

Contact Newsletter #425

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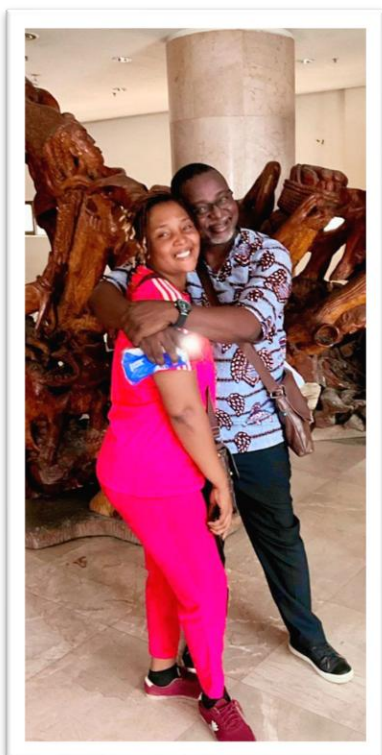
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Editorial

We strive to transcribe here all the gems Maitreya shares with us during the Sunday gatherings in Okinawa. There is never a time when I hear, read, or revisit these addresses without discovering new connections, new understandings of our philosophy, of the world situation, or of my own life.

What is also striking is the ever-clearer understanding of our mission. In a world dominated by the duo of fear and violence, Maitreya asks us to replace it with the duo of love and laughter. Both are contagious, as you know. You may be able to reason with fear, but you cannot stop laughter, you cannot stop love. They cannot stop us, feel it deep inside. It is so important and powerful.

During a talk at the 79 aH Happiness Academy, Maitreya said, “If you are asked to go to war, laugh.” We are sharing an excerpt of this talk on our social media today. Listen to it and share it.

Say no to what governments ask you to do: war, masks, vaccinations, whatever it may be. Say no, and laugh, and make it as contagious as possible.

To your laughter!

BB

Maitreya's Words

The site of supraconsciousness is in your heart

Maitreya Rael, Raelian Gathering, February 15, 80 aH (2026), Okinawa, Japan

Love. Love. I want to say only love. We don't need anything else, just love. What is love? We all wake up in the same state as when we were born. When you are born, you are alone, totally alone. Even twin brothers, they are born alone, first one and the other one after, but you are alone. That's very interesting because it contains love.

To be born, to come to this planet, you do it every morning when you wake up. Even if you are living a beautiful love story with a partner, you wake up alone. Remember, not a long time ago, this morning, you were in a bed or on a futon. You woke up totally alone. There is somebody on your side, but you are alone, and it's a treasure. If you consider being alone a treasure, you never suffer from loneliness.

You are so lucky to be alone. It's a treasure because with this aloneness you can give love. People who suffer from loneliness say, "Oh, I am alone. Oh, I don't have a lover. I don't have a partner. Nobody loves me." Terrible! Are you really alone? How many people are on this planet? Eight billion! Eight billion! "Oh, I feel lonely." It is so funny to feel lonely when you are on a planet with eight billion people.



If you meet only one new person every day and you live eighty years, you cannot meet everybody. You can calculate how many people you can meet, maybe ten thousand, maybe twenty thousand, if you really go every day to meet new people. Eight billion! Eight billion! Think about it! And you feel lonely.

How can you feel lonely? Everybody suffers from loneliness, from the illusion of loneliness. It's an illusion. Eight billion! If you meet one hundred new people every day, it takes a lot of time. Imagine you meet one hundred people every day; in eighty years you cannot meet everybody. Somebody said a sentence I love: "If you feel lonely when you are alone, you are in very bad company."

If you feel lonely when you are alone, you are in very bad company.

Who is the company? You, yourself! You don't feel yourself if you feel lonely. Eight billion on Earth! How many people in your hand? There are so many people on the small planets in your hand, and you feel lonely?

And you just look out of the window of your house. What do you see? Other houses? Other apartments? Loneliness! Most of the people suffering from loneliness are not living on a farm in the countryside. They are in large buildings with thousands of apartments, and all are inside their apartments.

"I am alone." For me it's funnier than Charlie Chaplin or Mr. Bean.

In Africa, some people, sometimes, not as often as in Europe, become depressed. First, I have to explain what depression is. Depress means there is pressure. To "depress" is to remove the pressure. But you are so used to having pressure that when you are back to yourself, you don't feel pressure anymore. You are depressed, and that's when you meet yourself.

Yesterday, on the Internet, a top scientist explained that there are more cells in our body that are not carrying our DNA than cells with our DNA: bacteria, viruses, parasites. And we need them. That's why the masks are stupid. Do you remember the crazy time of Covid? I took the hands of many Raelians and licked them. I'm still alive. I licked so many people in my life, including anus, sex; the smelliest parts.

When you kiss somebody on the lips, millions of bacteria are shared. Your mouth is full of bacteria and we need them. It's called our microbiome. And when you eat, you need to chew your food slowly. Why? Not so much to make it like a puree, not so much. It is to mix it with your bacteria, because these bacteria help you digest.

So, if you use some stupid chemical to really clean the mouth – I think one is called Listerine – every chemical you put in your mouth, or spray, kills your bacteria.

I'm French. I was born in France. I didn't choose. We love bread. If you put bread in your mouth and chew it, it's not bread anymore. It becomes something else because of the bacteria in your mouth. And then it goes in the stomach, a lot of bacteria waiting. That's why you feel hungry. They are talking to you, "Hey, send the food!"

Your digestion is done by bacteria. That's why, when you make the mistake of taking antibiotics – anti-biotics meaning killing bacteria – you develop diarrhea the next day, because you don't have the bacteria anymore. So, we need them. We are not alone. There is a world, a huge population, in your mouth, in your stomach, in your intestine, in your liver, everywhere. And it's not something we have to destroy; in such case you become sick. We need them.

In the morning, if you feel lonely, say, "Good morning!" Feel it! There are a lot of things alive in you that are not you; they don't have your DNA. And the more you touch and kiss other people, the richer it becomes.

Do you remember stupid people at the time of Covid? Alcohol everywhere. You enter a restaurant, alcohol everywhere to kill bacteria. And then you become very sick, because we need bacteria to stay healthy.

We are lucky, we Raelians, because we love contacts. We love hugging. We love kissing. We love licking anus. And that gives us bacteria.

You know, some people have diarrhea that they cannot fix because they are missing some bacteria. And these people suffer from diarrhea forever. They tried everything, probiotics, nothing works. Doctors discovered – intelligent doctors, there are some intelligent doctors sometimes – they take a little bit from the intestine of healthy people, a little bit, and they open the belly and put it in the belly of sick people, and the diarrhea stops.

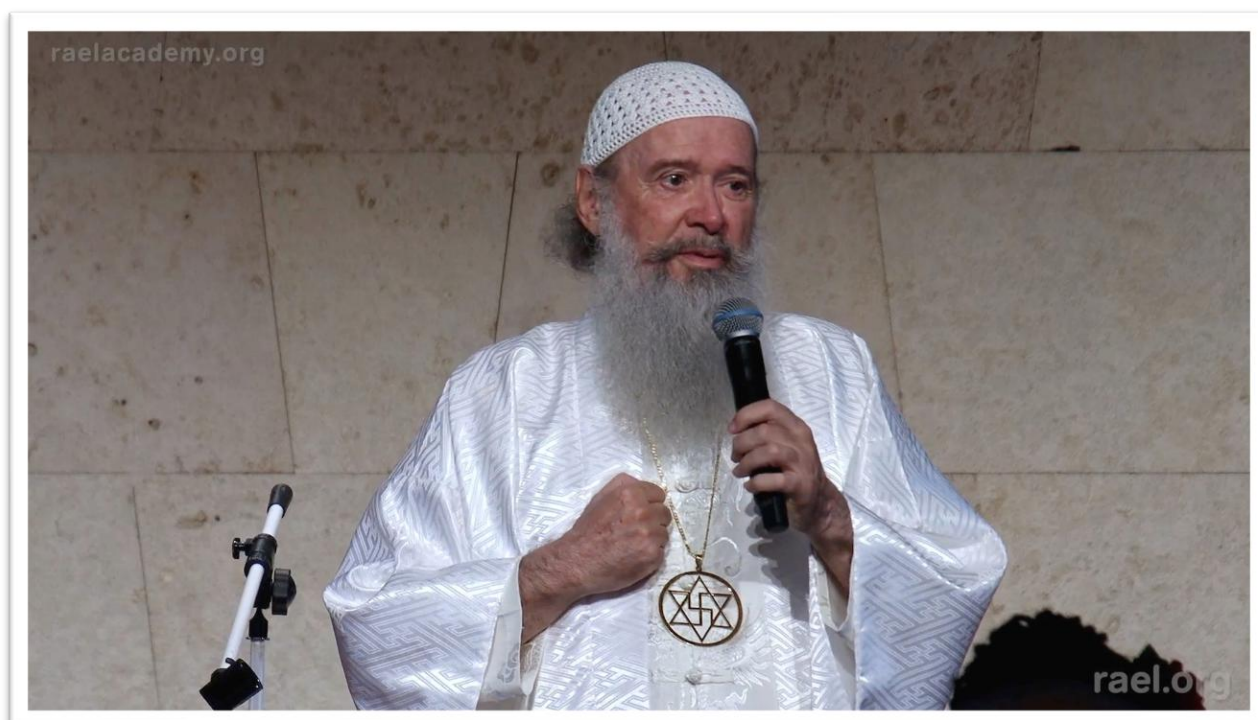
So, when you lick anus, the same thing happens. If you have diarrhea, lick the anus of your friend. Eh? But not at the 11 am gathering.

The more you share bacteria, the healthier you are. When you look at other people like that, how can you feel lonely? You have millions of things living inside you. So, without having a huge ego, you can say, I love you. You love yourself. You love all these things alive inside you. So self-loving is loving a huge population of people; very tiny, but they have consciousness. If they don't have consciousness, they cannot be a part of you.

The same way, recently, we spoke about supraconsciousness. People think it's here [the brain]. In which other part of our body are there neurons? A few years ago, they discovered that intestines are full of neurons. Maybe that's why many people have shit thinking.

But recently, they discovered a lot of neurons in the heart. Not here [showing the left breast area], this is the lung. I always laugh when I see American people singing the national anthem of their country with hands on their left. The heart is in the middle; a little bit to the left but in the middle. This is my heart. And it's the most important part of my body. It is – and now I say it officially – where supraconsciousness is. Not in the brain. The brain is just like, you know, having many cables in your computer; that's the brain. But the real intelligence is the intelligence of the heart.

When you say to somebody – you can say it to me – “I love you”, try to focus. “I love you.” If you say it, thinking with the brain, there won't be much effect, right? Now say, “I love you” [with your heart]. Do you feel the difference? “I love you”, with your brain, or “I love you”, with your heart. Immediately you feel the effect.



And if you try, because you are depressed or lonely, to love yourself with your brain, the same thing happens. But if you love yourself with the heart, it is different. Why are you alive? Because of the brain? No, because of the heart. The heart is where supraconsciousness is. The connection to the universe is not the brain, it's the heart. And that's a fantastic message of love.

I am. Eh! “I am” [touching the brain]. No feeling. But that's a mistake of humanity, like The Thinker by Rodin, very famous. “I am” [touching the heart]. I am. “I think, therefore I am.” That was from Descartes. I think, therefore I am not. That's the truth. The truth is, “I love, therefore I am.” And when you want to love yourself, don't think; feel. Wow! You feel? Let's try together. “I am” [touching the heart]. You feel the vibration here? “I am.” You have the best. I am. I am.

And you touch yourself, and all the bacteria inside you feel it. So, remember, eight billion human beings on Earth, most of them in huge apartment buildings. I call it rabbit cages. Little cubes – toilets, a place to sleep, mini kitchen – and they feel lonely. But around them, millions of people live the same thing.

The new architecture of the world. What is architecture? We have an architect here. He is building walls. Walls separate people. I always say to people who feel lonely, “Did you talk to your neighbor next to your apartment?” – “No.”

Ninety-nine percent of people, ninety-nine percent, never talked to their neighbors. They sometimes cross near the elevator, no communication. Of course, they feel lonely. Civilization is built to make you lonely. But the creation of the Elohim was to make you together. And you feel it on Sunday at 11 am. We are together.

We don't lick anus right here. Mentally we do it, feeling this oneness. I remember the first year I came to Japan and gave a Happiness Academy. I was so surprised. Every Japanese meeting other Raelians was just bowing the head. But the second year, they hugged! That's to be not alone.

I was so surprised that Japanese families, some families, never kiss their children. Wow! Never kiss their children. Oh la la! that's a nightmare. Children need to be hugged, to be kissed. That's what all human beings need. Now we can explain scientifically why. There is one chemical hormone named oxytocin. When we hug each other, oxytocin flows. Oxytocin, made by our glands, just by hugging, and this hormone flows. And you feel it if you pay attention. And scientific studies measured the level of oxytocin in the blood. When you hug, when you touch, just touching, it goes up.

But more importantly, people witnessing, watching, also the level of oxytocin go higher. With animals, if you have a dog or a cat, I don't know what, they come and they want to be touched. They don't want a lesson of science or politics. They come and the tail is moving – touch me. For animals also, oxytocin. And the wonderful people who have a pet, dog or cat, anything, anything – the level of oxytocin in the animal goes up also. That's absolutely fantastic. And when we meditate together, there is a huge increase in oxytocin.

Oxytocin is what makes you feel good. Happiness is a hormone, and you can produce it or not. And the little animals living inside us, they also need oxytocin everywhere. When you send your love to the Elohim, oxytocin is produced and they feel your love. We will make an embassy: oxytocin, love.

This morning, I saw something very funny that I want to share before ending my speech. If you have a dog, the dog looks at you and says, "Wow, he is giving me food, protecting me; he is God." The cat looks at you and says, "He is giving me food, protecting me; I am God" [laughter].

I am my cat's slave. We are. At first, the cat goes in front of the door, meow, and we open the door. But he trained us so well that he goes in front of the door, no meow, and we go and open it. That's training, right?

So, remember, love, love for everything, first for yourself, not here [showing the brain], here [showing the heart]. This little machine that is constantly keeping you alive. And the oxytocin, the hormone of happiness, this is in your hand. Do it.

Wake up in the morning saying, "Who will I give oxytocin to today?" It can be a phone call to someone you like. It can be a short email; but giving your attention. And please, talk to your neighbours. You buy some flowers; you knock on your neighbour's door, "This is for you." – "Why?" – "Because I am your neighbour." By doing it, you change the world.

There is no reason. In the corridor, give your smile. No need for any reason, just because we live in the same place at the same time. That's how you change the planet. And do not change things only for your neighbour and for you, but for everybody.

The vibration of love radiates everywhere. Do it.

Cry from love for the Elohim and make Yahweh cry

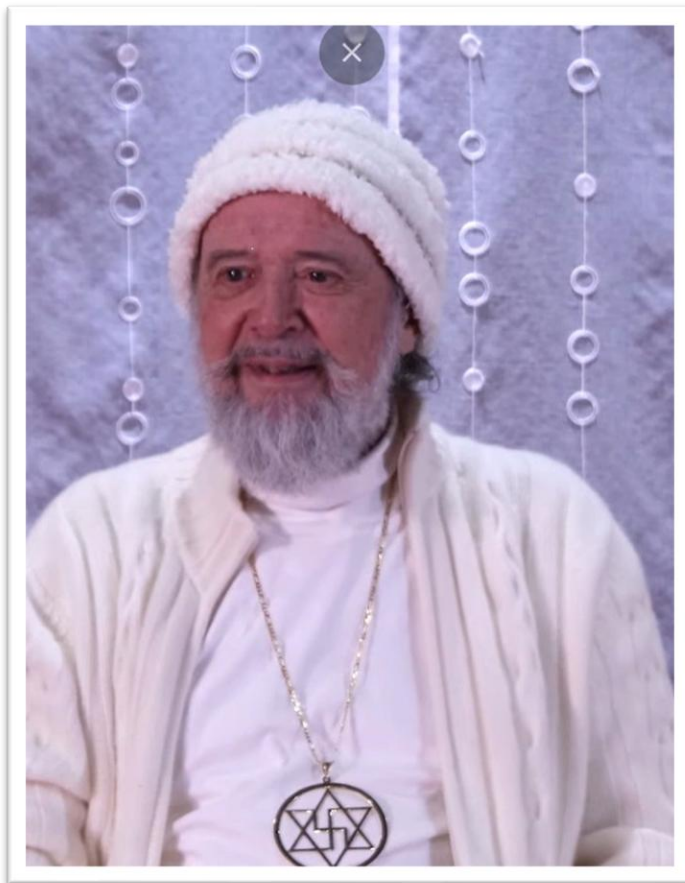
Maitreya Rael, Raelian Gathering, February 15, 80 aH (2026), Okinawa, Japan

I want to share with you this morning's meditation; a meditation about humans.

What is it to be human?

“Human” comes from “humus”. What is humus? It's the ground, the soil. When you go into a garden, you have soil that makes vegetables or flowers grow. This soil, which helps vegetables and flowers grow, also helped the Elohim create us. That's why we are called human. So, the root of the word human comes from the ground and from there also comes the word “humility”. How can you not be humble when you are made of soil?

Every time you feel like raising your nose, remember: you are made from the ground. And like Jesus said, a long time ago, you come from the ground and you will return to the ground. It's called death.



Everything that makes us – beautiful faces, beautiful breasts, beautiful penises – comes from the ground, and it will go back to the ground. And in between, what can we do? Have the illusion of being somebody very important? Presidents, kings, emperors, all come from the ground and they go back to the ground. All the people who are important in history books – Confucius, Lao Tzu, Buddha, Jesus, Napoleon, Genghis Khan – are in the ground. Made from the ground, back to the ground. And it's coming for each of you. It's coming.

Every day we wake up still alive, it's a miracle. Every morning, I feel, “Wow, I am still alive!” Seventy-nine and a half. This year I'll turn eighty and I'm still alive. Why? To give love. The more you give love, the more you are alive.

When the moment of death arrives, and it is coming, it could happen to the youngest of you, we never know. It could be in one hour, we don't know. There is never a sign saying, “In one

hour you will die.” Tonight? In one minute? You don't know. But it's coming. I guarantee it's coming.

But we can die happy, without fear. Dying is nothing. Nothing.

I died three times. It's just like falling asleep. Once, I had a stroke, “Bye-bye! Hello Daddy, I'm coming.” No fear, no panic, nothing, “I'm coming.” We are all going. Say it. Feel it. See it. Say it, “I'm coming.” Then all humility comes back.

All you can accumulate – billions of dollars, thousands of houses, thousands of cars – “I'm coming.” And you cannot bring any car, any house, any money. You are born naked, you will die naked; with nothing, not even a

diaper. Feel it. It's coming. Yes, we can wear beautiful clothes, but when we die, and we all will die, who will be next? We don't know.

I like going to the supermarket and buying food. You see the expiration date: "Best before..." We don't have that. It would be fun, right, if there were an expiration date. You could say, "Oh, you die next week!" That would be interesting. But we don't know. And that's the most exciting part of life.

When the moment of the last breath comes, everybody will have this question, "Was I alive? What did I do with my life? I accumulated cars and houses; we don't bring them. So, what did I do with my life? What is my wealth?"

Love.

It's not what you accumulate that matters; it's what you give. You die and say, "I made thousands of people happy. I gave love to thousands of people." And you die smiling. Not because of houses or cars, but because of the love you gave. That's your capital. That's the medicine against death.

I want to make you all billionaires of love. And you do it. You are giving love all the time. Raelians are, and should be, the ones giving the most love to others. This medallion you have is very beautiful, but it's worth nothing. But for the love you gave, there is no amount of money for that. It has infinite value. Feel it. Feel it. You are the capital of love.

And what is love?

Being beside someone; touching; looking into their eyes; having this message for everybody, for me, "I am here for you." Feel me. I am here for you. And you are here for me. And I feel your love.

Traveling from China, from Korea, from everywhere in the world, is it because you read the Message? Not really. It's because of love. Suddenly, inside you, when reading the Message, you felt this waterfall of love. The most powerful love of all. You felt it because it is love for the Elohim and from the Elohim. When you cry from love, your tears are diamonds for the Elohim. So, I don't have anything else to say. Just be love.

Feeling love is good. Giving love is good. But better: be love.

There is this beautiful sentence I love, where a man says, "What you are speaks so loudly that I cannot hear what you say." Make sure that people feel so much love from you that they don't need to listen to you. Blah, blah, blah is not love. "I love you," I can say it twenty times. But being love, so that when you look into someone's eyes, they feel it. They feel like a Niagara Falls of love. And sometimes, it is like the Niagara Falls, we cry together.

Yes, we have a Happiness Academy, but maybe a Tears Academy would be more powerful. So, I hope you will all cry from love. Cry from love for the Elohim, with the beautiful prayer in the Message. I hope you repeat this prayer many times.

Do you remember? "Elohim, I know you are there, and what am I to hope to deserve a contact?" Do you remember? If not, take the book and read it again. And the words are not important. What is important is that your love is so powerful that you cry thinking of the Elohim. And even more important, that your love makes them cry. You are responsible for making Yahweh cry.

Make Yahweh cry by feeling your love.

Thank you, Elohim.

Born to laugh on a funny planet

Maitreya Rael, Raelian Gathering, March 08, 80 aH (2026), Okinawa, Japan

I would like everybody to focus on one thing.

We are together here and we see people we love. Me, I cannot look at you as you are now. I see you as babies.



Inside our heart, we never age. The little boy or the little girl is still alive here. And sometimes, in the boring life of society, something happens which wakes up the child inside us. It can be a poster announcing a public speech, it can be a book, it can be a joke. Suddenly, we laugh and we cannot stop. Every time you laugh, it's not you, it's the little boy, the little girl, you are who laughs.

Society and education force us to look serious. If you laugh, automatically somebody says, "Why are you laughing?" That's the opposite of the right question. Me, I look at everybody, everywhere I go, not only with Raelians, and I ask, "Why are you not laughing?" Because we should be constantly laughing. When you were little boys and little girls, you were constantly laughing. I love watching children. They fall, they hurt their knees, "Itai!", they cry one minute, and then they are laughing. That's who we are. We are born to laugh.

When the Elohim created life on Earth, many people imagine large laboratories, with the Elohim very seriously creating life. They were constantly laughing. You always imagine Yahweh like a god. I tell you, be ready when you welcome them in the Embassy: the Elohim are never serious. You can see it in their creation. Is there anything funnier

than a crab?

Imagine the Elohim in their laboratories, meeting every day to compare their creations. And they always try to surprise the others, to make them laugh. Every animal is walking beautifully, and, all of a sudden one says, "I have a surprise for you." Pop! A little animal that moves sideways. Crabs never move forward, they move sideways. Imagine how intensely they were all laughing. For every animal, every plant, and the funniest of all: the human.

Imagine the first human beings they created: everybody laughing, "Wow! What a funny animal!"

And that's who we are, we naturally laugh when we see human beings. Everywhere, not only seeing babies. Everybody smiles and laughs when they see a baby. When you see a baby, how do you react? Almost everybody says, "Oh, so cute!" But when you meet adults, no more. Adults are as funny and cute as babies. And that is how to make this planet happy: to go back to the child. Happiness is in the eyes of the one who is looking.

And I see, especially in Asia, that when people laugh, they try to hide it, as if it is not good to be laughing; even smiling, always with the hand in front of the mouth. I watch TV sometimes, Korean programs with many beautiful girls, and suddenly there is something funny. As soon as they laugh, they hide their mouth.

Why? As if it is not good to be happy. “I’m sorry for laughing.” No, “I’m sorry to be serious.” So, laughing is becoming like the Elohim. Be ready to laugh a lot when they arrive. But people love this image of the old man with a long beard.

All the prophets were laughing. Jesus was laughing, but we created the image of somebody suffering. It’s not true. They betray the image of the prophets. Only one has kept the right image: Buddha. You have, especially in China, statues of Buddha laughing, with his mouth wide open. You know these statues. Buddha is not serious. Some countries show Buddha like that [serious]. But it’s a betrayal of who he was. In China, Buddha is shown



laughing, mouth wide open, with a big belly, sometimes lying down and laughing.

Visualize the difference it makes in people.

In Europe and America, Western people grow up with the image of a suffering Jesus. Muslim people are protected from that because they say it is forbidden to show images of Mohammed or God. But still, people imagine. Imagine what kind of image they have of Allah, or Yahweh, or Mohammed. Mohammed was laughing all the time. But, “No, no, no, a prophet must be serious.” I am not serious. I have never been serious, and I will never be serious. I want to die, not now, but I want to die laughing.

For many people, to think about death is to think of

something sad. Even if they believe in heaven and that after they die, they go to paradise, they still cry. Do you really believe? If you really believe in paradise, you die laughing.

I remember, a few years ago, I had a stroke. I almost died. But my first reaction was, “I’m coming!” No reason to be sad. I love the Earth, but I prefer the eternal life planet.

We all have friends or family who die, and it will happen to you; be sure, you will die. How do you want to die? Afraid? Sad? Crying? Or laughing? It’s your choice. And every day is a little death. Every day you live has an end. And at night, you go to bed or on a futon. You are never sure to wake up the next morning. Are you anxious? “Oh, maybe I will die tonight.” Or happy? “I’m ready. If it’s time, I will laugh.” And you die laughing. And you arrive on the eternal life planet. Imagine, you wake up on a bed on the Elohim’s planet. What kind of emotion

will you have? Of course, you cannot stop laughing. Even if you believe Maitreya's story, there is always a little doubt. Don't say, "No, I know." Is it true? Is it really true? But when you wake up on the Elohim's planet, you cannot stop laughing, because it's true. I am here, alive, and I was dead. Imagine your happiness.

I went through this experience. After the stroke, I went to the hospital. They put me in a coma to protect what was left of my brain. And after two days, I woke up. I really remember this moment. You start to feel alive, and you look around, "Am I on the Elohim's planet?" Immediately! Because I thought I had died. Then, I saw a nurse and I started laughing at myself, "I am still on Earth." Almost sad, but quickly laughing at my expectation, and I couldn't stop laughing, "Still on Earth!"

So, death; think about death every day, because, again, it is coming. Live every day as if it were the last one, because one day it will be. We never know when. You know many Raelians who have disappeared. Who is next? We don't know, but somebody is next. And that's why we must give love to each other. Love each other while you are alive. Don't lose one minute. Tell each other how much you love them. Don't be shy, "I love you." Say it.

There is a lot of beautiful music on Earth. But the most beautiful music is not the one we hear with the ears. It's the song you hear with the ears of the heart. When you look at somebody in the eyes and say, "I love you", it's not sexual, right? It could be, but it's not. It's just, "I am honored to be alive at the same time as you." You may die tonight. It might be me; we are not sure. But if I meet you, I want to say, "I love you." And you have to feel it.

Love can only exist if there is an expression of love and feeling.

And this is what we have to do. And it goes with laughing. One day, we will have the last laugh with somebody. The last time you will laugh. The last laugh. There will be the last breath. Finish. But train yourself so that the last breath could be laughing. I want to do that. You can die, "Oh..." Not fun. Or you can die laughing. Train yourself. Every day. And don't hide your happiness. When you laugh, don't put your hand in front of it. It's so beautiful. And you know how contagious it is? It's like Covid or AIDS, you know. It's contagious. When somebody laughs, other people laugh. When you are in a group and somebody laughs really deeply, even without knowing why, you feel like laughing also.

The contagion of laughter.

I saw on the Internet one man taking the subway, full of people, and he started laughing noisily. And people looked. They all thought, "Why is he laughing?" And he laughed more and more, for no reason. And people looked. At the beginning, you could see in the eyes of the people, "Why is he laughing?" People were feeling almost disturbed, "He should be serious like everybody." And slowly, people looked and they could not stop laughing also. And then the next person, and the next person. Finally, in the whole car, everybody was laughing for no reason.

You can do the same every day of your life. Be the one who triggers laughter in others.

But we have this programming – I call it infection – of looking serious, "I must look serious." Why? Nobody asks you to look serious. So, spreading love, that's what we do as Raelians. Spreading love is spreading laughter. When people are laughing, they don't want to kill other people. When you are happy, you don't want to kill other people.

Just a little reminder. You know what is happening in Iran? War between Iran, Israel, and the United States.

Okay, we can say it's for oil, it's because of terrorism, it's for money. The truth is much deeper and connected to us. There are many fanatic religious people in Israel, and they think that by creating a lot of wars, it will make the Messiah appear. They sincerely think that by being hated by all the countries, all the countries will attack Israel, and that's what they want. By killing people in Gaza, everywhere, they want the whole world to attack Israel.

And it's happening. And in the United States, you have fundamentalist Christian people, fanatic Christians. They believe that Jesus will come back. And they believe that by creating the conditions for a war that will destroy Israel, Jesus will come back. That's what we do, not with war but with an embassy. No need for war. But it's so funny to see that the military people of the United States and Israel think that by killing millions of people, Jesus and the Messiah will come.

I am here.

No need to kill each other. Make an embassy. The Messiah is here. Jesus is alive. I met him, and he is coming. No need for war. That's such a funny planet. And it's happening now. When you see the news and all the violence in Iran, feel it, you are part of it. Thousands of people pray for the return of Jesus and the coming of the Messiah. They pray so much, and they believe that by killing other people, it will happen.



And where is the Messiah? I am here with you. And one day, I will go to the Embassy in Palestine. No need for war. That's funny, like the crab; it's such a funny humanity. So many people suffering, dying for nothing. They should just read the Message, build the Embassy, and peace would come to Earth. So, you are part of it. Feel it!

Every day, every time you watch the news with the bombs falling on Iran and Palestine, you are directly connected to it. And you are here to inform, "No need to fight. The Messiah is here. I can introduce you to him." That's your mission.

Thank you!

Raelians News

Canada: Peace and love, our essential mission in welcoming our Fathers...

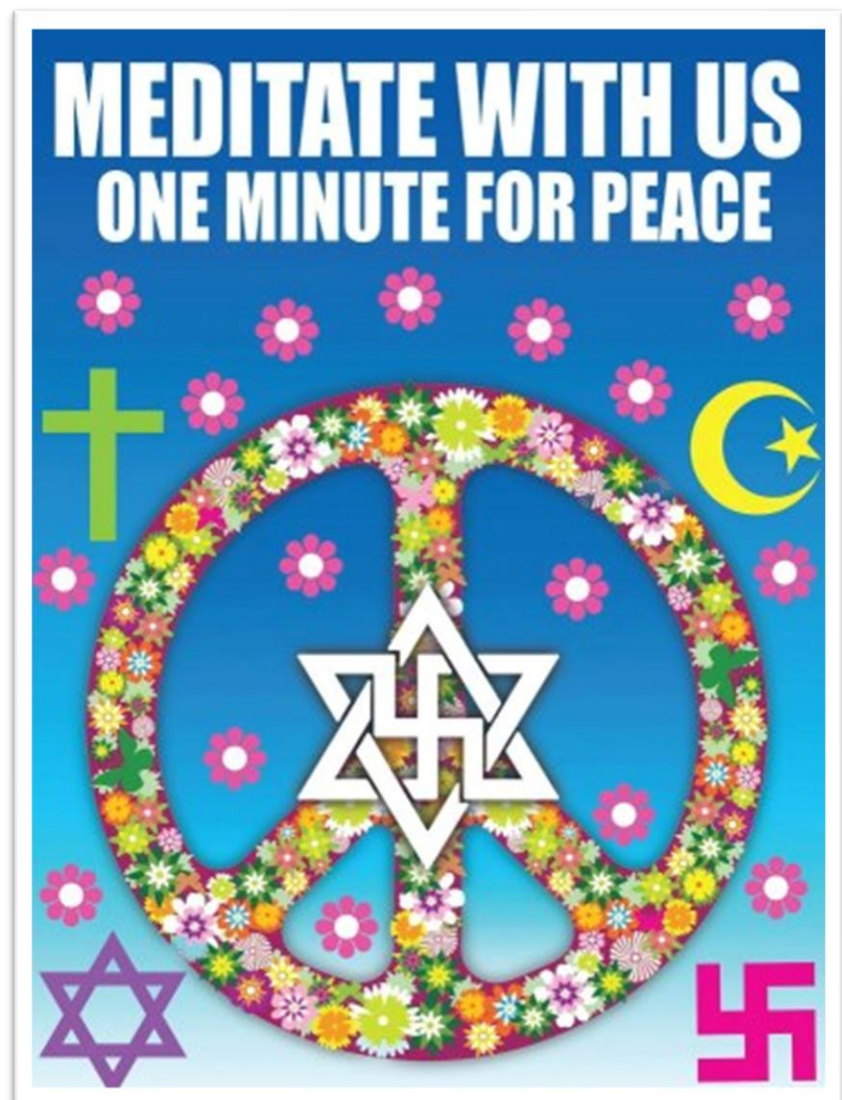
Rael, our spiritual leader, often reminds us that only love can save humanity. In a world ravaged by conflict, fear, and division, this message resonates today with ever-greater force, demanding not only words but also, and above all, action. As political, social, and religious tensions and divisions intensify, a simple act – meditating for peace, both individually and collectively – becomes the most powerful remedy for healing the deep wounds of our civilization. With this in mind, we decided to organize a new Marathon of Meditation for Peace, which began on March 2 and takes the form of Zoom meetings where we meditate together in English, French, and Spanish, Monday through Thursday, at 8:55 p.m. Montreal time (Zoom room 4188579113).

Love is a conscious force capable of transforming and guiding our personal and collective choices toward peace, respect, and cooperation rather than opting, as our sick leaders do, for war and prioritizing national interests at the expense of collective peace. At this pivotal moment in our history, when humanity stands at a crossroads, cultivating love, compassion, and mutual understanding is undoubtedly the key to preventing the escalation of divisions and paving the way for a more harmonious, even paradisiacal, future.

More than ever, humanity needs to remember that behind differences in culture, belief, or nationality, we all share the same origin. So, if we choose love and peace over hatred and fear, we could not only transform our world but also help our fellow human beings rediscover what constitutes the true greatness of the human spirit.

Peace, love, and fraternity: may these words resonate within us like the most beautiful melody the stars have given us.

Daniel



Europe : “A new step for democracy?”



On March 3, we participated in a meeting in Brussels organized as part of the European Citizens’ Initiative (ECI), which is run by the European Commission.

Eva Ponti, Maryline Canin, and myself drove four hours together to reach the European capital. During the trip, we prepared our presentation and the most constructive way to convey our ideas.

This invitation followed an initial videoconference with ECI officials, who were interested in the initiative led by Ezaël, founder of the International Ethical Selection Project.

The goal of this meeting was to allow different European groups to present initiatives aimed at improving democratic and societal life in Europe.

Upon our arrival, we were warmly welcomed by the organizers, officials, and participants from many European countries. The atmosphere of the day was marked by a remarkable spirit of dialogue, listening, and cooperation.



During his presentation, Jean Pierre Saulnier explained that democracy has always evolved throughout history: from census suffrage to universal suffrage, from the exclusion of women to their full political participation, and toward greater institutional transparency.

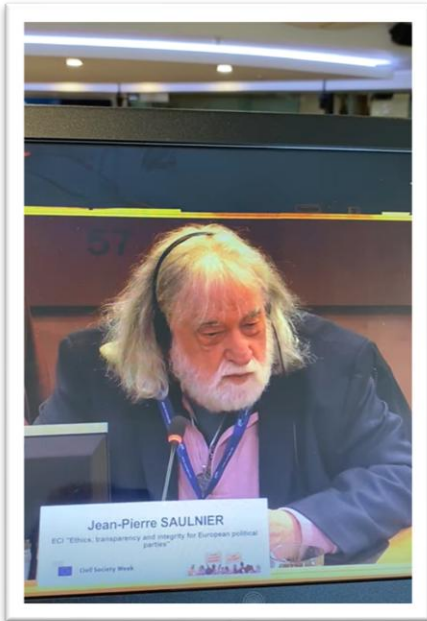
Today, amid the technological revolution and the dawn of an era of deep transformation, a new evolution is becoming possible.

Jean Pierre Saulnier therefore presented a simple idea.

Those called upon to exercise high public responsibilities – ministers, heads of state, senior officials, or representatives of the people – could demonstrate their ability to lead and govern before applying for these positions.



The aim is not to exclude anyone, but to ensure that these major responsibilities are exercised with competence, discernment, creativity, and above all, humanitarianism, which is to say, a genuine love and respect for humanity.



He also emphasized that this requirement would be accompanied by an increase in citizen participation thanks to modern tools. With the Internet and AI-based analysis systems, every citizen would be able to continuously express their expectations, suggestions, or observations. This would give policymakers a constant overview of the public climate.

<https://www.facebook.com/reel/1972090577075112>

The presentation generated genuine interest and numerous constructive discussions. Several participants told us that it expressed ideas that many citizens feel today but do not dare to voice.

In the afternoon, rotating workshops provided an opportunity to continue discussions with numerous European representatives and explore issues related to this approach in greater depth.

The day showed that many committed individuals sincerely want to see the emergence of a more mature democracy capable of responding to the challenges of today's world.

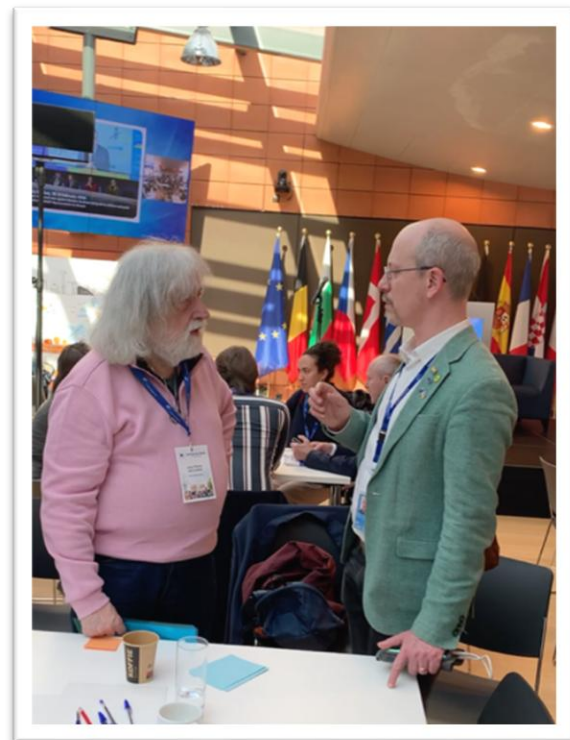
In order to be officially examined by the European institutions, our initiative, "Ethical Selection," must now collect one million signatures across the European Union.

A significant challenge... but also an opportunity to put forward new proposals for the future of democracy.

<https://eci.ec.europa.eu/056/public/#/screen/home>



ethicalselection.org



France - A weekend just for men: "What if we dared to embrace refinement!"

For the first time in the history of the French Raelian Movement, with a group of men, just among ourselves, we gathered for a long weekend to explore in depth what refinement and femininity might entail.

We explored, experimented, learned, and, even more remarkably, we have tried to follow the example of women and of the most refined man we know: Maitreya Rael, our role model. His video on refinement and femininity served as both a guide and an inspiration.



Several topics were discussed, including our relationship with women and their emotions; our relationship with the body, with art, and then, very importantly, our relationship with sexuality. These rarely discussed topics led us to set out on a journey of discovery into our inner, intimate, and true selves. After a few days, hearts opened, sometimes for the first time, sometimes with a tear, sometimes with a tight embrace. It may seem obvious, but it isn't easy for everyone, and this openness was welcomed; each at our own pace, each on our own path, together.

With the few men who dared to participate in these weekends, we had to let down our guard and open our hearts to dare entering an environment that many of us saw as hostile or frightening: being in a group of only men!!! Is it society's fault, school's, or our sometimes-insensitive fathers'? Surely a little of all of that.

One essential question guided us: how would we behave if we didn't know we were men? Who would we have become if we hadn't identified with this masculine identity constructed by society? Perhaps we would then touch upon something deeper: our true selves, beyond social roles and conditioning.

During these weekends, we also explored the taboos surrounding relationships between men. We rediscovered aspects of ourselves we had been deprived of and sought to transcend the limitations imposed on men in a world dominated by the subjugation of one person over another; namely, listening without competition, tenderness, and friendship.

So, inspired by Sensual Meditation, we questioned some deeply ingrained habits and dared, among other things, to embrace gentleness, talk about our emotions, develop empathy, and welcome our vulnerability.

During these weekends dedicated to refinement, they advanced together on the path of their awakening.

Michaël's reflection:

For a long time now, I had heard some Raelian men ask this question: “What are the Angels waiting for to teach us femininity?”

This reflection strikes me as deeply irresponsible, even if it reveals, in itself, a cry for help.

But another question deserves to be asked: do we truly listen to women? Do we really give them the space to express themselves, to share, to inspire us, and to guide us? Not merely out of charity, but because that is indeed their rightful place. Do we take them as examples?

I don't believe it is up to women to bear the responsibility for the lack of femininity and refinement among men on Earth. To think so would be yet another way for men to shirk responsibility for their own shortcomings.

It is time for men to take responsibility.

We Raelians know that the Angels will be the ones to welcome the Elohim most closely. But can we dream a little? What if men, too, worked to develop their femininity; that capacity for gentleness, sensitivity, love, and sincere respect for themselves and others? Then, perhaps, alongside the Angels, we could welcome the Elohim. Time is running out for this mission: less than nine years!

Today, we have everything at hand to learn, explore, and evolve together. There is much to be done, no doubt, but this task belongs to us; as heavy as it may seem.

So, we choose to take responsibility and act.



Switzerland, Lausanne: Women’s Day, March 7

To celebrate Women’s Day in Switzerland, we all gathered in Lausanne on March 7. Femininity is about love... so we started with a beautiful meditation for peace. Then, we offered free hugs and pretty cards with a kind message written on them; a compliment to lift the spirits of whoever reads it. We also handed out little heart-shaped chocolates. 😊 Some also led “One Minute for Peace” meditations during our event in the pedestrian streets – such an important gesture right now – so that people wouldn’t feel powerless in the face of current events.

It was market day, and the streets were packed with a lovely springtime atmosphere. We were given a wonderful welcome! Sometimes, people lined up to receive free hugs! It was very moving to feel this connection of love with “strangers”. Some market vendors, touched by our initiative, also offered us honey and macaron buttons; we felt a beautiful chain of love. Some people sat with us for a long time to meditate for peace. The sentence we often heard was, “What you’re doing is wonderful!” After all these beautiful emotions, we gathered together, at the end, for one last meditation for peace. An Iranian woman, deeply moved, joined us, and we could tell it did her so much good. We had a wonderful time, and by giving love, we certainly raised the oxytocin levels of our brothers and sisters on Earth (and in doing so, our own as well).



Thank you, Maitreya; thank you, Elohim!

Japan, Okinawa: Raelians standing for Palestine

Every month, my team and I organize a “Charity Concert in support of the Palestinian cause”. The concerts are given by the beautiful Lotus, who brings us higher each time, connected to Gaza. The participants expressed their contentment and generosity. The rooms are filled with unconditional love. So far, we have raised ¥184,450, equivalent to 1,000 euros, and it is just the beginning.

For our next action, all the information will soon be on social media. With Love,Sakina

