

Contact Newsletter #426

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Editorial

Every second, we have a choice. Every “now” moment offers us a choice. In this issue, you will discover inspiring words from Maitreya, beauty in our actions, but also reminders of how useless it is to choose the path of dissidence.

Some brothers and sisters, who feel the Elohim and recognize them as our Creators, have chosen to fill their lives with competition and futile battles. Just as political and religious leaders have no shame in launching wars in the name of their god, some choose to wage a war against Maitreya in the name of the Elohim.

To remain true disciples of Maitreya and true messengers of the Elohim, we must preserve our inner peace and follow the inner compass given by the Message. When we are messengers of the Elohim, there are only light and lightness, joy and laughter. There is no place for battles.

Maitreya reminds us every week that the way to change the world must be carried through our happiness and love. No battles, no fights; only a competition of love. Remember, the moment you enter into conflict, you are no longer a disciple, no longer a messenger of the Elohim. We have such a clear guiding compass. What a wonderful philosophy we have!

Happy to be with you all on this path.

BB

Maitreya's Words

Born to be free

Maitreya Rael, Raelian Gathering, March 1st, 80 aH (2026), Okinawa, Japan

I'm thinking about my grandmother.

Everything good in me comes from my grandmother. She had a beautiful philosophy. She said, "If you have to choose between standing up and sitting down, sit down", like Buddha. And she said, "If you have to choose between sitting down and lying down, lie down." A very beautiful philosophy, my grandmother. She taught me three other rules when I was a very, very little boy, very highly philosophical: When you are hungry, eat. When you are thirsty, drink. When you are tired, sleep.

There cannot be a better philosophy.

All of you may say, "Well, but that's not philosophy." No! It's life! The Elohim created us for that. And in the jungle of society – because it's a real jungle, worse than the jungle – in the jungle, there is a beautiful organization. Just beside here we have jungle. Many, many plants and trees, and everybody, every plant, every tree, find a way to grow, to blossom. Small trees, huge trees, everybody lives in harmony. There is no war. You never see a war in the forest between trees. The small ones grow little; the big ones are huge. Everybody is alive and in harmony. No trees fighting. They are one.

Why can't we be the same?

If we were trees, we would be at peace. No tree is starving to death. They all receive their food from the sun. Don't make the mistake of believing that the food of the trees is in the ground. Not at all. The food of the trees is the sunlight. And they create branches, leaves, flowers; flowers that are the sex of the plants. It always makes me laugh to see men offering a rose to a girl as if it's something pure and not at all sexual. The rose is the sex of the plant.

Everything around us is alive, peacefully. Why do plants grow? To reach the light. Why do you grow? To reach the light. We receive the light of the Elohim and we can blossom. The light of the Elohim is the food of your DNA. You feel it. But in the jungle of humanity, jungle is not the right term to describe it. It's chaos. What is the most beautiful image of chaos? The Gardens of Versailles. Men making lines. Everything is organized. Every plant is a prisoner of one space. And on the other side? The jungle, where every plant is free. Not in a pot.

I don't like zoos. Yes, there are some beautiful animals, but they are prisoners. For me, a zoo is a prison. I always want to open the cages. The zoo is one of the saddest places on Earth for me. We recently went and there was a beautiful bear. He was turning and turning and turning, trying to escape. It made me cry. I imagined myself in the cage.

And that's humanity. You are in a garden that is not natural.

When I go to the city of Naha, I see cages. I call them rabbit cages, these buildings with thousands of apartments. Everybody having a little living room – they call it a living room; you live in this room – and a little shower, a

little baby kitchen. Thousands! Thousands! Everybody is in a cage. That's the society where you live. It's a nightmare. But you can find freedom. Where? Not in the buildings. Not in the living room.

Inside yourself.

Here [the head]? No. Here [the heart]. Everywhere.

Remember the recent discovery that there are more neurons in the heart than in the brain. The most important brain is not in the head, but in the heart. Your heart is the real thinking place. The brain creates atomic bombs, living rooms, zoos, wars, Fukushima. That's the brain, very intelligent people. But the heart creates love. Only love. Freedom. When you feel your heart, you immediately feel free. You automatically feel, "I am. No matter the concrete around me, the cage doesn't matter. I am."



You can be alone in the forest, alone at the top of a mountain, and if you feel that you are, you are 100% free. And what is the most important thing for human beings? To feel free. Ah, they can put cages around your body, cages of buildings, cages of nations. It's a cage. "I am Japanese." "I am French." Cage. Cage of religion. "I am Christian." "I am Muslim." Cage. You are free. Free. Don't accept any cage.

Cage of language. I speak to you in English. It's not my language. I was raised in French. But with French, very limited cage. With English, I can communicate with many people. And Hany is helping me escape the cage of English. Remember, as soon as you are born, a very little baby, everything tries to put you in a cage. "You are French." "You are Chinese." "You are Christian." "You are, you are, you are..." No.

And slowly you realize, "I am me. I am free."

"I don't belong to my country. I don't belong to my religion. I don't belong to China. And I travel. And I come to live in Okinawa to be close to Maitreya." This is freedom. It is something you conquer. And in a way, you come back to yourself. The moment you left the body of your mother; you were 100% free. You didn't know you were Japanese.

A baby is born; he doesn't know he is Japanese. He is not a Shintoist. A baby is born free. You were all born free. And it takes a life of meditation to come back to this freedom. Meditation makes you free. Free from concrete. Free from borders. Free from cages.

People have this stupid belief that to reach a high level of meditation you need to go to Tibet, at the top of a mountain. The top of the mountain can be a cage. And you can be in a building in Naha, with concrete everywhere, and become a Buddha. The walls don't exist. The walls, important walls are in your head. And meditation makes you feel you are you. You have no prison. Your body can have a prison, but your supraconsciousness, the real you, "I am", has no prison.

It happened in South America. Some politicians were put in jail, in prison, real prison, but they stayed free inside. You know the wonderful South African wise man. He was for many years in prison, but he stayed free. Who is this leader of South Africa? Nelson Mandela. He was in a prison, but he stayed free. Here [the heart]. Not here [the head], here [the heart].

"I am."

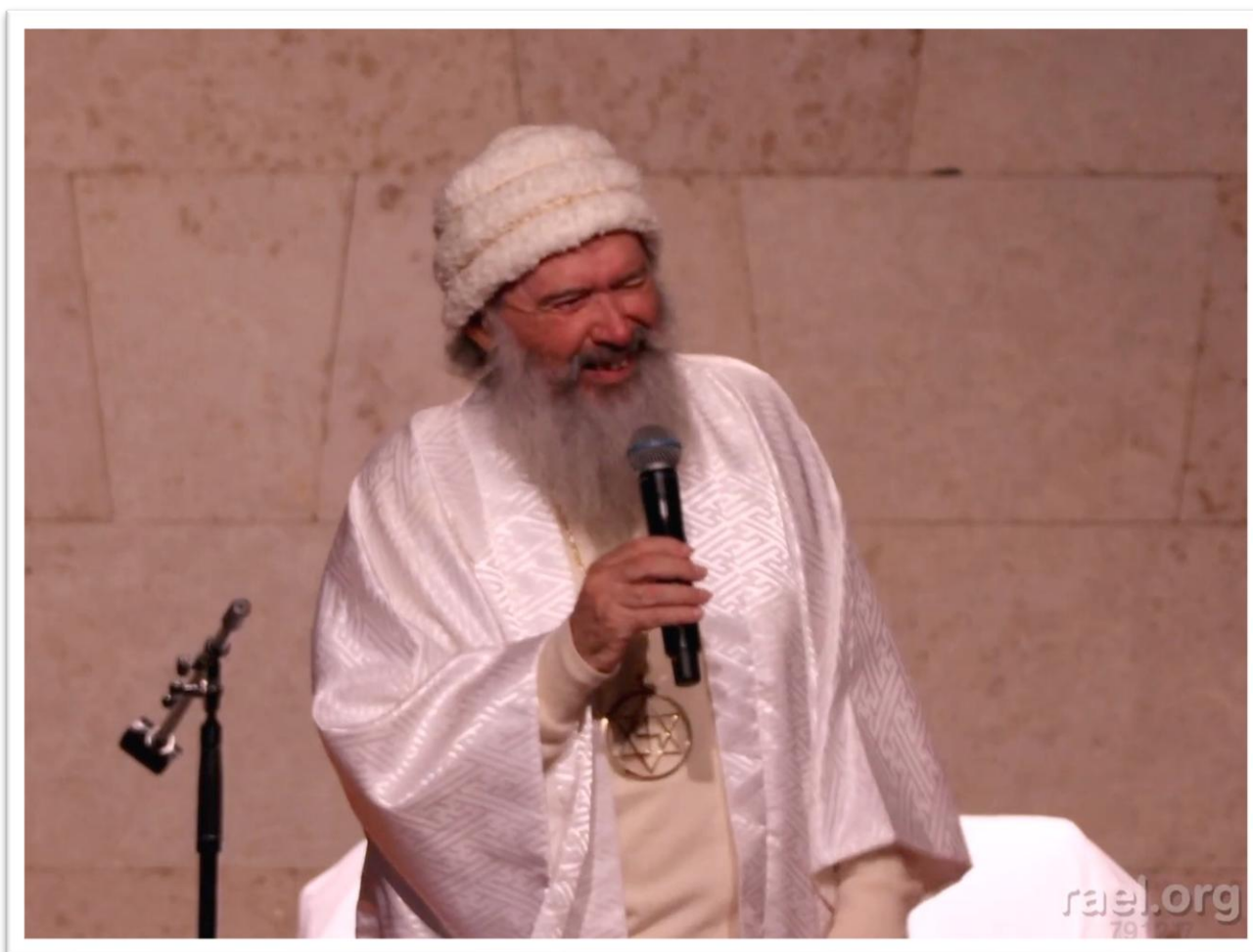
You can put me in a cage – many people want to put me in a cage – but nobody can remove my freedom, because it's not here [the head]. The only prison they could put me in, but they cannot, is in my heart. And if you want to make sure you are never in prison, be you. You are born free. The challenge is to stay free. But everything in your education, in society, tries to put you in prison. And it takes a lot of courage, a lot of talent, to stay free, to stay yourself.

And that's why when you are lucky enough to meet a guru... Eh, "guru", what does it mean? Somebody who wakes you up. Because society is full of sleepwalkers. They are walking, but they are sleeping. And a guru appears. What does he say? "Wake up! Wake up!" Because you are supposed to be awake. They spend their whole life sleeping, and sometimes, like the Japanese say, very sometimes, they wake up just when they die. And they say, "What was my life? It's not possible. It's finished. I did nothing." Too late. And some are lucky to meet a guru. And the guru is, even without speaking. In the eyes, he is saying, "Wake up. Wake up. Feel this life in every detail."

You are more or less awake for your food; a little bit. You avoid McDonald's. Maybe. You avoid junk food. You avoid Coca-Cola. Maybe. It's a lot of effort. When you go to the supermarket, very interesting, in one aisle of the supermarket, 90% of the food was not there fifty years ago. They are all artificial, chemical, new things, full of artificial colors, full of poison. 90%! You can do the test yourself.

Try to imagine the supermarket fifty years ago. All the boxes and cans of food were not there. Food was vegetables, fruits, rice; in Japan, natto, a lot of good things, good for health. Now you cannot just trust what is there. So, you go and you have to read what is inside. It's like a game, right, where you have to find your way when you buy food. What is inside? It's a jungle of poison. It's so difficult to find natural things. Try! You do it every day, but you are not aware. And that's only food.

But there is another food that is more important: what you put inside your brain and your heart. People check, "Oh, which chemical? Oh, which chemical?" But when you watch television, do you ask, "What is inside?" You swallow everything, whatever they say. And, of course, it affects your life.



When you wake up, do you check the news? "Ah yes, I have to be informed about what happens in the world." Who said that? Do you imagine Buddha in the morning checking the news? Do you imagine Maitreya in the morning checking the news? I want to stay informed. Ten minutes every day I watch the news, ten minutes, in the middle of the day.

But when I wake up, I want to see the sunrise. That's more important. I want to hear the birds singing in the garden. I want to smell my roses. That's natural. I want to communicate with the clouds. I want to communicate with the rain. I want to communicate with the ocean. That's more important than Donald Trump's face.

But people, they check their cellphones; that's one of the worst poisons. I don't have a cellphone and I will never have one. Raelians, don't think, "Oh, I will offer a cellphone to Maitreya." I don't want it! I want to be connected with the universe, with infinity, with you, not with the cellphone.

Many times, I go walking on the beach right in front of here, one of Okinawa's most beautiful beaches. And there are people on the beach, sitting on the sand in front of the ocean. I say to myself, "Wow, wonderful, some people are connected." I come closer to them; they are looking at their cellphone. They are looking at their cellphone in front of the ocean! Sometimes I talk to them. I say, "Put that in your pocket. Look. Look at the ocean."

This is poison.

And some people, I don't ask who, all day connected to their cellphone. I will not ask. Try to figure out how many hours a day you look at your cellphone. Some people spend ten hours. They never look up. I see them everywhere, in restaurants, families; two children, Papa, Mama, they are all looking at their cellphones. They don't talk to each other. This is the poison. The same way you have poison in the food, you have poison for the brain.

And I did this experiment a long time ago. I made a fast; not of food, but a fast from news.

I stayed one month without looking at any news: TV, media, radio, newspapers; nothing. One month. One month. A month later, I checked. Same thing. There was no change. They talked about the same thing: unemployment, Israel, war, atomic bomb; same. In one month, no change. When you watch it every day, you don't notice.

And I also searched newspapers from fifty years ago. You may think that fifty years ago, the news was different. Same: unemployment, risk of war, atomic bomb. Fifty years! And people watch it, every day. Every day! That's incredible. That's your life; that's your prison.

But did you listen to the birds? Did you look at the waves on the ocean? Did you dream while looking at the clouds? Did you lie down and feel the stars? That's important. That's your life; live it!

And to finish this speech, I discovered some news this morning, scientific news, right? I don't look at other news. Scientists discovered that the brain reacts the same way to drugs and meditation. And they studied one drug, which is the most interesting, called psilocybin. This drug makes people feel very good.

Drugs? Why do people use drugs? To feel good.

And they checked the brain. When you do meditation, exactly the same thing happens, without drugs. Meditation is stronger than drugs. And they can measure it in the brain; the effect is exactly the same. And in the second part of this study, as you know, some people who take drugs, they think the drug is awakening some part of the brain. "This drug will make me see things, feel things. It's awakening some part of the brain." It's not true!

Drugs don't awaken any part of the brain. They shut it down. They stop some parts of the brain; that disconnects us from life. In other words, happiness is not about trying to make some part of the brain more active. Happiness is to cut – to cut like a gardener – to cut many parts of the brain, especially the thinking part.

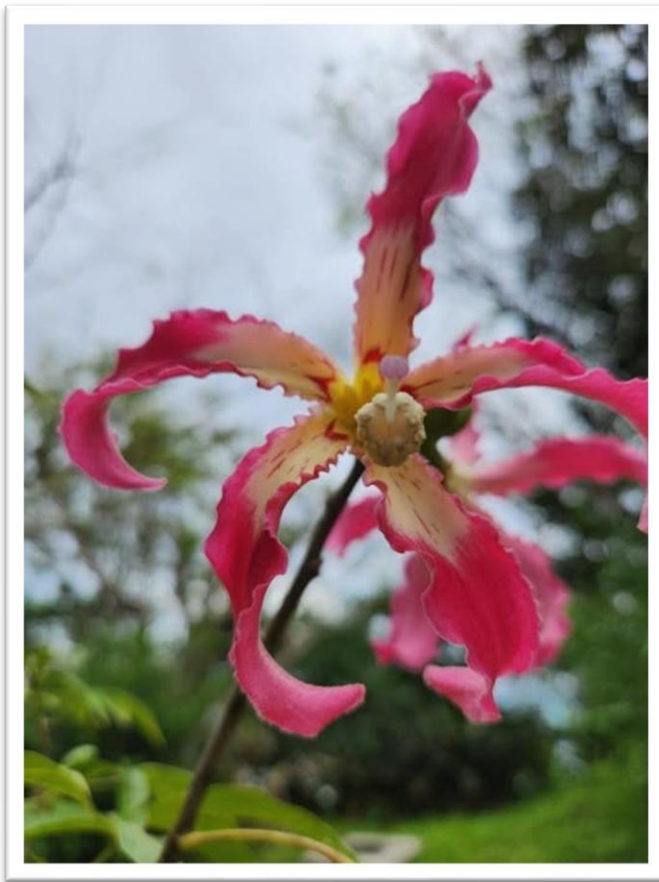
A very simple exercise. You all have moments of happiness. When you reach the level of a Buddha, you are permanently in happiness. But normal people, sleepwalkers, they have moments of happiness. You all know that. Sometimes, "Wow! I feel good." You all have that. What's happening when it occurs? You cut. You stop thinking. And friends are immediately talking to you, "Why are you so happy?" This is a poison. If you ask yourself, "Why am I happy?", happiness disappears.

Happiness and thinking cannot go together.

You look outside, or inside. You look at the sky without asking, “Why does the sky make me happy?” You just feel. “Why” is a poison question, because “why” creates thinking. The things that this drug stops, the psilocybin, it stops your thinking. It doesn’t awaken some part of the brain; it shuts down the part of the brain that pushes you to say, “Why?”, to remove two poisons. The first one is “why”, and the second one is “because”.

This is even more terrible, “Why am I happy? Ah, it’s because...” You die. You need to stop the thinking brain. Sometimes, I help some Raelians who are down, depressed. How do you recognize depressed people? In the very large psychiatric hospitals, you can see them: they constantly think, non-stop thinking. To save these people, sometimes I meet some Raelians who became depressed.

When you are depressed, you cannot stop thinking. That’s why all depressed people cannot sleep. Insomnia is really connected to depression. And why can’t they sleep? Because of thinking. You can spend all night thinking



about the same thing, and you have the illusion that every thought is different; which is a total illusion. You re-chew, re-digest the same thought all night, “But why? Ah, it’s because.” “Why? Ah, it’s because.” And the sun rises, and you didn’t sleep one minute. Loop thinking.

So sometimes, when I help people with this problem, I use a simple question that you can ask yourself: what will be your next thought? A simple question, right? What will be your next thought? The brain doesn’t like this question, because it likes thinking, thinking, thinking; new thoughts constantly. So, with this very simple question, you force your brain to think about the next thought. The brain panics completely, and overthinking stops.

What will be my next thought?

Automatically, the Buddha state comes on, because you use your brain to watch itself. What is the purpose of my brain? Of my brain? My heart? To feel. When you feel, there is no next

feeling. When you feel something, you feel the sunrise, you feel the eyes of somebody you love, there is no “what next?” That’s the best trick to stop thinking.

Thinking is not life. Feeling is life.

So, you have to improve your capacity for feeling. And the best way is meditation. When you meditate, like the Buddhists, the simplest meditation is breathing. Breathing. “Breathing is stupid, no?” – “Yes, it is very stupid.” Please be stupid. All depressed people are very intelligent. Very intelligent. That’s why they are depressed. Stupid people sit on the beach and feel the ocean. They don’t ask, “Why?” Nobody asks the ocean, “Why are you so beautiful?”

When you breathe, when you are tired of thinking – you know, everybody knows – what happens? [Sigh] You do that naturally: breathing. Breathing is one of the first teachings of Buddha. So, yes, zip it. Silence. That's the other condition of depressed people: they cannot stop talking. Because thinking and talking go together. They talk so much that sometimes they talk alone.

I remember some people I met, they are alone in their kitchen and they talk, and then they say, "I will do that. Oh, I will do that..." Do you need to say it? So, if you want to wake up your brain, the heart, your heart never creates thought. I repeat that. You can write it down.

Your heart never creates thought. Your brain, yes. This crazy machine constantly creates thoughts. Your heart just feels.

So, meditate please.

If you want to live, prepare for peace

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

This morning, I want to tell you how proud I am to be me.

There have been many prophets in the history of humanity, they were great, but only one has the responsibility to save humanity. Many prophets tried to save people, individuals, but not humanity as a whole. Because never, ever in the history of humanity did human beings have the tools to kill everybody. In the past, people could kill one person with a knife. With archery, maybe ten people. With a gun, fifty people. With automatic weapons, hundreds. With bombs, thousands. With atomic bombs, millions.

But now, you can have one man sitting at his desk, pushing a button, and everybody dies. From one knife in the belly, one person dies, which is already sad, to eight billion. What a difference. Throughout the history of humanity, many prophets said, "Love each other and never kill."

You can kill one; don't kill one. You can kill a thousand; don't kill a thousand. You can kill one million; don't kill one million. But killing every human being on Earth, that never existed before. Now, there is a need for a special prophet who comes to say something humanity has never needed to hear before, "Do not kill everybody." The teachings of Buddha, Moses, and Jesus were beautiful, but saving eight billion people was never the challenge before, because human beings did not have the tools to kill eight billion people.

Now they do. And today there is a need for a prophet who comes to save all humanity. Not one person. Not one hundred. Not one million. Eight billion. Because if there is an atomic war, and today it is very possible, everybody dies. Not one, not one hundred, not one million; everybody, every plant, every animal, and Humanity. In other words, the entire creation of the Elohim. One man, by pushing a button, can destroy everything. This has never happened before. Wars in the past were terrible. Recent wars killed millions. But never everybody. Now it is possible. Now.

When did this begin? In 1945, with Hiroshima and Nagasaki. That was the time. And I was born in 1946. The Elohim sent the Last Prophet. "Hi!" And I have a very small mission: save everybody. A human being, with small legs, a small head, a small nose, and eight billion people to save; that is my mission. But it is also our mission. You are with me for that? You are not with me just to spread the Messages or to build an embassy. It is cute, very cute, but it is not the real mission. Your mission, our mission, is very simple: to save humanity. And not only humanity, but all animals and all plants.

Because people think that an atomic war might kill half of humanity, or maybe even all humanity. But the reality is much worse. Even if only ten percent of the atomic bombs on Earth exploded, it would create what scientists call a nuclear winter. The explosions would produce so much dust and smoke that sunlight would no longer reach the Earth. Temperatures would go over 100 degrees (Celsius). Nobody would survive; your blood would start boiling. Plants could not grow because they need sunlight. Animals that eat plants would die. Animals that eat those animals would also die. The oceans would boil. Imagine the oceans boiling. No fish could survive. So, it would not only be the end of humanity, it would be the end of all life on Earth.

And yet today we are alive, happy together, while one man could push a button and destroy everything in a minute. They are ready. They have such advanced technology if one person pushes the button to launch atomic weapons, other countries will respond immediately. Even if only ten percent of these weapons were used, bye-bye to the creation of the Elohim. We have to save it.

We are not saving only humanity. We are saving all animals, all plants, all flowers, all butterflies. We are saving life itself. Without our mission, Earth could become a desert; no life, nothing, no plants, and especially, we like human beings, but no life. This possibility exists every second.



It is like the sword of Damocles hanging over our head, over the whole humanity. So, what can stop this madness? How can we stop it? We do. Maybe you think, “We are only a few Raelians, what can we do?” We do. What you think and what you do changes the world. We are here, as Michael Jackson said, to heal the world. And it works.

Even if some stupid presidents are preparing for war, they all know that if they push the button, their country disappears too. Everything disappears. So now the logic is no longer, “I kill you.” Now it’s, “If I push the button, I disappear.” And so, they are frozen in fear. Our mission is to increase this fear, to inform and influence everyone, “If you start a war, you die.”

In the past, people used to say, "If you want peace, prepare for war." It was a very famous sentence. But today it must change. Now it's, "If you want to live, prepare for peace." The choice is no longer between winning and losing. The choice is between peace and destruction. We are here; they are afraid. We Raelians are here to make more fear, to make humanity aware that war now means the end of humanity.

The old concept of "enemy" no longer makes sense. Before, enemy meant, "You are my enemy, so I kill you." Today, the reality is different; it's peace or we disappear. Who is humanity's greatest enemy? Ourselves. Launching an atomic bomb is like putting a gun to your own head. There are no winners anymore. Everybody loses. So, humanity now faces a simple choice: love or death.

And we are here to promote love. Without love, we all disappear. And with us disappear the butterflies, the fish, the flowers, everything. Imagine the Earth without anything alive. We must prevent that. That is my mission. But it is not only my mission; it is our mission.

We must help make everybody afraid. Because if they are afraid, they will not create this war. So please help me make all the planet afraid of war. When people are afraid, they can discover the only way to stop being afraid. And what is it? Love. If we love each other, our neighbors, and even people far away from us, then this beautiful planet and this beautiful life can continue forever.

Here in Okinawa, we are so lucky to see the beauty of the Elohim's creation: flowers, orchids, butterflies, birds. All of this we must save. So, the mission is huge, but we can do it. I am here to save everything. Feel this when you spread the Message. You are not just talking about UFOs or about building an embassy. You are saving life.

Save the world. Heal the world. Make it a better place...

That is what you are doing. Feel it. When you give someone a leaflet, it is not just a message. It's not simply a message from the Elohim; it's a tool to save humanity. What a mission! Are you ready to help me?

To finish this speech, which is already too long, I want to remind you of something that one of the Presidents of the United States said, a long time ago. He said that humanity is so stupid. People always want to fight. They always need enemies. They want war. At that time, it was between the United States and Russia, but every country needs an enemy.

And this President said something very interesting, "We should spread the idea of extraterrestrial life." This President was very intelligent. He said, "Imagine if tomorrow people from space come and attack the Earth. Imagine invaders from space. Suddenly, we would not feel American anymore. We would not feel Russian or Chinese anymore."

All humanity would unite against the enemies from space. Suddenly, we would be one. And he even launched a project to create a special military unit to protect the Earth from people coming from space. And this unit still exists. There is a part of the American army that places satellites and space systems in orbit to protect against possible space invaders.

The idea is beautiful, but also terrible. Terrible, but beautiful. Beautiful because if we were suddenly under attack from space, all nations would become one. Americans, Russians, Chinese, everyone would unite to protect the Earth. It is terrible... but also beautiful.

But why don't we do this for peace? Do we really need enemies from space to become one humanity? That is our mission; to unite humanity, not against space invaders, because there are no space invaders. Our mission is

to unite humanity to welcome the people from space. That is our mission. That is also the reason for the Embassy. Instead of preparing to defend ourselves, let's welcome the Elohim. It's a much better way. It's love.

Instead of being ready with guns, the Elohim are laughing a lot. They simply ask us, with humility and love, to build an embassy. And something very important, they say, "If you wish." If we wish to welcome them. So, the question is simple: do you wish to welcome them?

Spreading the Message means spreading love and peace.

Let's do it together.

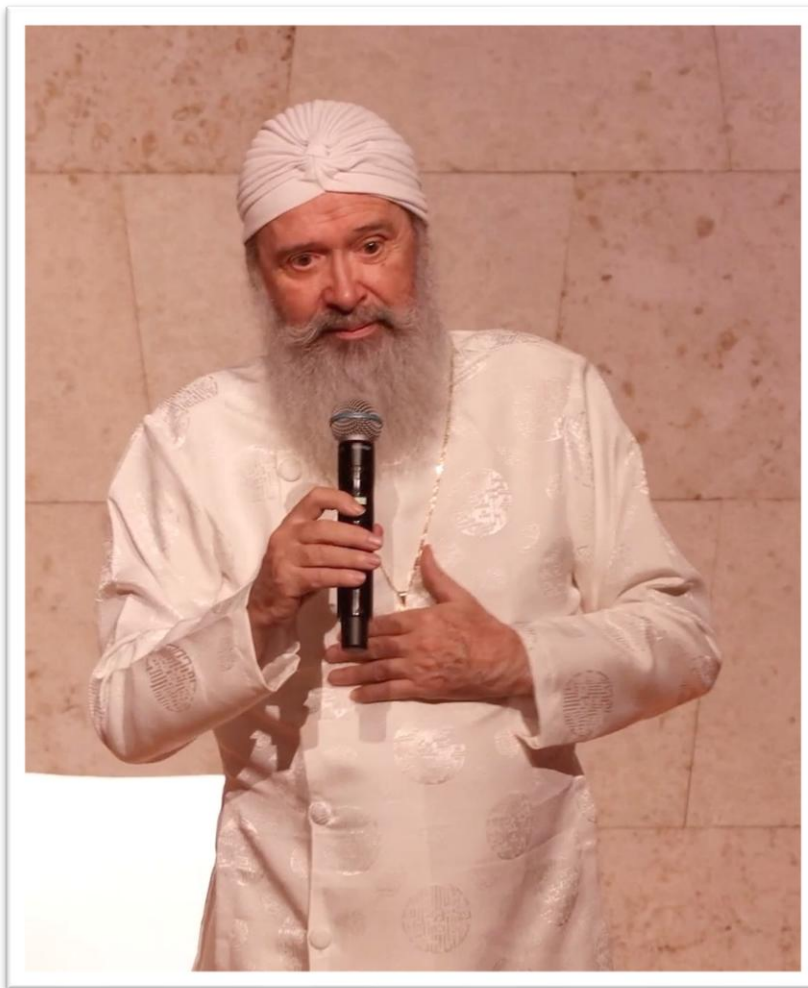


Iran or snail? Your choice!

Maitreya Rael, Raelian Gathering, March 22, 80 aH (2026), Okinawa, Japan

We are living in the most dangerous time in the history of humanity, and we have to be very careful about our happiness because in every media – TV, the Internet, everywhere – there is poison. Every day, people immediately open their phones, and what do they see? What do you see? War, war, war. That's not for us. We are for spiritual happiness. So, do we have to dig deeper into war, violence, and negativity? Absolutely not. The more there is violence and war in the world, the more the Raelians must be happy. Look for good news. There are many, but we have to select.

If you feel depressed or sad, it's your fault, because you look at news about war, bombs, children suffering. That's your fault. I also check the Internet in the morning, but I go through it very quickly, very quickly! And sometimes,



one good piece of news appears; and that one I read completely. Yesterday, I don't know if it's true or not, it's not important, they explained that scientists created artificial eyes and implanted them in a blind man; and he could see. Most people didn't see this news, but Iran, Russia, every negative news, they remember everything.

Why? Why put this poison in your head?

The Elohim are looking at you. To prepare yourself to welcome the Elohim, you need happiness; not fear, not anxiety. Every day, welcome the Elohim in your heart. We must not think about the Elohim while feeling sad about what is happening on Earth. Every day, there is good news, but we don't see it. We so quickly look at war, violence, children crying; and it's a kind of sadistic destruction of yourself. If you focus on good news,

your day will be much happier.

And you may say, "Oh, but there is no good news, only bad news, only war, only suffering." That's not true. There may be twenty bad pieces of news and one good one. I don't know about the twenty bad ones. I see a photo of a tank, I don't read. I see a child without arms, I don't read. But scientific news about artificial eyes, that one I read completely; three times.

So, you are responsible for your level of happiness.

What you see, what you hear, what you read, everything is shaping your brain. And you don't give any space to your heart. Your heart becomes very sad when there are war and violence. But the brain becomes curious, "What happened to this poor little boy without arms? Who did this terrible thing?" And you want to read more, to see more, even bloody pictures. That's what normal people do, not Raelians. You turn the page, next, next. Anything negative or violent, you absolutely don't look at it. And you create a happy brain.

Some people are surprised and ask, "With everything happening in the world, how can you organize Happiness Academies?" These people would like us to create Sadness Academies, where everybody gathers to complain about war, children dying, and more; and then they wonder why they are sad.

When they open their eyes in the morning, are they looking at the flowers, the sky, the clouds? Us, we look at the clouds and try to see new animals. Do you do it? Do it! It's fantastic. This morning, I also looked at my bathroom floor. It's beautiful marble, with natural patterns, like drawings, like designs. Every time I sit on the toilet, I try to find new animals. Fifteen years here, and I still find new ones every day. So beautiful.

Beauty is everywhere. If you focus on beauty, you become beautiful.

Instead of complaining, take a simple example: it's raining. Negative or positive? It's a small detail, but very important. "Oh, it's raining... that's sad." Or, "Wow, it's raining! The garden will be more beautiful. The trees are happy, they have water." It's not a joke. You really have to focus on that. Snails can only come out when it's raining because they have no legs. They move on their belly and need the ground to be wet. Every morning when it rains, I think, "Oh, the snails must be so happy." I love snails. For me, they represent supraconsciousness; slowly coming out, slowly moving. They have, I don't remember exactly, thousands of teeth, the snails, to eat grass. No steak, just grass. It's beautiful. The snail is one of my favorite animals.

And also, among animals, they have one of the longest mating rituals. Since I was a child, I have observed that. It's fascinating. What is fantastic is that for part of its life, a snail can be male, and for another part, it can be female. When they are male, they produce male hormones, and when they are female, they produce female hormones. When they meet, they check and they will play their male or female side based on the situation; and that could be different a month later.

What a wonderful example for human beings. To be open. To be yourself. In a constantly changing state.

At one time in your life, you may be attracted to women; at another time to men. This is being open-minded. But if you are closed-minded, you don't want to see that. So, snails are a great lesson. And they come out only when it rains. So, rejoice, enjoy the rain. Like Bob Marley said, you can get wet in the rain, or you can dance. "Oh no, rain, I will get wet", panic! Or, "Wow, let's dance in the rain."

Whatever happens, you can choose the positive or the negative. And when you choose the negative, you damage your brain. Even worse, you damage your heart. Everything in life can create positive or negative emotions. What do you choose? You choose. Like the song, "I choose love." I love this song. Choose love. Love is not crying. Love is being happy, and being happy about the happiness of others. The beautiful word is "compassion". Maitreya is said to be the Buddha of compassion.

What is compassion?

For many people, compassion means crying with those who are sad. These false friends are not bad people; they are just conditioned in a negative way. They come to you when you are crying and say, "Oh poor you... what

happened? Your boyfriend left you?” They dig into the negativity. True compassion is laughing with people who cry. If you cry together, everyone cries. But if you laugh...

I remember an old woman, in Los Angeles, sitting on a bench in a public park. A man next to her was crying deeply. She looked at him and said, “There are thousands of women!” It was clear he was crying for one woman. “There are thousands of women! You can cry for one, or smile to the thousands.” Your choice. Better enjoy life.

I wrote a song about “petit bonheur”, little happiness. Big happiness is not interesting. “I’ll make one million dollars, then I’ll be happy.” Never. “I’ll have a new partner, then I’ll be happy.” Never. But looking at a snail, that’s little happiness. You see the snail smiling, thousands of teeth, you can see the smile, and this is a little happiness. You wake up... alive. This is my little happiness time.

I’m surprised every morning, “Wow! Still alive.” But you have to focus on it. If you wake up and think, “Okay, just another morning like every other morning”, it’s not interesting. “Wow, I’m alive. I can go and dance in the rain. I can play with the snail.” This little happiness, that’s what creates happiness; the “petit bonheur”. If you focus only on big happiness, you may never have any.

So, every day, count how many little happinesses you have. Big happiness, maybe one every year. Little happiness, you can have hundreds every day. Looking at a flower in the garden, feeling the rain on my head, every moment is happiness. I don’t want just one happiness; I want hundreds every day. You can have it; you just have to find it. Every day, you have hundreds of little happinesses: winning at pétanque, eating something good, a good sushi, a good glass of sake, little happinesses.

But pay attention, because you have hundreds of happinesses every day. Better to feel that than to watch the war in Iran. Your choice. Same eyes, same brain, same heart. Iran... or the snail? Children dying of starvation... or the rain falling on my head? So, it’s your choice. And every time, there is a little happiness. And there are constantly new happinesses.

Say it, say it, “Thank you, Elohim.”

The Elohim gave us this power, to be happy just from the sun or the rain. And if you raise your level of supraconsciousness, you are no happier when it’s sunny than when it’s raining. “Oh, beautiful sunny day, wonderful!” With the same energy, “Oh, it’s raining!” Do it, because it is. Whatever happens, war, earthquake, tsunami, typhoon... (long time without a typhoon, I start to miss it!). Have this positive attitude, it’s your life. It’s not black or white. It’s not negative or positive. It is.

That’s the teaching of Buddha: witness; witness and then happiness is constantly inside you.



Happiness, smile, laugh

Maitreya Rael, HA, December 12, 79 aH (2024), Okinawa, Japan – Excerpts

<https://www.youtube.com/watch?v=aXPsePL93gc>

Here is the secret of your happiness forever: do not expect anything from outside to make you happy. Ah, if I could succeed in making you do that!

One thing increases my happiness. When I see you happy, oh yes, I feel... this is not happiness, it is pride; I'm very proud. My ego inflates, because that's my mission, yes. Okay, my mission is to spread the Message, to build the Embassy to welcome the Elohim, yes, but it's a mission. Seeing Raelians being happy, oh, this touches my heart, this makes me proud. So, when you are happy, it does not make me happy, it makes me proud; really, very proud.

So, if you want to make me proud, be happy. And who can do it? Only yourself. Did you wake up happy this morning? [Yeah!] Did you? [Yeah!] And if some didn't wake up happy, it's your fault. It's not anybody else; it's not me, not Elohim, it's you. You are 100% responsible for your happiness.

This morning, in my bedroom – there is a balcony in front – there was a little bird, so cute. It was looking at me. I had a beautiful breakfast with a croissant, and he was looking at me, with his feathers all puffed up because of the cold. I took a little piece of the croissant, opened the window, and gave it to him. He was so happy; so happy eating. And, maybe it's my imagination, but I love my imagination. We are in Japan, right? I think he was bowing to take the croissant. Maybe not, but I appreciated it as if he was bowing to me.

A little detail: happiness doesn't come from big things; happiness comes from little things. If you expect a big event to make you happy, you may never be happy. Little happiness, a bird, food, a smile. A smile is nothing, there is nothing, you cannot catch a smile, but if you smile at me, I fly.

“Petit bonheur”, in French: little happiness. This is what you have to find in life. And the easiest “petit bonheur” is to look in the mirror and smile at yourself. When have you smiled at yourself for the last time? Ask yourself, right? Because we smile at others as a form of communication. I smile at you, I expect a smile; that's expectation. Smile without expecting anything. Change the lives of people around you by giving without expecting; and the level of love on Earth will rise.

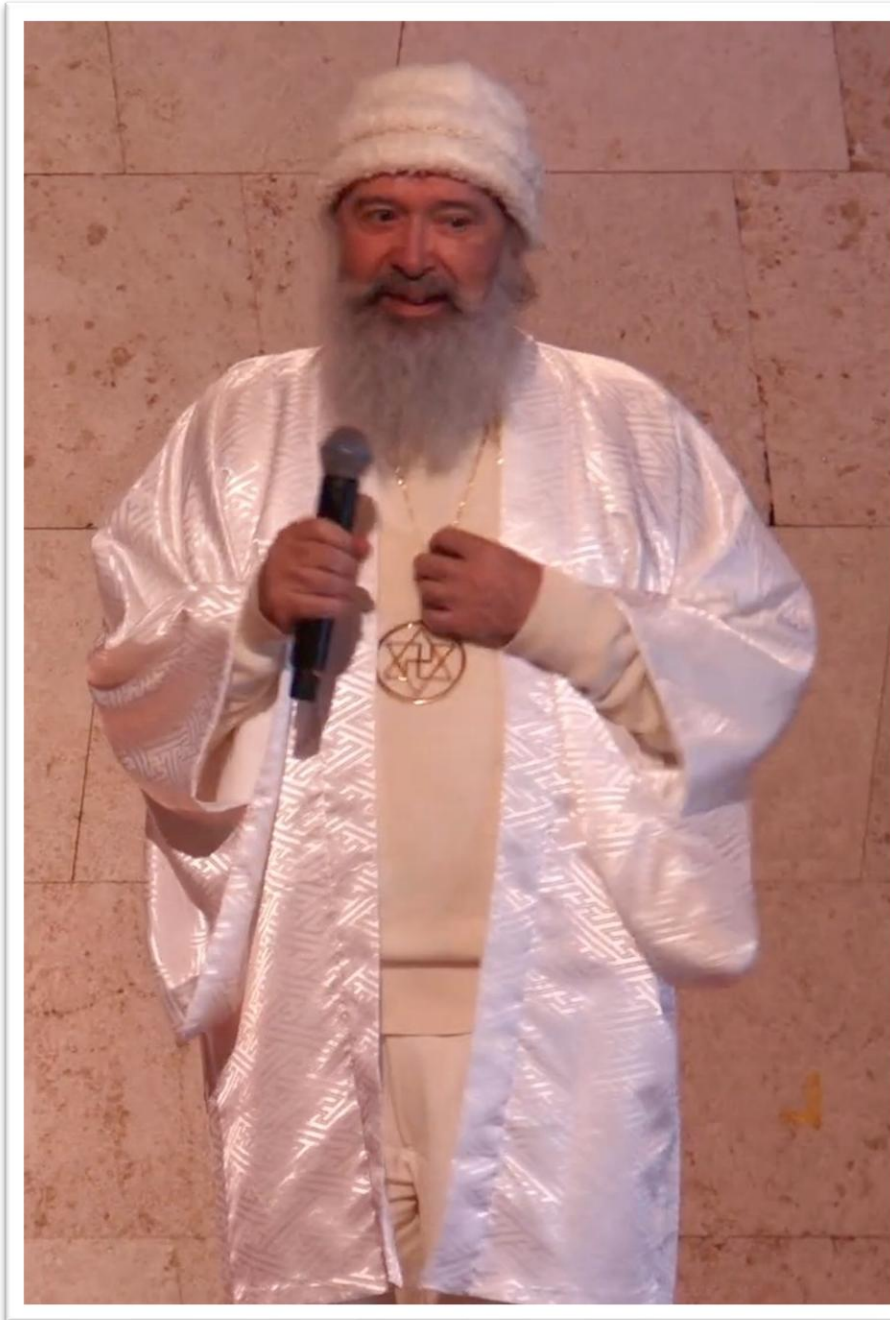
When have you smiled at yourself for the last time?

And that is a beautiful thing, absolutely fantastic. You go to your bathroom, there is a mirror, you smile at yourself, and you see the smile coming back. It's automatic. It's not possible to smile at yourself and not see the smile. If it happens, tell us, we will be happy! “Oh, I smiled at myself this morning and there was no smile in the mirror.” That would be interesting, right? I think it will never happen. So, smile at yourself.

We all practice masturbation; you give yourself an orgasm, that's beautiful. Smile at yourself, even without a mirror. If you need a mirror to smile at yourself, you are expecting something. Smile in front of a white wall, just for yourself. You know when you smile. When you smile, some hormones are produced by your brain, yes, yes, yes. It is self-healing. Your immune system becomes more powerful. No need for antibiotics; smile at yourself, just for the feeling, and feel the effect.

When you make a sad or angry face, you damage your body. It creates negative hormones that can even lead to cancer. Happiness is the most powerful medicine. Remember it, repeat it: happiness is the most powerful medicine.

So, you smile at others, but it affects you. Smile at life, smile at the ocean, smile at the sky. And when you smile at the sky, maybe the Elohim are watching; you don't know. You never know when they are watching, so take a chance. Just in case, give a smile to the Elohim. That's the most powerful way to increase your own happiness.



When you are happy, you give happiness to the world. When you are happy, you give happiness to everybody on Earth, those who are close to you and those who are far away, those who are suffering in hospital. Why do we meditate one minute for peace? Because your brainwaves affect everybody, yes, your negativity affects everybody but your happiness too. Your happiness is like a disease, it's contagious; you spread it to others.

There is a beautiful video on the Internet: a man enters the subway car and starts laughing; crazy laughing, not just a little laugh. And everybody looks at him, "Is he crazy or what?" Perfect. Like when you walk with a dead fish, people think, "He's crazy." Yes, he has a big star [showing the Raelian symbol], he's crazy." Yes! It makes you laugh; good! And slowly you see all the people in the subway car looking at him. Then, one

person laughs, then another, and another. Finally, everyone in the subway car is laughing, for no reason, just because one person started laughing.

Be that one. Be the first one. And you will affect everybody.

No policeman can come and say, "It's forbidden to laugh." There is no law.

So, what are you waiting for?

Yes, HaHaChan, laugh!

On dissidence and neo-mysticism

Message from Pierre Gary



Recently, a few individuals have claimed to be the bearers of new messages from the Elohim. In Europe, you may have received messages sent by Pablo Andrés Romero.

In Kama, the Continental Guide Ya Boni informs us that a dissident group, led by Brou Konan Ericsson, known as Dr. Bellon, is attempting to infiltrate the Movement and promote a philosophy containing elements contrary to the Messages of the Elohim. These members declare themselves to be Raelians, but they too claim to have direct contact with the Elohim, who supposedly transmit information to them through special channels, intended for the development and liberation of Kama.

Of course, these individuals were heard by the Wise Council of their respective continents, and, unfortunately, they maintained their position that people other than the Prophet Rael could receive messages from the Elohim, which is simply contrary to the Messages.

For your information, Pablo has been expelled from the Structures of the International Raelian Movement, by decision of the Wise Council, for failing to respect the essential foundations of our philosophy and for supporting a person claiming to receive messages from the Elohim. His CPT was cancelled by Maitreya.

Similarly, Maitreya Rael has cancelled the CPTs of the following individuals:

In Ivory Coast:

- Zadou Djeba Lazare (formerly Level 5, expelled from the Structure in 73 aH [2018])
- Brou Konan Ericsson (formerly Level 3, expelled from the Structure in November 80 aH [2025])
- Kané Souleyman (Level 1)

In Congo-M'foa:

- Babines Anne (formerly Level 1, expelled in 65 aH [2010])
- Mabandza Cyriaque (Level 3)

Everyone is free to follow their conscience.

Remember, when you do your CPT, you acknowledge the Elohim as your Creators and Rael as their sole messenger. This is a fundamental principle, reiterated in the text about mediums published in *Contact #397* and republished in *Contact #425*.

I remind you here of the conclusion:

“If I received the Messages in 1973 by ‘hearing voices’, I would never have believed it, nor created any organization, but would have instead run to see a psychiatrist. For the simple reason that I am a rational person. I did accept the Messages and the mission because they were given to me in a physical contact and not at a ‘sunrise’, or at any ‘solstice’, which means nothing. Our mission is to fight traditional mysticism and even more neo-mysticism, which attracts many people due to the disappearance of major religions.”

Let’s continue moving forward together in our mission, in harmony and serenity.

Pierre Gary, Rael’s assistant

Message from Ya Boni

ADDRESS FROM THE CONTINENTAL GUIDE TO THE RAELIANS AND MEMBERS OF THE STRUCTURES IN KAMA, APRIL 80 AH (2026)

“Raelian diplomacy on the way to the Embassy of the Elohim”



On this Sunday, April 12, 80 aH (2026), the final day of the Happiness Academy of Kama Center in Gniyga, Congo-M’foa, I have the immense pleasure of addressing all those in Kama who have recognized the Elohim as the Creators, and Rael Maitreya as their Last Prophet on Earth.

It has been six months since the Prophet entrusted me with the management of the Raelian Movement in Kama. Your support and your actions in this mission touch me deeply, and I thank you warmly.

The beginning of April 80 aH has been particularly rich in activities across the entire continent. Indeed, the celebration of the creation of life was marked by the recognition of the Elohim as our Creators by 126 new Raelians in Kama, out of a total of 163

worldwide, or 77%, with a remarkable number of CPTs in English-speaking countries accounting for one-third of the new CPTs in Kama.

Happiness Academies were organized around the celebration of the First Sunday of April.

- In South Africa, from April 3 to 5, with around twenty exceptional participants, including 15 newcomers (75%).
- In Ghana, from April 4 to 6, with over 70 committed participants, including 33 newcomers (47%).
- In Congo N’Foa, from April 5 to 12, with over 100 happy participants worthy of the Elohim’s love, including 30 newcomers (30%).

These Happiness Academies have been a real success, both in terms of the number of participants and the impressive number of newcomers.

This is a sign of the vitality and vibrancy of our religion in these countries of Kama.

I express my full satisfaction and heartfelt congratulations to everyone for these excellent results, with a special mention to the English-speaking countries (South Africa, Uganda, Ghana, and Nigeria).

I also extend my heartfelt congratulations to:

- the continental seminar coordination team, led by the Bishop Guide Chaydera, assisted by Djaha Benoit, represented by the seminar coordinators in South Africa with Véronique, in Ghana with Yoropo, and in the Congo with Cellyce;
- the planetary and continental teaching team, with Guillaume Demba and Karim Ouattara, assisted in South Africa by Princess Loona and Jean-Marie Brio, from Europe, in Ghana by Guehi Privat, and in the Congo by the college of Level 5 Guides attending (Tshiélikk, Kimuntu, and Nurcia);
- the National Guides of the countries that hosted these Happiness Academies, including Véronique Chevreuil for South Africa, Issac Ndeego for Ghana, and Kimuntu for Congo M'Foa.

Thanks to these performances, we have a preview of the upcoming Happiness Academies in Ivory Coast, from August 1–9, 81 aH, and in Burkina Faso, in Elohika, from August 16–29, 81 aH.

It is my hope that at least half of those who did their CPT during the First Sunday of April celebration in 80 aH will participate in this year's Happiness Academies to strengthen their commitment and eventually join the team of the Elohim on Earth: the Structures of the International Raelian Movement.

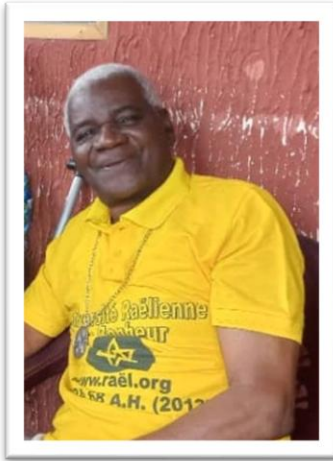
During these celebrations of the First Sunday of April and the Happiness Academies, to boost the development of the Raelian Movement in Kama, significant actions were carried out and decisions were made. These include:

1. the remote intronisation by Maitreya Rael of Bishops Guehi Privat Sinclair, known as Kamonda, from Ivory Coast, and Théodoros Kikomo, known as Teddy Kimuntu, from Congo M'Foa;
2. the nomination and/or intronisation of Level 4 Priest Guides: Nouffé Heri Lydie in Ivory Coast, Yao Gnamien Eugène (formerly 4s) in Ivory Coast, Guéhi Alban (formerly 4s) in Ivory Coast, Koudouro Issiakou in Benin, Tomety Folly in Togo, and Okodouma Okalé Vivien in Congo M'Foa;
3. the nominations to the position of National Guide:
 - a. Koudouro Issiakou, National Guide of Benin;
 - b. Tomety Folly, National Guide of Togo;
4. a warning to the Guides of Gabon and Cameroon for their repeated absences (more than two years) from the Happiness Academies of Kama Centre.

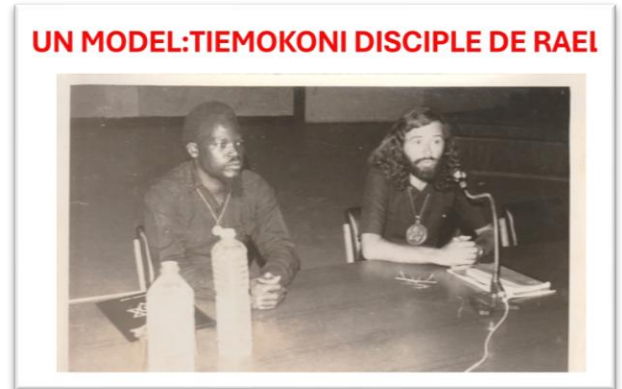
Each member of the Structures could consider themselves a brick of the Embassy. The love for the Messages, for Maitreya Rael, and for humanity is the mortar that binds us together. We are building the walls of the Embassy

together, in harmony, with Maitreya Rael as our architect and project manager. Let's follow his guidelines to create the magnificent building worthy of welcoming our celestial creators, the Elohim, and all the great prophets of our humanity.

I cannot conclude this address, from the lands of Congo N'foa, without honoring the memory of the elders:



- Kikomo Noel, known as Leonael the Lion of Love, pioneer of the Raelian Movement in Congo, and the country's first National Guide;
- Siribié Tiemokoni, from Burkina Faso, who supported the Raelian Movement in Congo N'foa during his long professional stay in Congo in 1990.



May their commitment and loyalty to the Raelian Messages, to the Prophet Rael, and to the Elohim inspire us in our lives!

OUR PRIORITIES AND STRATEGIES FOR THE DIFFUSION

Starting now, the profile of the diplomats of the Embassy for the Elohim (the members of the Structures) is as follows:

- be **enthusiastic**;
- build strong interpersonal **relationships**;
- be **optimistic**;
- be **sensual** (refined).

Our priorities in diffusing the Messages:

- from high school students (16 years old) to university and higher-education students (25 years old);
- national and regional administrative officials;
- public and private sector managers and executives, both national and expatriate;
- artists and celebrities.

Our diffusion strategies:

- diffusion through social networks / radio and television (audiobooks, manga, cartoons, etc.);
- street diffusions and events on unifying themes (world peace, embracing diversity, etc.);
- Raelian gatherings (regional and national gatherings, celebrations, etc.);
- diffusion lunches and dinners, as suggested by the Elohim in the "New Commandments".

DECISIONS OF THE WISE COUNCIL

Following multiple Wise Council since September 80 aH in Ivory Coast and Congo-M'foa, regarding dissidents towards Maitreya and the Structure of the International Raelian Movement, **five (5) cases of de-baptism** have been proposed by these Councils for Raelians whose involvement in transgressions against Maitreya and the Structure of the Raelian International Movement is proven and active.

In accordance with procedure, these de-baptisms were validated and carried out by Maitreya Rael on April 2, 80 aH.

Thus, as of April 2, 80 aH (2026), the individuals whose surnames and first names follow have been de-baptized (cancellation of their CPT) and are, furthermore, prohibited from participating in Raelian gatherings for a period of seven years. This de-baptization decision involving Maitreya Rael is final and cannot be appealed.

The individuals concerned are:

For Ivory Coast:

1. Zadou Djeba Lazare, known as Azael;
2. Brou Konan Ericsson, known as Dr. Bellon;
3. Kané Souleyman.

For Congo-M'Foa:

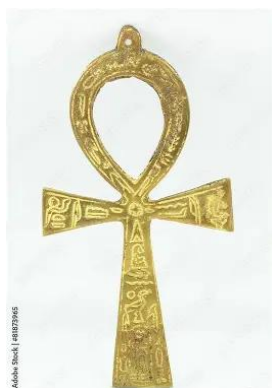
4. Babet Anne-Marie;
5. Mabanza Silagho Cyriaque.

Furthermore, the Wise Council of Congo M'foa is issuing warnings to the following Raelians, whose conduct – given the circumstances – has been deemed insufficient for members of the Structures to defend and protect the Raelian Movement and Maitreya Rael:

- Ndzimba Jérôme;
- Ntelanke Joseph Parisse;
- Nabio Robert.

Still within the context of this matter of questioning Maitreya Rael and the Structure, the Wise Council of Ivory Coast, following the warning issued to the Bishop-Guide **Gouria Edwige Andrée, known as Pehery**, last October, heard her again on March 5 of this year in light of new evidence, and decided to **demote her to the status of a regular Raelian. Gouria Edwige Andrée, known as Pehery, is therefore no longer a member of the Structures of the International Raelian Movement as of the publication of this information. This decision may be appealed at the continental level within thirty (30) days of publication.**

DELIBERATION OF THE WISE COUNCIL OF KAMA



1. SUBJECT OF THE DISPUTE (March 4, 80 aH)

Having observed that several Raelians wear the ankh (an ancient Egyptian cross-shaped symbol) around their necks, with or without the symbol of infinity, the Continental Guide, Ya Boni, referred the matter to the Continental Wise Council for their opinion on whether this practice is in accordance with the Messages.

2. OPINION OF THE WISE COUNCIL

Given its origin, meaning, and evolution, it is clear that the ankh is a symbol steeped in mysticism. Furthermore, its current use by various religious, philosophical, spiritual, political, or artistic movements (or simply as jewellery) symbolizes or refers to esoteric, ideological, or spiritual foundations contrary to those of the Raelian Religion, which advocates a spirituality open to infinity, universal love, diversity, etc. Under these circumstances, wearing it simply as jewellery, or for its artistic value, is not acceptable.

Consequently, a Raelian may not wear the ankh or display this symbol for any reason whatsoever.

While extending my congratulations to the National Wise Council of Ivory Coast and the Congo, as well as to the Continental Council of Kama, I would like to remind everyone of the following information in light of the imminent arrival of the Elohim at the Embassy.

1. The Prophet Rael is the one and only, and the last, messenger of the Elohim on Earth (see the prayer to the Elohim in “The Keys”, where the Elohim ask us to believe in him and in the Messages they have given him). Maitreya Rael is the way, the truth, and the life.
2. The Elohim are proud of their Last Prophet, Rael, and ask us to regard him as “the dearest among them”. “In the meantime, our love and our light will guide you through the words of our Beloved Prophet Rael... The more you love him, the more you love us, for he is a part of us on Earth.” – Message from the Elohim of December 13, 52 aH (1997).
3. The text on the enemies from within.

Following these decisions, the cabinet of the Continental Guide is undergoing some changes:

- The second assistant to the Continental Guide, Landry Jean Pierre Gomat (T'shiélikk), will also assume the role of fourth assistant previously held by Péhéry.
- Benoit Djaha Kouadio, head of the Fulani-language diffusion, also becomes the continental head of diffusion in French-speaking countries, replacing Karim Eckra Ouattara, who becomes a member of the planetary team for diffusion “Force de Frappe Francophone” – FFF.

Message from Philippe Chabloz

Dear friends who oppose the Raelian Movement and Maitreya Rael today,



I address you with all the love the Elohim have placed in my heart.

I know that some of you criticize, attack, or try to sow discord. I see it, I feel it, and yet I feel no anger toward you. On the contrary.

The Messages that Maitreya Rael received from the Elohim, our scientific Creators, are clear: every human being is free. Free will is sacred. You have the absolute right not to believe, to doubt, to reject. It is your choice, and I deeply respect it.

But these same Messages also tell us, with infinite kindness, that actively opposing the Messenger of the Elohim – the Elohim speak through Rael’s mouth and see through his eyes and therefore, disrespecting the Prophet is equivalent to disrespecting the Creators themselves – often makes life a more difficult path. Illnesses, family, professional, or romantic troubles can happen... not as divine punishment, but because the web of life, coded by our Creators, reacts to our deepest choices. You may one day feel it, “I know why this is happening to me.”

I am not writing to frighten you; I am writing because I love you. I am writing to tell you that there is another path, the path of joy, awakening, and infinite happiness that the Elohim have planned for us all. If you wish, read the Messages with an open heart, without prejudice. Ask me your most difficult questions. I will answer sincerely, like a brother, not like a judge.

And even if you choose to remain opposed, know that every morning, I offer a loving meditation for you. I visualize a golden light enveloping you and bringing you the clarity you need. Not to change you by force, but so that you can choose with full awareness.

The Elohim do not want slaves, but awakened and happy children.

Maitreya Rael teaches us, “Be happy, it makes you stronger.”

From the bottom of my heart, I wish you this immense happiness.

With all my unconditional love,

Philippe Chabloz – philgood

Raelian, disciple of Maitreya Rael

Raelians news

March 20th, Happiness day in the world

In Switzerland, Sion and Lausanne

Street diffusion

Happiness, harmony, peace, and love have been celebrated in various cities across French-speaking Switzerland. Free hugs and a meditation for peace were offered to the public, along with the distribution of about four hundred flyers specially designed for the occasion (see photo).

In Sion, in the canton of Valais, a team organized by Marc André Tschopp – with Allan, Myriam, Pierre André, Nac, and our photographer Kristof – had a great time in the streets. The whole event wrapped up at Marc André's place with his excellent homemade pizzas!

Another team spread love in Lausanne, with the tireless François Sciboz, accompanied by the equally wonderful Mario and Francis! Meanwhile, in Geneva, a small but formidable team gathered around Thierry – including Bernard the Rebel, the young Bilitis, and Philippe Rainbow – brought joy in the vicinity of the Jardin anglais.

A scent of happiness floated over Switzerland during this beautiful day. Thank you, Elohim, for allowing us to experience these wonderful moments and share them with our brothers and sisters on Earth! Spreading love and happiness around us saves humanity!

Digital diffusion on social media

A special video was created for this occasion and promoted on Facebook. It was a great success, with over 16,000 views in 15 days and 3,825 interactions. ❤️

Jean-Marie Briaud





In Ivory Coast, Abidjan

This day was filled with smiles, love, joy and dancing, enriched by the warm presence of Raelians in the commune of Yopougon, Abidjan, Ivory Coast. Leaflets were handed out, providing little keys to unlock genuine happiness. True happiness is here and now!



In North America

By Florence

The Raelians from the American continent spread happiness through warm “Hugs for Happiness” on the snowy streets of Victoriaville in Quebec, while some others shared a 5-day series of content focused on Happiness and Peace, in the United States.

Each post featured an inspiring quote from Maitreya, beautifully brought to life in a short-animated video, leading up to International Day of Happiness. All of this content was shared across our official social media channels: Instagram, Facebook, X, and WhatsApp.

Meanwhile, our sister Nadine braved the scorching desert heat in Las Vegas to hug fellow humans and radiate her own happiness.

Much LOVE, PEACE, and HAPPINESS to everyone. Let’s keep spreading that good stuff like confetti all around the world! 🤗🇺🇸🇨🇦🌟



Francophonie: In anticipation of the Celebration of the first Sunday of April

For a whole week, from March 30 to April 3, speakers will take turns live to introduce you to a unique message — one that is often little known... and yet fundamental.

Themes covered:

- Who is Raël?
- What is his story and his encounter with the Elohim?
- Why is he on Earth?
- What is his mission?
- Who are the Raelians?
- Who are the Elohim?
- What is the message transmitted to humanity?
- What is the Raelian vision of the world and of the future?

A message from the stars... A message that questions, that enlightens, and that invites us to understand our origin and our future in a completely new way.

Semaine de LIVES sur TikTok

Raël Messenger des Extraterrestres

DU 30 MARS AU 3 AVRIL

	30 mars	31 mars	1er avril	2 avril	3 avril
Steve	Eckra	Nadège	Jaël	Melove	
18:00 UTC	19:30 UTC	18:00 UTC	20:00 UTC	23:30 UTC	
@raelfrancophone	@raelvision	@nadegetoulouse_raelian	@jaelraelien	@raelcanada	

	20h	21h30	20h	22h	01h30 (4 avril)
	20h	21h30	20h	22h	01h30 (4 avril)
	18h	19h30	18h	20h	23h30
	14h	15h30	14h	16h	19h30 (3 avril)
	19h	20h30	19h	21h	00h30 (4 avril)
	19h	20h30	19h	21h	00h30 (4 avril)

Awakening

Did the first sages of ancient China come from another planet?

By Michel Deydier

Ancient Chinese texts can finally be read in the light of modern times, now that science allows us to take an informed look at these very ancient traditions.

... And it is no sacrilege to open our eyes.



I offer you an interpretation of several texts from the Nei Jing Su Wen, THE original classic of Chinese Medicine, recounting the conversations between the first emperor, Huang Ti, and his physician Chi'Pai, circa 2600 B.C., translated by Prof. Jacques André Lavier, an eminent and universally recognized specialist.

“I know that, long ago, the Chen Jen existed. They were the masters of the universe and could control yin and yang,”

The Chen Jen are also called “true men” in Chinese tradition. Here is a general description of these beings capable of grasping the laws of the universe (and thus understanding them through science) and mastering the principles described by yin and yang, a system of universal understanding (brilliant, by the way) that was the science of the time.

“literally breathing in the energy of the cosmos,”

They absorbed cosmic energy, just as we ourselves can do by attuning ourselves to infinity (the Tao), which is the source of physical and mental health.

“independent of one another, they were free-spirited,”

These beings possessed a high level of wisdom; they were able to work together independently, freely, and without hierarchy, because they had reached a high level of consciousness.

“their tissues did not age, thus granting them the longevity of the universe, which is itself eternal; they lived the Tao.”

Since their bodies did not age, they appeared eternal (we know today that human aging is a genetic lock that a scientifically advanced civilization could very well master).

If the universe is eternal, this means that these Tchen Jen were also eternal. They were therefore not human beings from our planet; otherwise, they would still be among us.

Note that it is clearly stated that the universe is eternal, and therefore infinite in time, and consequently, necessarily, in space. Infinity, as we conceive it today, corresponds in every respect to the original concept of the Tao.

Clearly, these Chen Jen came from a highly advanced civilization, both spiritually and scientifically, beyond our planet. Their role was to guide the people of early China, to impart values to them, before allowing them to evolve on their own. They taught the principles of health and spiritual development, then passed the torch to others, to humans on our planet:

“Then came the Tcheu Jen, to whom the Tao inspired purity and virtue. They lived in harmony with yin and yang, paying particular respect to the rhythm of the seasons. Withdrawn from worldly affairs, they focused their minds. Able to comprehend the universe through unknown means, they looked and listened beyond the currently perceptible world. Their lives were perfection and strength, and some of them became Chen Jen.”



As for the Tcheu Jen, they were humans from our planet who had followed the teachings of the Tchen Jen and put them into practice. They thus lived a harmonious, balanced life, respecting nature. They drew their strength from a sense of the infinite and could communicate with this civilization through meditation, intuition (telepathy), and perhaps other technological means made available to them.



Among these Tcheu Jen, those who were most successful in raising their level of consciousness and wisdom were granted immortality, that is, access to the scientific techniques that allow for the prolongation of life.

They were the spokespeople for their teachings, just as Buddha, Lao Tzu, and many others did later; and just as we can do today, if we choose to.

All of this is perfectly consistent with the Messages given in 1973 by the Elohim civilization, described in the Bible (Elohim literally means “those who came from the sky”, not God), explaining that we were scientifically created by them and that they sent many prophets, including Huang Ti, the very first founding emperor of ancient China, twenty-six centuries B.C.

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