautiful. Every day is magic.

Look at this beautiful ocean. Every time you take a glass of water, think about how many times this water has been drunk before and peed, it passes through us... and we drink it again... not directly though. Every time I take a glass of water I think, "Wow! How many people drank this water before?" This water may have been drunk by the Elohim, when they were on Earth; by lions, by elephants, by so many animals in this infinite cycle of water. We drink... How many people will drink it after? Not directly though.

Some people have this stupid belief that, if you drink your own urine, you will have a better health. It was a kind of fashion, I don't know if it was the same in Japan, but it was a kind of fashion in Quebec, a few years ago. Many Raelians came to me then, "Maitreya, is it good for health?" I answered, "It's good if you eat the shit sometimes!" Of course, it was a joke. What comes out of our body is never made to return inside, except sperm, which is very, very good for health (laughter).

To feel death makes life more beautiful. When you look in the eyes of people you love, around you, imagine it's the last time you look in their eyes. One day it will be. It makes every second more precious. It may be the last time you look in my eyes. It is possible. So, enjoy! Some people may say, "Don't think about death, it's negative!" On the opposite, it's very positive. It removes the illusion that we are alive on Earth forever.

Our life is passing, very quickly. I can't believe that next year, this year, we will celebrate the fiftieth anniversary of the Raelian Movement. Fifty years! I've been doing that for half a century. Half a century, it's amazing!

But every day of my life, since I was a child, I think about death, always. Because, when I was a little boy, I was in a small town, in the south of France, with my mother, in front of the ocean, and I was a very small boy, maybe four, five, I don't know exactly. I saw a beautiful black horse pulling a beautiful black carriage. It was beautiful. There were many people dressed in black, following the carriage. Wow, that was so beautiful! So, I followed. "Where are they going? They must have fun, there must be a party somewhere." And I followed a long time, and they entered in a place where there were many crosses. They took a box from inside the cart, a wooden box, and many people were crying. "This is not fun!" And they put the box in the ground. Me, I was waiting, "Where will it be, when will the music and the party start?" And then, they all went in different directions. It was the first time I saw death, not the first time but the first time for a human being. But then, "How do I go back?" Everybody went in different directions. I was lost. Finally, I found my way back to the hotel where my mother was. That was the first time I saw what human death was!

But my first contact with death was when I was even younger, maybe two years old. I had a little pet, a duckling, a baby duck, beautiful, yellow. I called him "Donald", of course. He was following me everywhere. And I went to my grandmother's garden digging with a shovel many "mimizu" (earthworms), and the little duck was eating everything,

every day. “Let’s go to the garden!” And he was following. One day, I was two years old, not very solid on my legs, I turned around and put my foot on the duck, and he stopped moving! “Why did he stop moving?” I killed him! But my grandmother was home; she was like a god for me, fixing everything. So, I brought the little duck. I called her, “Mommy – my grandmother – fix it!” And she said, “Look, he is dead. I cannot fix it.” That was my first experience with death. My grandmother, a true fairy for me, who could fix anything, couldn’t fix the little duck.

“He is dead!”

“What is death?”

“He will never move again.”

That was the first time. I said, “Wow!”

So, I took the little duck, made another little hole with my shovel, and put him inside. I covered it with ground and put a little cross on top. It wasn’t Christian, but I remember it was cute. From then on, I asked many questions to my grandmother, of course. “The little duck is dead, so he will never move?” “Mommy – my grandmother – will you die one day?” “Yes!” “And you won’t move anymore? You won’t cook cookies for me anymore?” “Yes!” Then my grandmother’s cookies became even more delicious. She told me, “Everybody, your mother, all the people around, everybody will die. So, it’s important to enjoy life while we are alive.” And that stayed deep in my mind, how precious each moment with people you love is.

Death made my life more beautiful. Every time I met new people, I thought, “They will die one day!”

I was, of course, very fond of poetry, and I was reading a lot of poetry books. They all talk about death! That makes life even more beautiful. I remember telling my grandmother, “So, when I say I love you, one day will be the last time?” She said, “Yes, so every moment is precious.”



Remember it. Every time you say, “I love you” to someone, you may not be able to say it the following day. When somebody dies, the biggest regret we have, “Oh, I could have called and say I love you.” Too late! Love each other while you are alive. And then, when people some day die, you don’t cry. Until the last moment, give love. Remember that. And then you have no regrets. Life and death are one.

When I look in your eyes, I see beautiful human beings alive and dead. We pass on this planet. That’s why it’s so important to love, to give all the love you have, to be present for everybody.

Hold your hands, we are one, together. And good news, after death you may wake up on another planet.

How to do that? By giving love.

I love you! More and more!

It’s a beautiful day to love each other.

We are now entering the Raelian Era

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

Something fantastic is happening. There is a world movement, a world organization, made of very important people, very rich people, bankers, who try to envision the “New World Order”. Maybe you have heard about this organization, which meets every year in Davos. Of course, every normal sheeple, sheep people, are against it. They criticize it under the pretense that if they are rich, they are bad. As if being poor was a top quality. Not at all!

What is this World Forum’s program? They are in favour of a world government. We are also in favour of a world government! From 1973, since we received the Elohim’s Message, we have been supporting the idea of a world government. But everybody is against them, saying, “They will control everybody!”

Every new scientific or political advance can be managed positively or negatively. Gunpowder produces fireworks. It’s beautiful! We love fireworks. It can also produce bullets. The way it’s used depends on the user’s consciousness. A knife can kill people, or it can be used to prepare good food, it can also be used for surgery and save people’s lives. It is true with everything. The problem isn’t the invention; it is how we use it.

The most criminally minded leaders of the world were not leaders of the world government. Adolf Hitler was just the leader of Germany and he killed many people. He was democratically elected. People think that we may lose power if there was a world government, that we may lose democracy. Democracy killed millions of people. Hitler was elected by a democratic vote. Pol Pot as well. Many terrible leaders, who killed millions of people, were elected democratically. Meanwhile, other countries are very peaceful.

So, democracy isn’t the problem, it is how we use it.

A world government is much more positive for the world: no more wars, no more nationalism... A world government brings peace; no more borders, no more armies, like the Elohim said in the Message. We just need a small army to protect us from criminals. A New World Order trying to create a world government is part of the Message. They want to destroy money; we also support that. They want to replace it with electronic money, which is very good.

How to use it? That’s the problem! But you can, like everything else, use it positively. One of the sentences from the leader of this new organization, which is the most criticized by people - a beautiful sentence, listen carefully – says, “You will own nothing and you will be happy.” That’s beautiful! That’s Buddhism, “You own nothing and you are happy.” But everybody is scared to not own anything.

Actually, with the capitalist system, you own everything and you are not happy; because, owning doesn’t make you happy. You have one house; you want to have two. You have one car; you want to have ten, and you are never happy.



In Buddhism and Raelism, things don't create happiness. Buddha was in a beautiful castle, living like a prince, and he went in the street, owning nothing, begging for rice, "I own nothing and I am happy." That's the complete opposite of capitalism. So, these people are very angry about this sentence, "You will own nothing and you will be happy." They prefer, "You own everything and you are not happy." It's very obvious. But the mental confusion of nowadays people makes them say, "We want to own everything."

It's capitalism, colonialism, even space colonialism.

People think, "We will explore the universe and we will colonize other planets", like in the movie Avatar. "We want to own. We will reach other planets where people live peacefully, in harmony with nature, but we will take everything!" This movie is wonderful. I cannot wait to see the new "Avatar".

So, things are going well. And these people are top bankers who organize meetings every year in Davos, in Switzerland, with all the great leaders, presidents, government officials, to try to see what positive future we can build. A future without money, wonderful! That's what we promote from the Message: a future without nations, without borders, a world government. It's exactly what we advocate. So, if you follow the news, you can see that some people at the highest level are slowly taking the Raelian path. We are living a wonderful time.

At the same time, there are people like Elon Musk, recently accepted as Honorary Guide. He engineered electric cars. It may not be the best thing, but it's good. He built space rockets, private ones. Soon, you will be able to fly in space to spend the night. It is only for very rich people now, but it's the beginning.

Very recently, we had the first car on Earth. Who could buy it? Only very rich people. Now, you all have cars. The first TV appeared not so long ago, sixty or seventy years ago. Who could buy it? Only very rich people. Now, you all have TVs. Remember the cellphone? The first ones were very big and people were proud to show them. They were very expensive. You all have cellphones now. Anything promoting the advancement of humanity is very expensive at first, and it gradually becomes affordable for everybody.

One of Elon Musk's last investment project, they are already starting to produce it, is a brain implant. At first, it's to help paralyzed people. With this little chip inserted in the brain, they will be able to walk again. That's absolutely fantastic! Remember that the Message says, "Blind will be able to see. Paralyzed people will be able to walk." That's science and it's happening now. But stupid people are all panicking, "A computer chip in my brain!" Fear! "The Government will be able to control me!"

Negative - Positive

Everybody panicked about the first cars, "It will kill so many people!" When they first were introduced in France, by law, a man with a flag had to walk a hundred meters before the car in order to make sure nobody could be crushed. That was only a hundred years ago! So, people immediately see the negative aspect of new inventions. I'm sure that when human beings made the first fire, some said, "That will be dangerous! We must not make fire; it will kill people." Thankfully we use fire every day!

Fear is the natural reaction of human beings to any advancement. Sheeple, stupid human beings, represent 96% of the population. Look around you, it's obvious, 96% of people are stupid. You see them in their car wearing a mask, alone. Swimming in the swimming pool wearing a mask. It's very easy to see how stupid people are. They are the

same people who vote and elect. That's why we face so many problems in the world. Don't forget that! The people who elect the President, your government representative, they wear masks. So, you have bad leaders. That's very simple: democracy is power to the sheep, "Baa! Baa!"

But some people use their brain and don't wear masks. Like you! Some people choose the future, those who are the most intelligent. They are very few. That's why it's difficult, with democracy, to do something good. The Messages introduce the Geniocracy; no more power to the sheep, but power to intelligent people. For fifty years, I have been promoting Geniocracy. So, everything happens at the same time, and is in line with the Raelian philosophy.

Enjoy this wonderful time! We are so lucky to live now, so lucky! And what is coming is even more beautiful; and we are partly responsible for promoting it. The New World Order is the Raelian Order. Besides, Elon Musk is also very interested to welcome extraterrestrials.

So, everything goes together. And I asked to Brigitte Boisselier to contact him for a meeting with me in order to ask him if he can participate in the building of the Embassy.

Sheep laugh, they have a special laughing, "Baa!" But intelligent people build space hotels, brain implants. These are the people who support the Raelians, not the sheep. Don't make the mistake in trying to convert the sheep; you waste a lot of time, a lot of energy. Trying to explain the Message to stupid people is a waste of time.

There is an image of one of my favourite gurus, his name is Sadhguru. It shouldn't be his name; it should be Happyguru. A journalist asked him, "What is the secret of happiness?" "Never arguing with stupid people." The journalist said, "I don't agree with that." And Sadhguru replied, "You are right." Nice!

Don't waste time arguing with sheep, except if you want to collect some wool.

Let's enjoy this wonderful time.

We are now entering the Raelian Era.

Add art to your life

Maitreya Rael - Raelian Gathering, December 11th, 77 aH (2022), Okinawa, Japan

Yesterday was less beautiful, because it was yesterday. Tomorrow will be less beautiful, because it's tomorrow. Only today is now. Are you happy to live today? Every day we are new, completely new.

Aging people usually say, "Oh, I am older..." If you use supraconsciousness, you say, "Wow, my body renews itself constantly!" We lose our hair, women too, but new ones grow, always. If you shave your head, new hair grows. New ones are appearing all the time! The skin is also always new. A lot of the dust in your house comes from your skin. There are parts of your body on the ground. And every day, you create new ones. All the skin we see is dead. The skin that is alive is under. What we see is dead.

In Japan, you know it better than other people. When you go to "onsen" (hot springs), do you think you will remove living skin? No, only the dead skin. If you remove living skin, you bleed. This is to help you understand that we are constantly rejuvenating. We are always new in every part of our body.

Sometimes we look at old photos, "Oh, that was me seven years ago." No, you are completely different. You don't realize it but you are absolutely not the same person that you were seven years ago. You all have been children. Look at photo of you as a child. You may think it is you. No, it's somebody completely different. You've changed. Physically you've changed.

One year, we made this game; we showed pictures of Guides when they were five or six years old, "Oh, who is that?" We could not recognize them; they are somebody else. Not only outside, but also inside.

When I was a child, I was somebody else. You have been somebody else. The person you are today is totally new. That's fantastic!

You wake up, you look in the mirror, if you are conscious and supraconscious, "Happy new me!" When you are new, the world is new.

You see this little palm tree? When I moved into this house ten years ago, it was here. It grew in a greenhouse; it was straight. But here, it turns towards light. So, I turn the pot, and it goes towards light again. It's amazing. This one is turning this way, so I will turn the pot and it will go up. Changing. Every living thing changes. This tree and the tree that was here ten years ago are totally different.

It is the same with your brain.

You have the illusion that you were the same when you were a little boy or a little girl. Not at all! When I was a little boy, compared to now, I was very stupid. Very stupid! Today, I see the world in a completely different way. You too. Feel this new you constantly arising. That makes life so much more beautiful. It's so exciting, and it increases our level of love.

When you meet a new boyfriend, a new girlfriend, you are in love, you think about him or her every day, every hour. After three weeks living together, "Good morning!" It's the same person, and you are the same person, but because you don't focus on the new you and the new her/him, you lose the magic of the now. When I wake up, beside me,

in my bed, there is a new person every day. She is the same, but new. I don't look and say, "Ah, she is here, I know her." No! I say, "Good morning" at a new person! Because she is changing. And when you feel this change, it forces you to love other people more.

Old people say, "I have always been like that; I will always be like that." "I am too old to change." To be young is to welcome changes, every second.

You look at the ground, there is an ant, "Okay, it's an ant." When you are a child, "Wow, there is an ant!" You look at it, you follow it and you are amazed. You taste the first strawberry, "Wow, wow!" If you say, "Okay, what is for lunch? Ah, strawberry is okay." That's aging.

Focusing on now is the only way - the only way - to happiness. Outside of the now, there is no happiness. Old people are not happy when they focus on the "good old times". "Ah, this time, a long time ago, I was very happy." The good time is now! Not in the past, not in the future. It's amazing! Every minute, there is a new person in you. One day, somebody dies in your family, and you cry. A few weeks or months later, you don't cry anymore. It passed.

So, feeling the now is the secret of happiness. And the best way to feel now is to put some art in your life. When you create you are forced to be in the now. Singing, like singing in the shower, most people do. But you can do it anywhere. Don't be bothered with people that may be listening. Sing as if nobody is listening.

Dance as if nobody is watching. You don't care! You don't want to be professional, thankfully! The worst thing is to make a job of what you are talented for. When it becomes your job, it isn't as exciting. Be an amateur. Amateur means, "who loves". "Amateur" (the Latin root is "amator").

So, sing as if nobody is listening. Dance as if nobody is watching. When you are into art, whatever form of art, you are now. You cannot dance thinking of yesterday. If you do that, you fall. You cannot sing thinking of ten years ago, otherwise, very quickly you get out of tune. Draw not to display in a gallery. Draw. When you draw, it's fantastic, because you can only be exactly where

you are, where your pencil is. Think about it. When you draw, you cannot think about a line you did ten days ago. You are exactly at the point of contact between the pencil and the paper. So, drawing, painting, sculpting, brings you now.



So, add some kind of art in your life. Not because art is important, but because art brings you now. When you sing, you are now. When you dance, you are now. When you cook, it's a form of art. If you cook thinking about the food of yesterday, it will be very bad. When you cook, think about the food of now. Taste, feel! That's cooking.

So, add some art in your life to be in the now.



Being in the now is the only way to be happy. If not, you become like old people thinking about the good old times. "When I was young, I was so happy." Not true at all! The saddest moment of my life was when I was a teenager. I was so sad! So depressed! Many times, thinking of killing myself. Girls didn't like me, I was shy. I didn't know what to do with my hands. I was full of pimples... And I was really not confident in myself, not loving myself. I was sure I was very ugly. It was the saddest part of my life. I cannot think about that as "good old times". Now, I have never been as happy as now. Exactly now, with you, feeling the now. Looking at your smile, and the legs of Nadine. Now is basic, and not about the future. I will not be happier on the Elohim's planet.

Don't set happiness for the future either, you lose the now. "Oh, I will be happy next year." No way! My level of happiness will not go up, I cannot be happier than now. I have never been, and will never be happier. Right now, this is happiness. Now! You have never been as happy as now, and you will never be happier than now. If you can say, "I was happier", for sure you are not happy. If you say, "I will be happier in one year", you are not happy. Happiness is only "now".

And Sunday morning, at 11, cannot be a happier time, because we give love to Elohim. That's why we are together.

Thank you, Elohim.

The right thinking, the right speech, the right action

Maitreya Rael - Raelian Gathering, December 18th, 77 aH (2022), Okinawa, Japan

[After a long moment in total silence, Maitreya started to talk]

I hope everybody appreciates this moment. It's the most beautiful meditation, and the wonderful part is that you can do it alone. Beginners sit down to do meditation, and when you raise in awareness all your life becomes a meditation. You don't do meditation anymore, you are meditation!

I will now destroy one sentence that seems very wise, but it isn't. It says, "A wise person must have the right thinking, the right speech, and the right action." That's as stupid as "happiness is here and now". As you know, "here" doesn't exist, and "now" doesn't exist. So, what is the right thinking? No thinking!

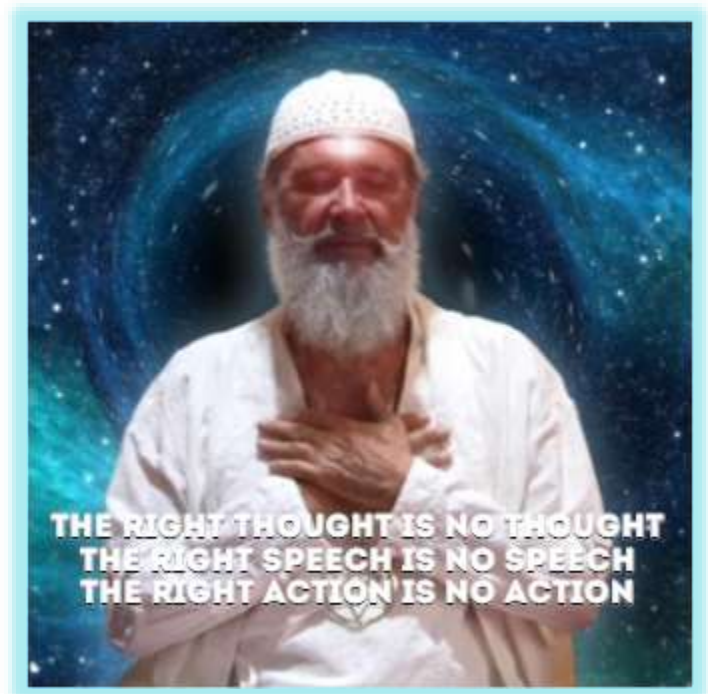
The right thinking is no thinking.

The right speech is no speech.

And the right action is no action.

That's what we did. Keep this state.

That's deep. What is the deepest? Something that has no depth. What is bigger than infinity? Nothing! That's very important. The right thinking is no thinking, the right speech is no speech, and the right action is no action.



It's Buddha, sitting or not, laughing, no thinking. What do you think? What is Buddha thinking when he is in a state of meditation? Interesting question, isn't it? Nothing! And of course, he is not speaking. It is very difficult to speak when you laugh; and Buddha is laughing, and you are laughing.

Your goal is to have no goal. Your action is to take no action, but to be. That's the beauty of the interpretation of Buddhism in Japan, "zazen".

"Za" means sit, and "zen" means nothing.

Always remember the student who went to the highest monastery, meeting the highest teacher. Remember that forever. "I want to learn meditation" "Sit down." When nothing happened after ten minutes, the student said, "So, and now?" "Sit down." After three or four hours, "And now?" "Sit down." Next morning, "Sit down." That's

“zazen”. They sit in front of a wall. And the beginners think the wall is important. When you sit in front of a wall and you are in a state of meditation, there is no wall. But the beginners think, “I need to look at this wall.”

The right thinking is no thinking. It’s very difficult, and very easy. Very difficult!

In one day, for normal people, how many thoughts do you think they have in one day? On average, five thousand thoughts. Some think more, but on average it is five thousand. If you are not in a state of meditation, you think. It’s only when you are in a deep state of meditation that there is no thinking. It’s very difficult.

You think about your position, “Are my feet in the right position? How long will Maitreya talk? How long will Maitreya not talk?” That’s thinking. Sitting and no thinking. Try to figure out how long you can stay without thinking.

But it’s like stairs. You climb stairs because you want to reach the top. But if you think about the top, you fall at the first step. So, you need to think only about the first step. It is the same when you want to stop thinking; you need to identify the actual thinking, what are you thinking now, right now.

Ask yourself. It’s different for everybody. What are you thinking? And when you identify the first step of the stairs, you can then hope to reach the top. But if you think about the top, you fall at the first step.

It is the same with thinking, “Oh, I want to be a Buddha, I will stop thinking.”

“I” is the ego, “will” is the future.

“I” is a mistake. “Will”, the future, is a mistake. “Stop” is thinking.

“Now!” “Now” is not “I”, not “will,” not “stop”.

If there is no thinking, there is no “stop thinking”. If you think about stopping thinking, you are thinking! Stopping the thinking is not thinking. Think about it, without thinking about it! Because if you think about it, you don’t do it. So, no thinking, without thinking about it. That’s exciting! That’s now!

What is my brain... because you are not thinking. Who is thinking? Your brain. You are not your brain. You are! If you are, you are. I’m not my arm. If you cut my arm, I’m still me. If you cut my leg, I’m still me. So, no part of your body can be “I”; and the brain also. The brain can think so many things, but you are not your thinking. If you are very sad, it’s the brain, but it’s not you. Because you can suddenly meditate and sadness disappears; even the pain disappears.

I remember that stroke, four years ago; it was a terrible pain, the strongest pain of my life. I was just in my bedroom, on the bed, having a great orgasm, and suddenly, the blood vessel exploded. The pain was so intense; I didn’t imagine a pain like that could exist. But immediately, I distanced myself from the pain, “I am not this pain.” And then it became milder. It was still there, but I am not this pain. And then I could manage to move, to go to my computer, to talk with my doctor, describing what happened to me. “Do you think I need to go to hospital?” Chatting, he said, “Yes please, go quickly!” I was laughing. And then, I went to hospital and I could talk with the doctor, even joking. I said, “Please, stop the pain. I don’t care what’s happening, but please stop the pain.” There was a distance, “I am not my suffering.” So, “Please remove it.” Injection. No more pain. Distance yourself from everything, even the

pain. Remove your hand from the fire. It is very beautiful to distance yourself, “I’m not my pain, I’m not my thoughts, I’m not my mood.”

When you are depressed, sad, it happens to everybody, if you are inside, you are very sad. You say, “Wait a minute! I live on a beautiful planet, I have food every day, I have a place to sleep, why should I be sad?” And even if you didn’t have food, why should you be sad? You would be hungry. That’s why fasting is very important. Do fasting, I often do, and the normal reaction is, “I am hungry.” I say, “No, I am losing weight.” It is the same thing. But if you say, “I’m losing weight”, you put a distance; and then, nothing.

Meditation is putting a distance between everything, and that’s being, to “be.” That’s why I never ask people, “How are you?” But, “Are you?” Not “how”. “Are you?”

“Are you?”

And then the answer is, “I am.”

“I am” is not thinking, it’s just, “Sit down”; “zazen”.

“I want to meditate”: “I” ... “want” ... “meditate”.

Sit down. Sit down and be!

When I started the gathering in silence just a few minutes ago, you probably asked yourselves, “What will happen? What will he say? How long? My legs are not comfortable...”

Remember that, whatever happens in your life: the right thinking, which is “no thinking”; the right speech, which is “no speech”; and the right action, which is “no action”.

When we invite friends to our place for a good meal together, always, at the end of the meal, somebody says, “What will we do?” That’s life. And if you are with a teacher, the answer is, “Nothing!” So, if you come for a meal in my house, remember. If you say, “What will we do this afternoon?”, you know the answer in advance. It will be, “Nothing!” “What can I say?” “Nothing!”

That’s how you start to eliminate all thoughts. The most precious thing on Earth is not gold, diamonds, the brain of Einstein; it’s a brain that can stop thinking. It is very difficult, as you know. You all have a brain. Everybody on Earth tries to find exercises to be more intelligent or to increase memory, etc. The good, the real exercise is no thinking! When you succeed in having a brain with zero thinking, not one minute, all day, then you reach the level of Buddha.

“I want to be intelligent.” You cannot. But if you stop wanting to be intelligent, you become very intelligent. If you try to be as stupid as possible, you cannot. “Be a carrot”, I sometimes say. Try to be a carrot. Maybe a carrot is thinking, I don’t know. Be a stupid carrot! We don’t know, maybe carrots are thinking, “What will happen?” Scientists discovered that plants have emotions. So, maybe when I go to the garden, all the lettuce say, “Oh, oh...” We don’t know.

But you can stop thinking. Start with one minute, but it will not be one minute. Because if you know it's one minute, you are thinking! We don't know the time if we don't think about the time. So, "here and now", which do not exist, without thinking. And then, we are all Buddha. I see in your eyes the Buddha you are.

But there is a kind of parasite, like in "Alien", that is here; it's the thinking. If it were on your face, you could remove it. But it's inside, and you can kill this monster immediately by stopping the thinking, without thinking about it.

That's exciting. Enjoy!



Nothing appears, nothing disappears in the universe

Maitreya Rael – Raelmas, December 24th, 77 aH (2022), Okinawa, Japan

There is in your DNA, in your cells, this feeling of being connected, being one with the Elohim. When you are one with the Elohim, you are one with infinity. All your body feels it, nobody can explain it. Not even the most advanced scientists. Scientists are small like “cockroach shit”. They try to understand, but they cannot. Maybe they will after twenty-five thousand years.

A real scientist doesn't know anything. The difference between normal people and the real scientists, normal people think they know, real scientists know they know nothing! The more they study, the more they realize they know nothing.

We start to explore the universe: cockroach shit! They look at it wondering if there is life out there. People believe in black holes. Actually, every scientist has a black hole right here (pointing to the head). They believe in the Big Bang theory: “There was nothing, and suddenly the universe appears. There was nothing before.” However, one of the teachings of the scientists is that you cannot make anything out of nothing. So, real scientists understand that what is said about the Big Bang is stupid.

Last week, I heard one of them say, “The universe is in expansion and a black hole is like swallowing everything, and it disappears.” It is as stupid as, “There's nothing, and something appears, but everything disappears.” Nothing appears, nothing disappears! If you enter your bedroom and there is a cockroach, for the cockroach you just appeared. But you existed before entering the bedroom. And when you leave the bedroom, for the cockroach you disappear. You are just in another room! It is the same with the universe. Just last week, a very advanced “cockroach”, who thinks he's an advanced “scientist”, a top astrophysicist, said, because he thinks he is a real scientist, “We know that, and it's true, and it's like that.” No! Real scientists would say, “Maybe.”

Everybody is sure about what Albert Einstein said, but Einstein was not sure! He said, “Maybe, maybe my theory of relativity is true.” He said, “Maybe.” He never said, “It is.” A top American astrophysicist said, “Maybe.” “Maybe black holes are just like a... they call it “wormholes”. Everything enters, but it goes somewhere else. Nothing disappears in the universe.

There is a very deep scientific rule, a most important one, which applies to our symbol: “With nothing you can create nothing.” To create something, you need something.

Only believers in a supernatural god say, “There was nothing and God created the universe.”

Evolutionists, creationists, and scientists who believe in the Big Bang are the same. For them, there was nothing, and suddenly the universe appears. Normally, if you believe that, you believe the rabbit truly appears from the magician hat. It's the same! The rabbit is the universe and he enters a black hole, the hat: no more rabbit! That's what top scientists believe. They believe they're the tops. But more and more advanced scientists say, “Maybe, maybe everything in the universe has always existed and will exist forever.”

This, this symbol, is the best gift of the Elohim. You all have this medallion. When you look at people who wear it, suddenly, like magic, you are twenty-five thousand years more advanced. Human beings cannot understand. Not a single top scientist can understand because this concept is impossible to them. But for us, it's not a problem. We feel infinity; we are infinity. In time, nothing is created and nothing disappears. The infinitely small and the infinitely large are one forever. That's simple!

But for the scientists of the Earth, it's crazy. They are the crazy ones! "There was nothing and the universe appeared with the Big Bang." Nobody knows if it was a bang or a bong. The Big Bang! "No! The Big Bang." They are convinced about the Big Bang. They don't even know if there was a sound. The universe doesn't make sounds like "bang". They believe they are reasonable; they are intelligent.



But you, little singers, little workers, when you wear that symbol, you are more advanced than they are.

You may remember, a few years ago, I was teaching about particle accelerators like the one at the CERN. They accelerate particles to observe what happens when they collide. They study the creation of smaller particles out of the collision of bigger ones. They have to be careful, it's dangerous! In the infinitely small, there are planets and human beings like us. When you create a collision between atoms, you create much genocide, because there is life on these little planets. At the time, I received letters from a few scientists who said, "We are considering the possibility that when we work on atoms and make them collide, we may be destroying some universes of the infinitely small." Very interesting!

So, when you feel oneness with the universe, you respect the Earth, you respect the universe and the infinitely small. You become part of infinity.

We are destroyers of beliefs

Maitreya Rael - Raelian Gathering, January 1st 77 aH (2023), Okinawa, Japan

I will not say, "Happy New Year!" because we say it on August 6th not on January 1st! But I want to talk deeper. That's the privilege of a prophet, not to talk about what is at the surface, but deeper. Everybody around the world says, "Happy New Year!" "Merry Christmas!" What do they mean? "I wish you a happy new year, and I wish you good health."

Do you really believe that, by saying that, you change something? You really think that when you say to somebody, "Happy New Year!", his year will be happier? How can you have a happy, happy year? How? [Laugh!] By meditating! Your happiness doesn't come from the wish of other people. You can go with twenty people to visit someone dying in hospital and all say, "I wish you good health", he will still die. You don't change anything!

Do you think that if you don't say, "Happy New Year!", they won't be happy?

Happiness comes from inside, from yourself, not from other people saying, "Happy New Year!" You create your own happiness. You get good health by eating good food, sleeping well, drinking water. That's at the source of good health, not because somebody said, "I wish you good health!" It doesn't change anything. Wishing is what we call "magic thinking". It's an old tradition.

When I was a young boy, I loved looking at the sky with my grandmother at night and when there was a shooting star, she would say, "Make a wish!" I asked her then, "Why? What is the connection between the shooting star and my wish?" And my grandmother said, "There is no connection but if you believe in it, you will be happier." So, I said, "It's just a belief?" And my grandmother, who was very honest, said, "Yes." But it doesn't bring anything good. "If I wish to become a very rich man when I am grown-up, will it happen if I see a shooting star and wish for it?" My grandmother said, "No, you will need to study, to work, and then you can make money." So, I said, "When I look at shooting stars, I can just enjoy without creating magic thinking!" And thanks to my grandmother, very young, I learned not to create magic thinking. I'm sure you also have a lot of magic thinking in Japan.

We, Raelians, don't believe. We don't believe in god, we don't believe in soul, we don't believe in reincarnation. We don't believe in UFOs. No! I hope nobody believes in UFOs here. We understand there are UFOs. Sometimes journalists tell me, "You are a UFO believer." "No!" "Do you believe in UFOs?" "No, I don't believe in UFOs! I saw one and I went inside, but I don't believe in them!"

In France, people believe that if a black cat crosses the road in front of their car, they will have an accident. What kind of similar beliefs do you have in Japan? Oh, I know! I know one: chopsticks in the rice! You believe it's bad luck. I warn you before it happens. If you invite me to your house or to a restaurant and bring rice, I will immediately stick the chopsticks in the rice. Because we, Raelians, are destroyers of beliefs. I don't believe in Yahweh; I saw him. I could speak with him. You don't believe in me; you can see me, you can touch me, I am here. There are no beliefs involved. Even when you say, "I am Raelian", it's not a belief, it's understanding.

Do we believe in infinity? We don't believe in infinity. We know it exists; we can touch it. We can use a large telescope and see the universe. We can use a microscope and see the infinitely small. We don't believe, it's a fact. Infinity is everywhere! It is so easy to fall for beliefs and magic thinking. Raelians, like everybody, we age and we die. I will also. But this is a fact. It's just a fact. Don't connect that with any belief. Any belief makes your brain weaker. When you

believe, you stop using consciousness, you stop using supraconsciousness. So, people sometimes say, “Do you believe in meditation?” “No, I don’t believe in meditation, I do it.” You don’t believe, you do it. Do you believe in sleeping? Nobody will ask you that. You just sleep naturally.

Like the Dalai Lama said, sleeping is the easiest form of meditation, the simplest example of meditation. When you sleep, you stop thinking. Many people are insomniacs because they cannot stop thinking, thinking about the past, thinking about the future, and they cannot sleep. Only when the brain stops thinking can you start sleeping. Everybody can do it.

At every Happiness Academy, when I ask all the Raelians to lie down and breathe deeply, feel their body becoming very heavy; many people fall asleep. They start sleeping because meditation and sleeping are very similar. It’s the art of meditation to reach a sleeping state without sleeping; just before. Buddhists say it’s “to be on the razor’s edge.” Like walking on a razor’s edge or a samurai sword’s edge and having to keep your balance. If you fall on the right side, you sleep; on the left side, you keep thinking. It’s very interesting. This image can help you meditate. It’s not a belief.

Maitreya says, “I don’t believe in UFOs. I don’t believe in meditation. I don’t believe in infinity.” That’s Maitreya. But many Raelians say, “I believe in UFOs. I believe in meditation. I believe in infinity.” Do not believe, just understand! If you understand what is happening in your brain, you can meditate. No thinking, no sleeping, just hanging in between.

So, I think it’s very important today, on the first day of January, the first Sunday of January and the first day of January, to feel how different we, the Raelians, are. Don’t fall in it. Don’t become like everybody. I know it’s very Japanese to want to be like everybody. Everybody says, “Happy New Year!” And naturally, because we are polite, we want to say, “Happy New Year to you also!” It is difficult not to answer this, isn’t it?



So, when you will go back to Naha, or in normal life, when you meet people and they say, “Happy New Year!” to you, what will you answer? It’s interesting, isn’t? If somebody says to me, “Happy New Year!”, I don’t want to be happy for only one year. Be happy forever! But by wishing you to be happy forever, I will not make you happy. That’s interesting. But you can be happy forever. How? By yourself. My wish will not change your happiness at all. That’s powerful. “Happy New Year!” “You too!” No! It’s difficult for Japanese, I think.

“Good morning!” Good morning? I don’t know if your morning is good but what I say doesn’t make the morning good. You have a good morning from yourself. What is the meaning exactly of “Ohayo gozaimasu!” (Used before

noon instead of “Good morning!”)? [Early morning.] Early morning? That’s good. That’s good, “Early morning!” The magic thinking of the wish, a wish for a sunny day, do you think such wish will affect the weather? Not at all. Meteorology, the science of weather forecasting, has no connection with your wish. So, I love “Ohayo gozaimasu!”, [Early morning]. Good!

And “Konnichiwa” (“Good afternoon!”)? [Today] Great! “Today!” Now! And that is beautiful, “Be now!” Early morning! Today! That’s wonderful. Konbanwa (“Good evening!”)? [Tonight] Great! I love Japanese. I know why I am in Japan; the whole day is beautiful. “Ohayo Gozaimasu!” (Early morning!), “Konnichiwa!” (Now, today!), “Konbanwa!” (Now evening!). Sugo! (Amazing!) But no “Good morning!”, no “Good afternoon!” I cannot say, “Good morning!” if I don’t know what is your morning. Maybe you couldn’t sleep all night, maybe this morning you had a terrible diarrhea. Good morning? I don’t know! I could ask a question, “Are you having a good morning?” That’s beautiful.

But it doesn’t come from me, it comes from you, from how you slept, whether you had a good breakfast. That’s you! You are responsible for what’s happening. And anybody can wish all they want; it won’t change anything. And that’s the beauty of the teaching of the Elohim. You are in charge of your happiness. Everybody around you can wish you terrible things, or good things, it doesn’t change anything. It has no influence on your well-being. You are in charge.

I know Japanese bend in front of many gods. I remind you, everybody, and it is very important: the Elohim are not gods. Many Raelians would say they don’t believe in God but they believe in the Elohim. Don’t believe in the Elohim, understand! They are there. There or there, we don’t know because the planet is moving, it’s turning. I don’t know where they are, we can never know and that’s beautiful! If there was a place, a location, we would pray in front of this location; like the Muslims who pray towards the Mecca. I hope the Raelians will never pray in front of the Puy de Lassolas! I’m happy there were two different places of contact, the Puy de Lassolas and the Roc Plat. Which one is holy? Everywhere is! The infinity of the universe.

The last thing I want to tell you, as I said, we all die. Me too. I see many posts on Facebook from Raelians wishing, “Good return to infinity!” When you die you don’t go back to infinity. We cannot go back to infinity because we are in it now! Dead or alive, we are in infinity. This is a kind of magic thinking. It means, “Ah, we are alive on Earth, so we are not really in infinity. But when we die, yes, we go back to infinity!” You are, right now, in infinity. And the beauty of meditation is to make you feel this infinity.

Recently somebody very intelligent asked me, “What is more important, feeling or believing?” Do you have to understand in order to feel? It goes together. But understanding is more important. Can I feel without understanding? Oh yes, I can feel that the Earth is flat. I can feel that there is a god sitting on a cloud. That’s not true. So, when you understand, you can then feel the truth.

We know that the Earth is not flat. There was a very funny joke on Facebook. Somebody said, “I can prove that the Earth is not flat.” “Why?” “Because if it were flat, every cat would push everything down.” You know the cats; they love to push down everything from the table. So, they would do the same on the Earth. You can push things; they don’t fall because the Earth is round. I love cats. Cat is my favorite animal. It never barks. You can meditate; the cat sits beside you and meditates with you. With dogs... No.

So, I love cats, I don’t like dogs. I like dogs from afar but not in my house because I want to be able to meditate in silence. We meditate together with my cat. Sometimes, I do, “AOM” and he does, “Rrrrrrrr”. Beautiful! It’s beautiful. Cat meditation is, “Rrrrrrrr” “Guru Guru”. Ah, so cute!

So, “Early morning!” No, now it’s daytime. “Konnichiwa”. What do you say, “Today”? “Today!” And “now”? [Ima.] “Ima”, even better. I love Naoko. And where is Naoko? Ah, Naoko! I love your real name. We are all children of now. Now-ko (child of now). I would love to have this name also! Not Ashita-ko (child of tomorrow). Yesterday? [Kino.] Not Kino-ko (child of yesterday). Naoko, thank you for your beautiful name!



When you are serious, you don't look like the Elohim

Maitreya Rael - Raelian Gathering, January 8th, 77 aH (2023), Okinawa, Japan

Thank you, Elohim! Thank you for the Message. Thank you for the privilege to know each other. We must always remember how lucky we are to have friends like that.

Many people think that as you are born a little child, you have to make efforts to become an adult, pushed by school and family to compete. Children are laughing all the time, smiling and laughing, dancing and singing. That's being a child. Maybe, if you cultivate supraconsciousness, you remember that you have been a child. Even if you became very adult and very serious, the little girl and the little boy are still inside. The effort is not to become adult, but to remain a child. Everything in society, school, family, job, try to make you adult. The problem is that sometimes you also want to become adult, to conform, "You have to be like that. You have to be like everybody else." It is so stupid!

"You are a boy; you have to behave like a boy!" I never accepted that. I was sleeping with a doll for a long time. Maybe that's why I love girls, because I love dolls. Well, I'm still sleeping with a doll. And my grandmother made me choose, about the doll, to look like a boy or a girl. I chose "like a girl". I enjoyed it and I kept being like a child, all the time! Never serious. And the teachers were always noting in my report: "Not serious!" Yes! "Why aren't you serious?" "Because you are serious. I don't want to be like you." Then I was punished. But I tried to remain a child. I hope I still am.

One of my favorite French should be poets and singers, Jacques Brel, said in one of his songs, "You need a lot of talent to become old without ever becoming adult." I repeat that and you can say it to yourself, "You need a lot of talent to be able to become old without ever becoming adult."

This morning, like every morning, I went walking to the little island nearby, and there was an old man, very old, walking on the sidewalk, on the side of the road. I don't know him. But every Japanese, driving their car, or walking, is very serious. Even when fishing! Some people on the bridge - it's Sunday, so they are fishing - are fishing seriously.

So, I looked at this old man, he smiled, I smiled back and said, "Hello!" He answered, "Hello!" Very old, maybe ninety years old. He was smiling and laughing. You need talent.

For Japanese, it is very, very, very special not to be serious. Everything pushes you to be serious. You don't need to. If you spend your life being serious, you will die serious. Nothing can be worse than dying seriously. I want to die laughing. And you? [Yes!]

Fear and seriousness go together. If you are serious, you have a better chance to be full of fear. When you are not serious, people say, "It's a serious matter!" You return home from hospital and you tell your family or friends, "I have a cancer!" If you laugh, they say, "But it's very serious!" No, it isn't serious at all.

We know we will die. Next year, in ten years, tomorrow, there is no difference. We will all die. So, would you prefer to remain serious until you die, or to laugh? There is no serious matter. The universe is funny. Everything is funny. Everything is a laughing matter.

You were born. Did you choose to be born? Did somebody ask you, “Hey, do you want to be born?” Nobody! And suddenly you are alive. And what do you do, usually? You laugh. Children say, “Wow! I’m alive. So funny!” And you play with everything, you suck your fingers, you put your toes in your mouth... Everything is a laughing matter. But everybody makes you slowly become serious. You need to find a teacher, a guru, who one day will say, “Don’t be serious! Return to the little boy, the little girl you once were!”

It is very important, whatever happens to you; healthy or totally sick. You will more likely stay healthy if you laugh. I want you to always remember the oldest person who ever lived on Earth, a French woman, named Jeanne Calment. For me, she is a model. She died at one hundred twenty-two. She was always laughing. Laughing and laughing; never serious. She was drinking alcohol, smoking. Every time she drank water, she would add sugar to it. She was eating meat, eating everything. And someone asked her, “What is the secret of your old age?” She said, “I’m always laughing.”



Laughing is the most important thing for your health. When you worry, you destroy your body. So, laugh at everything!

I sometimes see in the street, on TV, everywhere, people, teenagers who are worried!

The Elohim created life on Earth. Why? Because they had fun doing it. They were not serious, working in laboratories. No! They were laughing all the time. You will never meet anybody laughing more than Yahweh. But people imagine Yahweh like a god. No! He moves and laughs just like a little boy. Creating life on Earth was a game. And every week they had a meeting to compare what kinds of animals they created. And they were laughing so much!

“Oh, this week I have something special. Look, I made a peacock!” “Wow, beautiful!” Another one said, “No, no, I did better. I made a crab!” “So, what’s special?” “Look, it walks on the side.” And they were laughing like crazy. All animals walk straight but the crab walks side ways. It’s a joke. Everything is a joke! And they enjoyed themselves.

Go to the garden, anywhere, or in the park, and look at birds. They are so funny. But you have to look. Even ants, if you look at ants, they are so funny. It's amazing. Any bird, any fly, any animal is so funny. But we must be at least as funny as them. Even the small fish. If you have an aquarium, look at the small fish inside. You cannot remain serious. They are so funny. Everything is funny. And if you have no pet, look in the mirror, look at yourself, you cannot remain serious. What a funny face! Every morning, for me, I look at myself and say, "Wow! Really!"

And yesterday, someone made me realize how funny I am. I went to play petanque and he said, "Did you cut your hair?" "No, they fall!" "There is less?" "Yes, there is less. They just fall, they fall. I didn't cut it." So, things like that make me cry laughing. And then your life becomes beautiful.

Thank you, Elohim! Every second, I say thank you. They created us in their image. We look like them. What is the most beautiful gift? That we can laugh!

Dogs don't laugh, cats don't laugh. Only humans are laughing. That's fantastic. When you laugh, you are like the Elohim. So, don't be serious! When you are serious, you don't look like the Elohim.

You imagine, one day, there will be the embassy, we will welcome the Elohim. The UFO will come, the trap door will open slowly, and we expect religious-like people coming out. Not at all! You will see people looking like school children coming out, boys and girls, laughing and joking. That's the Elohim! Not serious! They will be like little boys and little girls coming out of their kindergarten class.

So, why would you want to be serious?

Be like the Elohim, laugh!

Thank you!



Masterpiece of art

Maitreya Rael - Raelian Gathering, February 5th, 77 aH (2023), Okinawa, Japan

There is no better way to say thank you to the Elohim than singing. In every religion, when they talk to what they call god, to the Elohim, they sing. Christians sing. For Jewish people, it is forbidden to talk to the Elohim without singing. Buddhists sing.

When you want to send your love to the Elohim, you may not know what to do and you say, "Elohim, I love you", but it isn't beautiful enough. It is best with music, and there isn't a more beautiful instrument than the human voice. The Elohim didn't create the piano or the koto, they created the human voice. Every bird is jealous of our voice.

When you sing, feel the privilege you have to have a music instrument here with amazing possibilities. Birds are limited. Some bird songs are very ugly. There is a story about that.

When the Elohim created the birds, they were so beautiful. There was a contest to evaluate who had created the most beautiful bird. The hummingbird, so beautiful, the rooster, beautiful; every bird was amazing. There are the birds of paradise, so beautiful! Everybody was amazed by their beauty. And then, one of the Elohim brought a peacock. What could be better? Without its tail, it looks like a chicken, but when the tail opens, wow! But the Eloha scientist who created it said, "Wait! Listen to its song." [Maitreya imitated the peacock song, not pretty]

The most beautiful voice of the world, you have it. We don't have a peacock's tail - I would like to have one and open it when I see a beautiful girl - but we have a voice. The possibilities of the human voice are amazing. Not everyone can sing like Lotus when she sings opera, but there are so many possibilities. I love every sound of a human voice. I love Enka; Jazz. Louis Armstrong's voice, so beautiful. Opera voices. Every voice is so unique, you have to sing.

The Elohim created your voice for singing. Who in this room didn't sing today? Every day you must sing. In the morning, I go to the bathroom and immediately I sing. I don't have the voice of Lotus but I sing. I wrote many songs in my life. This morning, it was a song about happiness. "J'ai décidé d'être heureux..." [I have decided to be happy...]

Sing your song. The peacock sings its song, beautiful or not, it doesn't care. The nightingale sings one of the most beautiful bird melodies. There are a lot of them in France. They sing at night. In our past meditation center, at Eden, when the night was coming, it was in a little valley, suddenly thousands of nightingales would sing. It was amazing, it was like magic. I would go outside and listen. I would not only listen to the melody but also to the lyrics. They were singing, "Thank you, Elohim." Sing your song and not just in your shower.

We have beautiful legs. They aren't made for walking; they are made for dancing.

Don't say, "I am not as good as Lotus, I won't sing", that's a bad excuse.

There is a sentence of the Buddha that I love, "When you walk, walk for the Earth, make every one of your steps a caress for the Earth." A caress, sensual. Don't walk on the Earth like you are tumbling, each step is like making love to the Earth; and the Earth feels it and you receive energy from the Earth in return. Don't walk like a military. Einstein said that for military people to walk, they don't need a brain, they just need a nervous system. Military music

isn't music. I don't know why they call it music. Music makes you make love to infinity. When you move, don't be afraid to fall. When you are afraid to fall, you can't walk. It's the same when you sing. Professional singers are often out of tune but you don't notice it. They self-correct it and it becomes more beautiful as a result. We are not machines.



We can use our sensitivity to say, "Thank you, Elohim." Thank you, Elohim, for my legs; they allow me to dance. Thank you, Elohim, for my voice. It isn't to talk; it is made to sing. Sing your love to the Elohim. The ugliest voice can make the most beautiful song for the Elohim. Express it. It is the same whether you want to express your love to a boy, a girl, or the Elohim. You may feel shy and not know how to say it. Just say it, "I am shy and I love

you." Express it, it becomes more beautiful. If love is expressed through your body, the other will feel it. It doesn't have to be said with the voice of the best movie star.

When you say what you feel and when you feel what you say, no professional artist can be better than you, whether you say it to a boy, to a girl, or to the Elohim.

"Thank you, Yahweh. I love you, Yahweh."

You don't need to be an artist but the more you express it, the more beautiful it becomes. Train yourself. Can you look at the people beside you and say, "I love you"? Do it! It's so important for you and for the others. I love you and I don't expect you to reply, "Me too." Love is giving. If you say, "I love you" and expect, "Me too" in return, that isn't love.

I know you love me but I don't need to hear it. Your eyes are telling me. The eyes always speak better than the mouth. Like the sentence says, "What you are speaks so loudly that I can't hear what you say." Express your love through your body. Your voice will become beautiful if you express your love with your heart.

There is nothing more important than love.

What are these legs? They are tools of love. What is this voice? It is a tool of love. What are these eyes? Tools of love as well. Look in the eyes of someone. I hope everybody experiences this. Look in the eyes of someone and express

love; not expecting love, just giving. Naturally you start to cry, both start to cry. That's love. Don't get used to it. You have been Raelian for ten, twenty, thirty years. If you can't look at the sky and cry thinking about the Elohim, then you don't feel love for them.

When they look at you, they cry. They cry when they see how stupid we are, making atomic bombs, Hiroshima, fighting in Ukraine. "These human beings are crazy."

They cry of love because they know that even if most human beings are a mistake, some are beautiful, a masterpiece of art. You!



Women’s leadership in Kama

In the last issue of Contact, we introduced you to the new National Guide of Ivory Coast. While chatting with Tai Ehouan, the Continental Guide of Kama, we realized that many Kamite women were assisting him in his tasks. Outside the Movement, they are lawyers, businesswomen, engineers, scientists, or communication experts. A beautiful team in pictures.



Ndjala Lambegui Lepa,
National Guide of Gabon and
Equatorial Guinea



Dété Moussokoro Kone,
National Guide of Ivory Coast



Melissa Mwinkare,
National Guide of Burkina
Faso;
at only 25 years old!



Véronique Chevreuil,
National Guide of South
Africa



Providence Tsiba Issongo,
National Guide of Congo M’Foa



Alimata Mounniga,
person in charge of training in
Burkina Faso



Gloire Immaculée Ndoulou,
person in charge of teaching in
Congo M'Foa



Edwige Andrée Clarisse Gouria,
person in charge of teaching
in Ivory Coast



Nurcia Mouneyi Nsouka,
from Congo M'Foa, Tai's
assistant for the philosophical
aspect



Maya Marie Chantal Gnable,
from Ivory Coast, Tai's assistant for
the management and administration
of the Raelian Movement of Kama;
and IRM correspondent