

# Contact Newsletter #428

May 26, 80 aH



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**Editorial**

Have You Laughed Out Loud Today?

Seriously – pause and check! 😊

While listening to Maitreya’s talk this week (coming in our next publication), I was reminded of a fascinating study that has stood the test of time. In 1996, researchers analyzed journal entries written by 678 Catholic nuns at around age 22, just before entering the convent. Those who expressed joy, gratitude, love, and contentment in those early writings went on to live an average of 10.7 years longer than their less positive counterparts. All other factors were accounted for. That’s not a small difference – that’s nearly a decade and a half of extra living, seeded by the inner world they had already cultivated in their youth.

The seeds we plant in our hearts early on quietly shape the entire harvest of our lives – one thought at a time. And the beautiful thing? The garden is never closed. Whether you are 22 or 72, every joyful thought, every breath of gratitude, every genuine laugh is a seed planted today for a tomorrow that will be richer, warmer, and longer.

We live in an age where longevity enthusiasts track their sleep, oxygen levels, steps, and heart rate with impressive dedication. Laughter is a marker of longevity too – so to all the app developers out there: there’s a feature missing from your dashboard. Add a laugh counter, and you might just be onto something life-changing.

And on that note, we hope today brings you at least one really good laugh. 😊

BB



# Maitreya's Words

## Plurality and oneness

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Maitreya Rael, Raelian Gathering, April 26, 80 aH (2026), Okinawa, Japan

Singing Elohim, dancing Elohim; not thinking. Don't think about the Elohim, feel them. No thinking. If you think about the Elohim, you are not yourself; you are thinking. Don't think about not thinking. If you think about not thinking, you are still thinking. But if you feel, everything is perfect. You can feel infinity, because the Elohim are infinity. No need to think. It's very difficult. You have twenty, thirty, fifty, sixty years of training to think, which is the opposite of being. When you think, you are not. When you think, you are not.



The thinking brain separates you from what is.

This morning, like every day, when I wake up, I said, "Good morning." I'm alone in bed. I say, "Good morning." To whom? I'm alone. I say, "Good morning, everybody." Who is "everybody"? All my cells. All my bacteria. There are more bacteria inside me than my own cells. It's a fact, a scientific fact. Inside your body, there is more DNA that is not you. People gave it a name: the microbiome. Much more than your own DNA.

You are a population. How can you feel lonely? Feel it when you wake up. So many things are alive inside you. And when you wake up, they wake up with you. When you yawn, when you stretch, they feel it. They don't think, they feel. So, the minimum you can do is say, "Good morning." It's inside you. You cannot just get up, go to the toilet, and ignore them.

Who are you?

You are all these living things. Without them, your intestine doesn't work. What is most important in the intestine? Neurons. The same as in your brain. In your liver, many bacteria. They are us. They wake up with you, and maybe if they start "thinking", you end up with diarrhea. If they feel, you are perfectly healthy. Feel their being. That's why it's good to talk about yourself not as "I", but as "we". Like kings in the past never said, "I". They always said, "we". And they were right.

"I don't love you; we love you."

It's a huge population, and you can feel it. When you feel love, you feel. Who is feeling? The thinking brain? Not at all. The thinking brain is busy thinking about your job, your next car, your partner. But all the living things inside you, they are. We are. We are one, but many.

And it's the same for the love of humanity. Feeling oneness with all humanity is the same as feeling oneness with every cell of your body. When you feel separation in humanity, there is war; because of separation. When you feel oneness, there is peace, love, harmony. It's the same in your body. When your cells don't feel oneness, you are sick. Your body reacts to the lack of oneness.

And you can feel the effects, "Oh, I have a headache." That is a lack of oneness. Every pain – stomachache, joint pain – your body is talking to you because you are not creating oneness. You all have experienced headaches. When you have a headache, don't immediately take aspirin. It can help, but first, feel. When you truly feel your head, the headache quickly decreases. When you feel anxious or depressed – everyone has moments of lack of consciousness. Everyone, including me, has moments when we feel depressed, lose hope – and then you become sick. So, when you feel a bad mood coming, what is it? Your body is talking to you.

Scientists can measure hormone levels in your blood. Depressed people, sad people, don't have the same chemical balance, especially one hormone: serotonin. The name is not important; serotonin is a "happiness hormone". You want it as much as possible. How do you get more? By thinking? Not at all, it's the opposite. When you think, you destroy serotonin. "Oh, I have a headache...", the serotonin goes down. "Why do I have a headache?", more headache. "What did I eat yesterday?" It's never the food. "Why? What happened to me?" Thinking, thinking: more pain.

When people are in hospital, they often think, "Why me?" I remember, in Canada, visiting a Raelian who was dying of cancer. He was happy to see me, but the first thing he said was, "I don't understand... why me?" I said, "Why not?" Every time something happens to you, it reflects a lack of oneness. Cancer, mainly, comes from a lack of oneness.

The power of feeling.

When I am in my office, luckily, there is a large window. I see trees and the beautiful ocean. If a feeling of sadness comes because I looked at the news on my computer – I see war, starving children, and sometimes a little bit enters, because I am not perfect – immediately, I look outside at the trees, at the ocean. Immediately, the bad feeling disappears, because I create a feeling of oneness with the trees, oneness with the ocean. You look at the ocean: how many fish? It's not just water. It's full of life: turtles, fish, whales, seaweed. It's a universe of life, and I am part of it. Immediately, when you feel oneness, everything changes.

There are many shrimps in the ocean. Is there a depressed shrimp? A depressed frog? A depressed tree? Everything and everyone is happy. Why are they happy? For no reason; for nothing! Trees are just happy to be. And they grow, one day of a tree at a time, no thinking. Imagine a tree thinking!

And when you let the thinking brain create sadness, everything inside you is affected. All your bacteria, viruses, all life inside you, feel it. You know when you have a strong emotion, you can immediately get diarrhea. Why? Because they don't like your thinking. But when you feel, everything is in harmony and healthy. You are responsible for the peace and harmony of every part of your body.

Am I speaking to you with my brain? Not at all. I speak with my big toe. My big toe is as important as my brain. Some people really think like a big toe! What is true intelligence? Not thinking. Thinking is being stupid. But when you feel the cells in your big toe, you become intelligent.

What is intelligence? Creating links between things: "intelligere". I am not my brain. If I think I am my brain, I will be depressed and angry all day. I am my heart, my intestine, my big toe, my penis, my anus, everything. So, we are. Instead of saying, "I am", it's better to say, "we are". Your hand, your stomach, your ass, everything is. When you create this oneness inside yourself, every part of your body feels this love.



There is a famous joke you all know. The organs are arguing about who is most important. The brain says, "I am the most important." The stomach says, "It's me..." Then the anus says, "No, I am the most important and I can prove it." Everyone laughs. So, the anus stops working. After a few days, everyone laughs less. After a few weeks, everyone is depressed. After three weeks, the organs beg, "You are the most important!" The anus is as important as the brain.

Without it, nothing works; the brain, the heart, nothing inside you can work. This is oneness. When you feel this oneness inside, you can start to hope to feel oneness with others. Who is more important? Maitreya? No, we are one. We are all part of the same humanity. From the body to humanity, we feel oneness.

And then the Elohim come and bring us the Message and Infinity, and we move toward the next step, the ultimate step: feeling oneness with infinity, with everything alive in the universe. So, start by loving yourself: meaning everything alive inside you. Good morning, everybody.

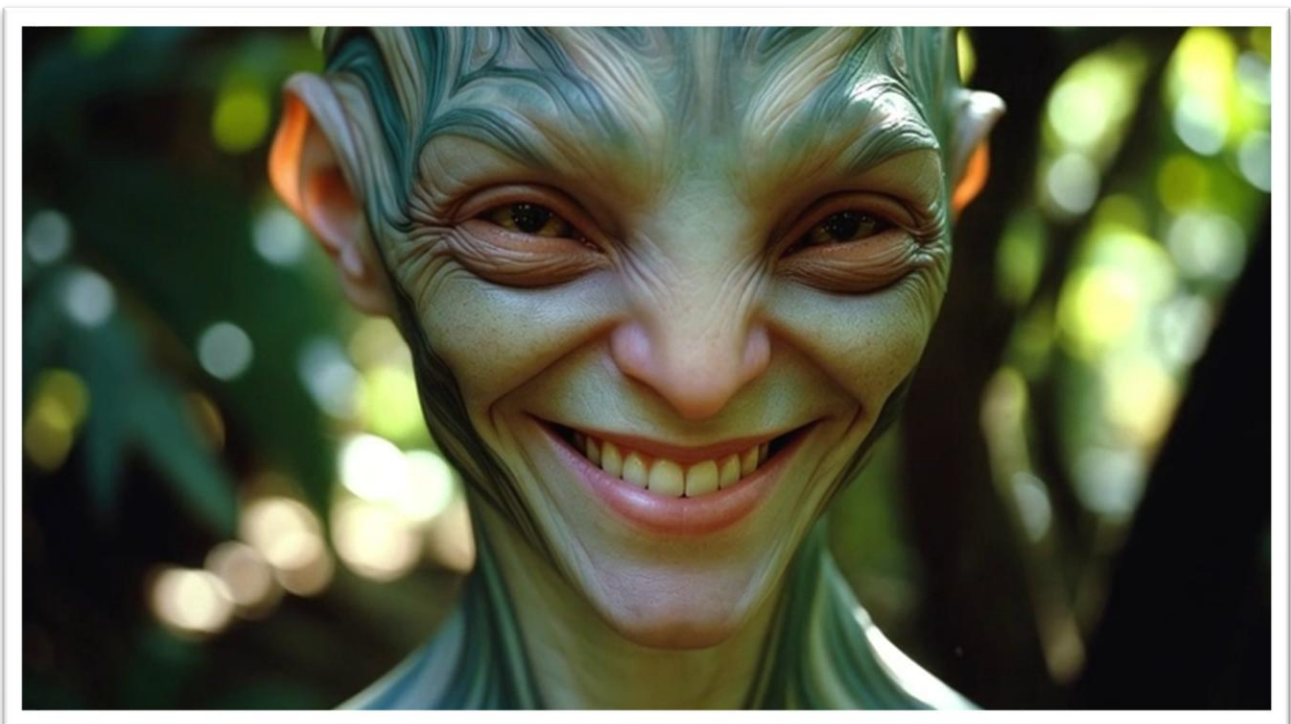
Take a moment to speak to your cells; to yourself and especially to the parts of you that may sometimes feel painful. Any organ, any area of your body that gives you discomfort, what is it saying? It's calling to you, "Feel me." Your brain, in a way, is asking, "What can I do to make this human being feel me? How can I be heard?"

And sometimes, it creates a headache so that you finally pay attention. And the moment you have a headache, you finally feel your head. Often, the intensity begins to soften simply because the message has been received. Many of you here are aware of this. For example, once a month, some women may feel pain. And when you bring awareness to it, when you truly feel it instead of resisting it, the pain can diminish. But if the immediate response is to silence it with a pill, you separate yourself from your organs. Feeling this oneness is love.

And love for others begins with love for yourself. Loving yourself means loving everything that is alive within you. So, to conclude, let's say it together and truly feel it, "We are." Again, "We are."

That is love. Never forget how plural you are. You are not just one; you are many. So, love them. Remember, loving yourself is not loving your brain only, it is also loving your big toe. When you say, "We are", we, all these cells, we are one. And then love is in your life.

Thank you, Elohim.



## You are the unique creation of the Elohim

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Maitreya Rael, Raelian Gathering, May 3, 80 aH (2026), Okinawa, Japan

I want to say thank you, Elohim, for this gift, the best gift: you.

Without the Elohim, I would not know any of you. No, I wouldn't know anybody here. Yes, everybody here knows me because of the Elohim. But more importantly, I know you because of this fantastic gift. Each of you is a gift in my life. I don't say that just to be kind. No, no, no. It's true. You are a gift.

Personalities like Shizue, a fantastic woman, I would never have met her without the Elohim, and she is now part of my life. Raffi, without the Elohim, I would not know you. Each of you. Tony... some people truly changed my life. Yes, I changed your life, but you changed mine as well.

Feel it. Through your support, your love, your presence, you changed my life. Without you, I would have the beautiful Message of the Elohim, but I would be alone. A beautiful Message, but alone. You know, I repeat this



often, but it is very important. On December 13, 1973, after receiving the Message, I was alone. You have no idea how lonely I was. The Elohim said, "You will find many people who will support you." I didn't believe it. How could I find them? How could I find you?

And one by one, you came. Every time, I felt, "Wow!"

I remember the first Raelian, Jean Gary, who is now probably playing pétanque with the Elohim. He came full of dreams. And I remember each of these Raelians who came to me like Jean Gary. We had many personal interactions, many adventures.

And forty-nine years ago, in Quebec, there was a man who also came to me. Marc, right here. Forty-nine years ago! A few days ago, we celebrated his birthday in a very good restaurant, and he said, "You know, today's celebration of my birthday is also celebrating forty-nine years of knowing you." And I still remember him.

The first contact with each of you.

I remember Hany. There was a little group of Koreans in Korea, and immediately I fell in love with her. Crazy attractive. I wanted to jump on her. And she was so shy that every time I looked at her, she turned her head away. So, I thought she didn't like me. She was just shy.

I remember each of you. So again, I say thank you.

You want to say thank you for the Message, thank you for the teachings, thank you for changing your life, but you changed my life too. And thank you for that. Your love gave me the energy to survive until seventy-nine. Seventy-nine! I will tell you a secret: when I was young, I was sure I would die before fifty. I was sure. And now, seventy-nine. Thanks to you. To your love.

And I can tell stories about everybody here, some more powerful than others.

Like Tony, whom I met at a gathering in Tokyo. He told me, "Come to Okinawa." "What? What is Okinawa?" And here I am. Everybody here has a story. I remember a young student in China. We were communicating through the internet, and now she is here. I remember each of you. I could speak for a long time about that, but now it is time to make a contact of love with the Elohim. And for that, I will ask Sky to say some words.

[Later after a song by Marc]

The song says, "You are beautiful. They are beautiful." You and them, you all are part of a universe.

Imagine the Elohim arriving on a planet with no life, just ground. And in that ground, there was the potential to create you. You were in the ground before. And the magic of the Elohim, which is science, is to transform the Earth into human beings. You were in the ground before. Each of you.

Your mother ate vegetables from the Earth. You ate sushi, sashimi, everything coming from the Earth, and it became a body and supraconsciousness. Supraconsciousness is made from dust. We are all made from dust, and we will return to it.

When life is created through the birth of a baby, a mother gives birth, but at the same time, she also gives death. By giving you life, she gives you death, because we are born and we will die. From the ground, back to the ground. But in between – ah, in between – there is a very short time during which we are alive, and we can spread supraconsciousness.

You see all these people, eight billion people, they don't know why they are alive. Everybody, not only you, everybody sometimes sits down and wonders,

"Why am I alive?"

"What is the purpose of my life?"

"To go to work?"

"To eat?"

"To have a new car?"

"A new house?"

"And then go back into the ground?"

"What for?"

And we bring a Message.

And you know why you are alive: to spread love and consciousness.

This planet is a garden, and you are the gardener. Make humanity blossom like a garden of flowers. You are also a flower, but you are more important than a flower. You are the gardener.

Feel it.

Remember all the people to whom you gave the Message. This is gardening. And there is nothing more beautiful than growing flowers. That is why I love gardening. You plant a little seed, and one day there is a huge tree. The tree of the knowledge of the Message starts with a little seed: just smiling at somebody,

giving love, sharing the Message. Everybody you meet may become the future Guide of Guides. You don't know.

Even those who are very negative, those who laugh at you when you share the Message; one day, they may become Guides, gardeners. So, you are a gardener making other gardeners. And like that, this Earth becomes a beautiful garden. Feel how special and unique you are.



Of course, some people have special talents, like Lotus. But even if you don't sing, don't dance, or do anything extraordinary, each of you is a melody written by another. Your DNA is like a concerto. Make it sing simply by being yourself. All false prophets and false gurus try to change people. Not me. I want you to be yourself. Trying to change you would be an insult to the Elohim. How could I dare to change who you are? You are. Are you? [I am!]

And that is a concerto written by the Elohim, and they love it. They love you when you are yourself. So, the challenge of life is not to become somebody or something. Remove this illusion, "Oh, I want to become somebody." You already are. You are the unique creation of the Elohim. Each of you, even the shyest, those who don't sing or dance, you are a human concerto.

And every time you try to change yourself, you betray yourself. Be you.

And I love you, and the Elohim love you, because you are you, not because you are Raelian, not because you spread the Message, but simply because you are. Feel it!

Any birthdays? Today is everybody's birthday.

## Compassion for the Jewish people

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Maitreya Rael, Raelian Gathering, May 10, 80 aH (2026), Okinawa, Japan

Good morning, everybody.

Thank you, Elohim.

Thank you for everything.

Thank you for making us be ourselves.

Thank you for your love, your compassion.

Thank you for showing us the way.

Thank you for showing us what it means to be.

Thank you for guiding us toward peace.

Thank you for showing us the path toward harmony.

Thank you for showing us the way to happiness.

And above all, thank you for treating us as equals. Thank you, Elohim. Thank you, Elohim. Thank you.

So, this morning, I want to speak to you about the most important thing in our hearts: compassion.

Us, Raelians, we are not normal. For everything, there is a normal standard, a normal way of being. But Raelians do not want to be normal. You want to be better. You want to be special. You want to be the black sheep among the white flock. You want to be. No, you do not want to be. You are. Because if you merely want to be, then you are not.

And in everything, we cannot be satisfied with remaining at a normal level. Being Raelian means striving for excellence. Better than normal. Because normal is not enough for us. We want to be exceptional. You want to excel. To be better than yourself. It is a competition with yourself, not with other people. Every day, you want to be better than yesterday, in every way.

And the most important thing, of course, is love. Love contains many things, but the most beautiful expression of love is compassion. Compassion means supporting people who suffer.

Like Gandhi: when somebody was killing him, his immediate reaction was compassion for the killer. When somebody is killing you, the normal reaction is anger, insults, hatred. That is the reaction of ordinary people. But if you are inhabited by love and compassion, like Gandhi, your first reaction becomes, "Poor man... poor man. You will have to live with the guilt of having killed me. I die, no problem. But you will continue to live with this guilt. You will never forget that you killed Gandhi." And Gandhi immediately thought, "Oh, poor you." That is not a normal reaction. That is what you want to be. Real compassion is compassion for people who suffer.

Giving love even to people who kill you. Even to people who insult you.

It's easy to feel compassion for people you do not know, like the people in Gaza. The whole world has compassion for the people of Gaza. But the real compassion should also be for the Israeli people. They will have to live with this guilt. And more and more Israeli people feel it. More and more Jewish people around the world and in Israel feel deep pain about what has happened in Gaza.

For a very, very long time, Jewish people, especially Israelis, will suffer from this tragedy. More and more Jewish and Israeli people are rejecting what is happening. The whole world shows compassion for the victims in Gaza.

That is easy. But the deeper suffering may remain with those who must continue living with the consequences of violence and guilt.

The killers suffer longer than the dead because they continue to live carrying the weight of guilt for what they have done. And this suffering can remain for a lifetime. More and more Jewish people are now afraid to travel. For a long time, there was deep sympathy toward Jewish people because of the suffering inflicted by the Nazis. Jewish people were seen as victims, and there was profound compassion for them. It's finished; it is no more.

Jewish people feel ashamed to travel, ashamed to be Jewish, because of what is happening in Gaza. The image has shifted from the victim to the criminal.



The first reaction, when people were meeting Jewish people before, was to say that what the Nazis did is terrible. Now, for Jewish people who travel around the world, the people they meet will say, "Why do you kill so many people in Gaza?" They don't have this image of victims anymore. They have the image of killers. That creates a lot of suffering. So, I wish that we all show compassion for Jewish people, especially Israelis.

Israeli people are originally dreamers. I remember when Israel was created, the beautiful image of people returning to Israel, creating collective farms, building a new life after the horrors of the Nazi era. They created kibbutzim, collective farming, making vegetables grow in the desert. It was a beautiful image.

But now, they are ashamed to be Israeli. They are, even if they don't want to say it. Now, sixty percent of Israelis reject their government. They feel ashamed, and this shame will stay for a very long time. Not a long time, but forever. They cannot anymore be the victim saying, "Help us, we were killed by the Nazis." Now they travel and they are the killers. Many restaurants, many countries, many hotels refuse them. And that will be for a long time. Not for a long time but forever. They destroyed this beautiful image of the victim and became the worst criminal on Earth.

Many Jewish and Israeli people are human beings like us. They are dreamers. They have this beautiful dream of creating the Third Temple, which is the embassy to welcome back the Elohim. That's the basic reason for being

Jewish. A real Jew is praying Elohim every day trying to spread the beautiful values of the Jewish philosophy. And some people in Israel, and Jewish people around the world, are very pure and full of love.

They are deeply suffering because of the image the Israeli government gives to the world of what it means to be Jewish. So, while the world shows compassion for the Palestinian people, like Gandhi showed compassion for his killer, I want Raelians also to show compassion for Israeli people. The Palestinians are dying or already dead, but Israeli people will continue living with the consequences.

I remember a fictional book I really loved. The author imagined that Adolf Hitler had been found alive somewhere in Brazil. And the question was: if we find him alive, what would be the right punishment? The death penalty? No, the author said, that would not be enough. Instead, he imagined condemning Hitler to live freely in Israel, changing homes every day, knocking at people's doors and saying, "I am Adolf Hitler. Can you give me a place to sleep and something to eat?"

It was a beautiful image; to condemn someone not to death, but to live forever with guilt. To condemn him to live with his guilt, alive, free, but carrying that guilt in his mind. So now, the guilt is on the Israeli people. The



victims have become the killers. So please, send love and compassion to the Israeli people. They are suffering. Some are not yet conscious of it, but they are suffering. And they will suffer forever. So, they truly need compassion.

What is, I cannot say funny, but spectacular – spectacular – is that to be Jewish is to wish to welcome the Elohim. To wish to welcome the Messiah. It's

beautiful. It's our dream as well. In the book that created the Jewish religion, the Elohim clearly say to the Jewish people that it is forbidden for them to have a nation, a country. And many religious Jewish people reject the idea of a country called Israel. And they protest. They refuse military service in Israel.

There is a group called Neturei Karta, but not only them. Most truly religious Jewish people are against Israel, against the State of Israel. The mainstream media does not talk about it. For a true Jew, having a state, a nation, a country, is forbidden.

One of the most beautiful values of the Jewish religion is, "You shall not kill." Clearly written, "Do not kill." That is what it means to be a religious Jew. What is happening in Israel is quite different. It is a complete betrayal of being Jewish. The mission of the Jewish people is to spread love on Earth, to prepare humanity to welcome the Elohim; not to kill, not to steal the land of other people.

The deep values of Judaism are so beautiful. They are the chosen people, the most talented, chosen by the Elohim. But for what purpose? To help humanity. To give their best to make humanity better. Not to dominate. "I am Jewish. I accept to live in other countries, and I will help this country become better." That is the deep philosophy of Judaism. Clearly written in the religious books: you must not have a country. You must help all

nations of the world make great progress. In other words, to serve humanity. Not to dominate. Not to steal. Not to kill.

So, the true Jews, and there are many, cry. They cry when they see how Israel is betraying their religion. So, I wish that all Raelians send their love and compassion to the Israelis. Once again, the whole planet shows compassion for the people of Gaza. Good. But those who need even more compassion are the criminals of Israel.

In the same way that the man who killed Gandhi needed compassion. He lived his entire life with the guilt of having killed Gandhi. Think about the suffering of the killers, because they carry this suffering forever.

Thank you, Elohim, for the teaching of compassion, which is the most beautiful way to show love.

I wish you a beautiful eternity. Not one day, eternity. One day is too short.

Enjoy this life! It's the only one you have on Earth.



# Raelians News

## Kenya: Clitoraid

By Princess Loona

### Kenya: repairing the visible, listening to the invisible

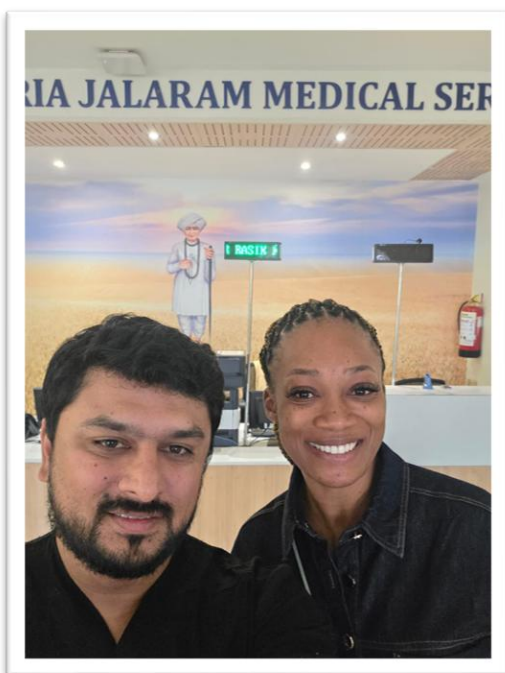
In Nairobi, from March 23 to March 28, 2026, at the heart of Jalaram Medical Services, a mission was carried out with a sense of discretion that was almost essential. Here, nothing is spectacular. Everything is delicate, profound, often silent. At the initiative of Brigitte Boisselier, director of Clitoraid, a reconstruction effort is being organized, patiently, around those whose voices are too rarely heard.

### Before taking action, welcoming

It all begins long before the hospital. Upstream, Nadine Gary receives the first requests, often anonymous, sometimes hesitant. Behind each message lies a story held back, a voice still fragile. Then comes the relay on the ground.

In Nairobi, Doria Kouamé and I welcome these women. Listening to them without rushing. Gathering stories that, for some, had never been put into words. Filmed during her first encounters, Doria bears witness to a deeply moving face-to-face moment: that of a reality we think we know or that we thought belonged to a bygone era... until it is given a face.

At the same time, the mission resonates beyond these walls thanks to Yshana's work, which ensures the connection, the outreach, and the measured yet necessary visibility through social media.

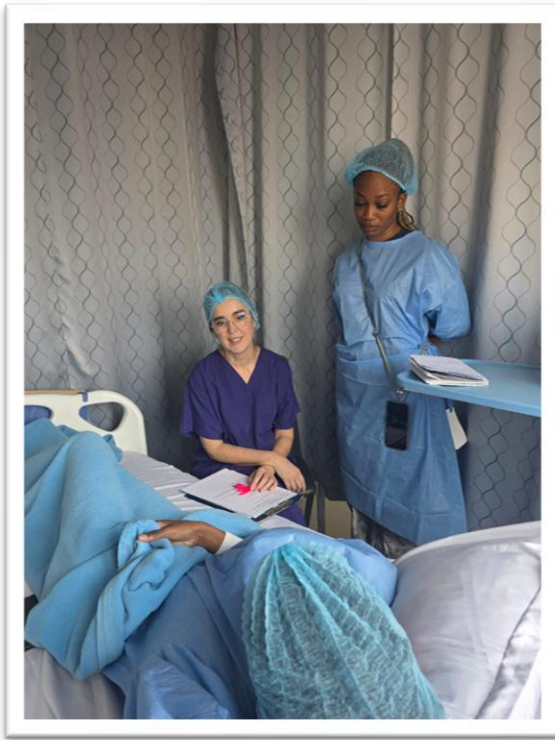


### A time for healing

It is in this context that the surgical procedure takes place. Under Dr. Areeb's guidance, fifteen women underwent surgery. It is touching to encounter a surgeon who shows such respect for women's privacy, such respect for their modesty. Fifteen precise movements. Fifteen attempts at restoration. The surgery aims to restore structure, the potential for sensation, and an opening toward a feeling that has long been interrupted. May this place of suffering become a place of pleasure, over time; a place of reconciliation with intimacy.

But very quickly, one thing becomes clear: repairing an organ is not enough to repair a lived experience.

## What the body has retained



The body does not merely heal. It remembers. In the tissues, in the fascia – those invisible networks that connect, support, and transmit – traces of the trauma persist. Working with these fasciae means engaging with a nonverbal memory. It means restoring mobility where everything has become rigid. It means allowing a sensation to reappear, sometimes timidly, sometimes with intensity.

This work accompanies every stage:

- preparing the body before surgery
- care advice and scar management after surgery
- gradual rehabilitation of perception

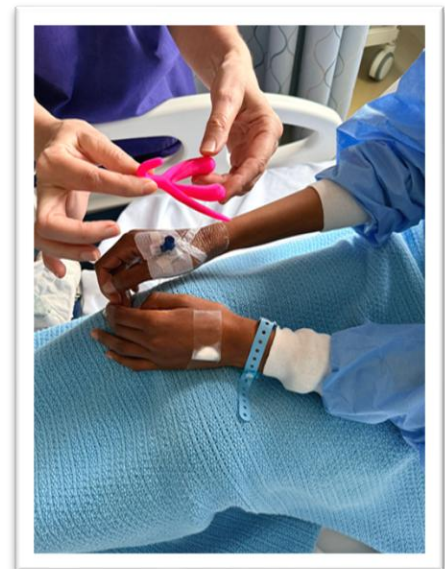
Little by little, something shifts. The body ceases to be merely the site of the injury; it becomes a place of hope for future connection. So, we talk about female masturbation, about reclaiming one's own body before deciding to share it with someone else.

## From a body that was endured to a body rediscovered

What is at stake here goes beyond medicine. It is a transition. A transition from silence to speech. A transition from dissociation to presence. A transition from a body that has been endured to a body that has been re-inhabited. Some women speak for the first time. Others discover sensations they thought were lost forever. Nothing is spectacular, but everything is decisive.

We will help you move beyond the fantasy of what an orgasm is or isn't. To also step outside the normality of standards – the size the clitoris should be, how it should manifest itself?

When it comes to sexuality and sensuality, the norm is that there is no norm. Size is irrelevant, and it is by overcoming the taboo that these women will dare to give themselves to themselves: the discovery of their secret garden. Finding beauty in this part of the body that some have sought to subjugate and erase with rusty razor blades stained with the blood of those who came before us. Extending what happens in physical female genital mutilation to what happens across the planet, sometimes involving a mental form of excision: an inability to access pleasure, even though pleasure is part of life, regardless of our gender or culture.



## A collective effort

This mission is not the result of a single act, but of a human chain. From the initial remote contact to an on-site follow-up, every role is essential. Each person's presence enables another to carry on. This collective effort embodies a simple conviction: healing cannot be fragmented. It must be comprehensive.

## Moving forward

Fifteen women this year; it is so few, yet so many, because behind each of them, others are still waiting, often in the shadows.

The next steps are already in place:

- extend support
- structure follow-ups
- transfer skills
- educate on autonomy and resistance against outdated traditions
- support politicians' initiatives against these practices from a bygone era

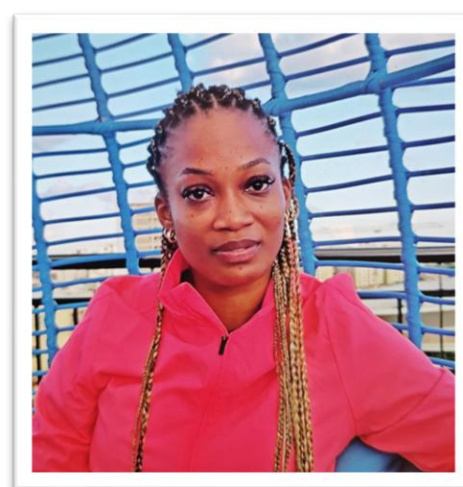
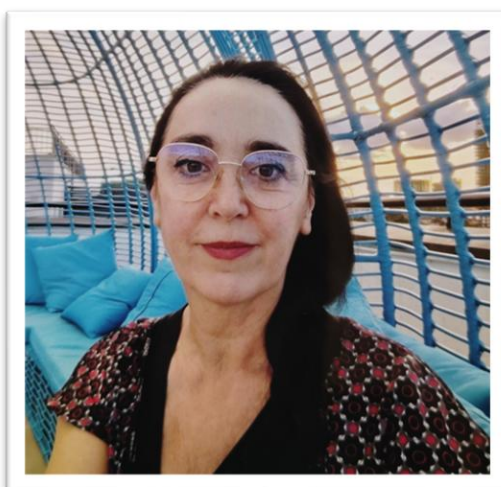
## Conclusion

In Nairobi, this mission reminds us of a fundamental truth: we don't just heal a body; we support a process of rebuilding. And in that delicate space – between medicine, listening, and simply being present – something essential can finally re-emerge: the possibility of fully existing.

And our dream for Clitoraid? To no longer need to exist, to no longer be needed, because this barbarity will recede until it is no longer practiced.

## A message from Doria, who was participating in her first mission:

Beyond the medical procedures, I left with the conviction that dignity is not restored on its own: it is cultivated together. This journey to the heart of humanity reminded me that every step toward healing is a victory over oblivion. Thank you for your support in this essential mission. Thank you so much for this opportunity. Together, let's continue to hear the invisible.



## South Korea: Happiness Day



## Celebration of the International Day of Happiness

This event was part of our celebration of the International Day of Happiness. We held it simultaneously in several major cities in Korea, including Seoul (Myeong-dong), Daejeon, Busan, and Jeju, on April 19th.

Our members gathered in central public areas to share simple and joyful moments with people passing by. The activities included free hugs, giving balloons, smiling interactions, and connecting heart-to-heart with citizens. The intention was to spread happiness and share a warm, uplifting presence inspired by the Message of the Elohim.

Participants were Raelian members from each region, and many citizens naturally joined in the joyful atmosphere.

## Japan: Earth Day

First, I would like to express my deepest gratitude to Maitreya. Everything I spoke about at the Earth Day, on April 22nd event, was based on his teachings. Thanks to Maitreya, I am able to live a happy life filled with love. I sincerely thank him and love him from the bottom of my heart.



Mr. Isamu Mitsunaga, who first brought Earth Day to Japan, screened a video of Maitreya in Okinawa at an Earth Day event in 1990. This year, he told us he had received a revelation one month before Earth Day. He wished to turn our attention toward the cosmos and to make Earth a place that extraterrestrials would want to visit, and he hoped that Maitreya would deliver a speech for that purpose. However, in Okinawa, a video of Maitreya was screened, while in Tokyo, I gave the speech.

Remarkably, the Tokyo venue was the International Conference Room inside the Members' Office Building No. 1 of the House of Representatives; a place where ambassadors and lawmakers from various countries discuss international affairs. Mr. Mitsunaga repeatedly emphasized that this was the first time in thirty-six years he had been able to use this venue – a place that could not even be used thirty-six years ago – and that such an opportunity might come only once in a lifetime. In this public setting, I spoke on the theme of how we can make

Earth a place where the creators of humanity, the Elohim – and other extraterrestrials – can come. I spoke about the need to transform individual consciousness from a cosmic perspective, and about the importance of cleansing the “garbage” within our minds and hearts.

“It will disappear only in a world where people live in harmony with nature, in peace, and are able to be themselves as they are. Instead of fighting, we must acknowledge our differences, respect one another, and love one another.

A rich natural environment reflects the richness of our own hearts, because we are part of nature and part of infinity. What has polluted what was originally pure is the human ego and violence. This is what is destroying

both the natural environment and humanity. The creators of humanity, the Elohim – and other extraterrestrials – will not come to places where people are destructive, because they are beings of peace.

If we wish to make Earth a place that can welcome extraterrestrials, we must become aware that we ourselves are part of this infinite universe. If we can live in harmony with nature as part of the cosmos, not only will we reduce this inner garbage, but we will also become kinder to people, and to all forms of life. We are always connected to everything. This sense of connection links people, nature, all living beings, and even those from other worlds. When many people come to experience this awareness, extraterrestrials will come.”

Due to scheduling constraints, our speaking time was significantly shortened, and I was not given enough time to say everything.

However, I was still able to add the following, “With the advancement of science, it is essential that we also elevate our spirituality. Ultimately, deepening love for oneself leads to a consciousness of love for one’s neighbor, for society, for the Earth, and even for extraterrestrials. We are all connected through invisible vibrations. A single thought can resonate with many people and gradually transform the Earth into a more beautiful place. Let’s smile at ourselves, smile at our neighbors, and smile at the Earth; every day. If many people on Earth can do this, extraterrestrials may come.”



Let’s smile at ourselves, smile at our neighbors, and smile at the Earth; every day. If many people on Earth can do this, extraterrestrials may come.”

Within those three minutes, many of Maitreya’s teachings were included. Even though my allotted time was reduced by half, I believe I was able to share the message of Maitreya Rael that Mr. Mitsunaga wished to hear. There seemed to be many thoughtful and peaceful people present, so I am certain the message resonated deeply within their hearts. The teachings of Maitreya are extremely powerful.

Several people approached me during the break, and I gave them my Raelian business card. At the reception desk, I was also able to place Earth Day leaflets that included QR codes linking to the Raelian website, and the Embassy for Extraterrestrials website, along with words of Maitreya expressing cosmic consciousness.

Although Earth Day comes only once a year, it made me truly realize that it should be every day.

There is a phrase called “Mother Earth”. While on the train on my way to the event, I was suddenly inspired and found myself quietly singing in my heart a simple song of gratitude, love, and healing for Mother Earth. Without Earth, the Elohim could not have prepared the environment or created life here. Earth existed long before.

I realized that, despite all that Earth has given me throughout my life, I had never even sung a song to the Earth. From now on, I have decided to sing to the Earth every day. Singing songs that praise Maitreya and express gratitude to the Elohim is already part of my daily prayer. In addition, I would like to make the song “Thank You Earth” a daily prayer of gratitude and peace for our planet. (I also practice peace meditation daily with others.

I sincerely hope that this song for Earth becomes a resonance that reaches not only Mother Earth but all living beings, bringing love and peace. May everyone hum their own song, and may those vibrations of love heal the Earth and guide the world toward peace... We Love Us. We Are One!

Love and Peace,

Kumiko Shibusawa, National Guide, Japan

**Toward a Planet  
That Extraterrestrials Would Want to Visit**  
~ A Harmonious Planet Free  
from Waste and Conflict ~

Earth Day is the day to cherish the beauty of our planet and think about its future. In our daily lives, we strive to reduce plastic waste, protect nature, and make sustainable choices. However, true environmental protection goes beyond simply cleaning up visible garbage. Human conflicts and inner turmoil also place additional burdens on the Earth.

What we need now is a broader perspective. By viewing the Earth as one beautiful planet in the vast universe and feeling that everything is interconnected, we can find the inspiration to value nature, coexist with people of different cultures and ideas, and build a world without conflict.

As Mr. Isamu Mitsunaga has long advocated, expanding Earth Day from “humanism” to “Earthism” and further to “Cosmism” can greatly transform our consciousness.

Maitreya Rael explains the essence of this “Cosmism” as follows:

“When people living in a world without borders or armies come to express their own individuality as much as possible, different from that of others, and are able to love themselves better, then religions and philosophies will multiply infinitely. When every human being becomes the only member of their own religion — that is, the religion of their own consciousness, the religion of their own genetic code, unique and incomparable — only then will humans have attained what some call god, and what I prefer to call cosmic consciousness.”

(Maitreya Rael)

If humanity prepares its heart with Love and takes symbolic steps to officially welcome our creators, the Elohim — the extraterrestrial human creators — for example, through the construction of an ET Embassy...

In return, they are ready to share advanced technology that can solve environmental problems, overcome illness and aging through science, and offer wisdom for lasting peace and prosperity.

The country that builds such an Embassy could become a scientific and spiritual center, with the potential to usher in a new golden age for the entire Earth.

The 2026 Earth Day is not just about picking up garbage — it is a special day to seriously consider the harmony between Earth and the cosmos.

Each small action and prayer can create a great wave that changes our planet.

**Let us together create a beautiful planet — free from waste and conflict, a planet that extraterrestrials would want to visit.**

**Japanese Raelian Movement**  
(International Volunteer Organization)  
Representative: Kumiko Shibusawa

**Raelian Movement Official Websites**  
rael.org (multilingual site)  
ufolove.jp (Japanese site)

**For the ET Embassy Project**

## Belgium: ECI day

### A European Citizens' Initiative to Advance Democracy

#### Toward a Smarter, More Humanistic Democracy Better Suited to the Challenges of the 21st Century

Ezrael de Marco, Jean-Pierre Saulnier, Maryline Canin, and Natalie Drochmanns, representatives of “Ethical Selection”, are actively participating in a European Citizens' Initiative aimed at sparking a major discussion on the future of democracy in Europe.



As part of this European effort, Jean-Pierre Saulnier and his partners attended a meeting on April 16 and 17 in Brussels at the European Commission's executive headquarters, the Berlaymont. This was the second official information and training session organized around the ECI (European Citizens' Initiative), designed to provide the necessary tools for successfully conducting the campaign to collect citizens' signatures across Europe.

Their proposal has received official authorization to enter the European process for **gathering one million citizens' signatures** across at least seven Member States of the European Union.

If this threshold is reached, the project – which is based on a vision of a new model of society focused on collective well-being and capable of fostering a genuine climate of “global paradise” – will be officially presented to the decision-making bodies of the European Commission for consideration with a view to a possible implementation at the level of European governments.

#### A vision born of a global reality

Humanity is currently at a pivotal moment in its history.

Never before have science, technology, and communication evolved so rapidly. Artificial intelligence, robotics, biotechnology, automation, cognitive science, and the digital revolution are already profoundly transforming our societies.

Yet, at the same time, many citizens feel a growing disconnect between the complexity of the modern world and certain political mechanisms inherited from a bygone era.

Recurring economic crises, international tensions, a loss of trust in institutions, and governments' difficulty in anticipating profound societal changes; these are all signs that are now prompting some European citizens to reflect on the necessary evolution of democracy.

The initiative led by “Ethical Selection” does not seek to undermine the current foundations of democracy. On the contrary, it proposes to adapt them so that they are better suited to the realities of the 21st century and more focused on the sustainable well-being of human populations.

## A question that has become essential

At the heart of this initiative lies a simple yet fundamental question:

**Do those called upon to lead people in such a complex era truly possess the necessary skills to meet the challenges of the modern world?**



In all fields involving significant human responsibility, specific competencies are required.

An airline pilot is evaluated before transporting passengers. A surgeon must demonstrate their skills before operating. A judge must exercise sound judgment before rendering important decisions. Even a mountain guide must prove their experience before leading people through dangerous terrain.

So why should this requirement for competence, balance, and discernment be any less important when it comes to governing entire nations?

## Two major proposals

The European Citizens' Initiative proposed by "Ethical Selection" is based primarily on two major democratic developments.

### 1. Raising the standard of competence among candidates for high-level positions

The first proposal is to highlight the actual abilities of those called upon to hold the highest public offices. The goal is not to take power away from the people or to impose authoritarian governance.

On the contrary, the aim is to help citizens better identify:

- the candidates' analytical skills;
- their understanding of modern issues;
- their emotional stability;
- their ability to manage complex crises;
- their long-term vision;
- and their sincere commitment to the collective well-being.

In the organizers' view, a modern democracy should be able to foster the emergence of leaders who are competent, clear-sighted, deeply humanistic, and capable of anticipating the major challenges of the future.

## 2. Giving citizens a permanent voice

The second proposal directly concerns popular participation. Even today, in most democracies, citizens have only specific election periods to express their expectations. Between elections, their needs, concerns, or proposals rarely reach decision-making bodies.



The initiative therefore proposes developing digital citizen platforms that allow people to continuously express:

- their expectations;
- their ideas;
- their concerns;
- their proposals for societal improvement;
- and their perception of how democracy works.

The people would no longer be an occasional voice, but a permanent presence in the evolution of society.

### A profoundly humanitarian approach

One of the aspects that has generated the most interest during European meetings on this initiative is undoubtedly its profoundly humanitarian dimension.

Humanitarianism, which we as organizers of the initiative champion, places human well-being above special interests, financial logic, or ideological conflicts.

The goal is not simply to manage societies.

The goal is to gradually build systems capable of fostering:

- human fulfillment;
- social stability;
- cooperation;
- creativity;

- peace;
- and a better quality of life collectively.

For the project's proponents, the democracy of the future cannot be solely administrative or electoral. It must become more conscious, more participatory, more intelligent, and more oriented toward human harmony.

### **A reflection that opens a debate on civilization**

Beyond politics in the traditional sense, this initiative actually opens a much broader reflection on the future of human civilization, as humanity is gradually entering an era in which its technological power is becoming immense.



The real question then becomes:

**Will our collective maturity evolve quickly enough to harness this power for the benefit of life and human happiness?**

For many observers, our European Citizens' Initiative may represent one of the first signs of a democratic discourse adapted to the era of technological singularity and the major civilizational transformations to come.

The next step now lies in the hands of European citizens.

When the required one million signatures are reached, this proposal must be officially examined by the European Commission, potentially opening a historic debate on the future evolution of democracy in Europe.

Jean-Pierre Saulnier

## All over the world: Paradism Day

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### Paradism Day – May 1st

By Jarel – International Head of Paradism

Which elites for the golden age?

May 1st, 2026 — Every year on May 1st, Paradists around the world celebrate Paradism Day, marking the advent of a new civilizational era: a leisure society free from work and money, made possible by the rise of smart machines, robotics, and artificial intelligence. On this day, Paradists take to the streets, organize public lectures, and give media interviews to inform citizens about the profound transformation ahead and how humanity can best prepare for it.



## **The End of Scarcity: A Turning Point in Human History**

For millennia, humanity has lived under the shadow of scarcity. Fear of not having enough has shaped every aspect of human civilization, driving individuals, communities, and nations to compete relentlessly against one another for a larger share of limited resources. This struggle for survival has defined our economies, our politics, our values, our conflicts, and our wars.

That era is coming to an end.

Artificial intelligence and robotics are fundamentally transforming our modes of production, bringing with them the end of scarcity, as we have known it. For the first time in history, the conditions for universal abundance are within reach; and with them, the conditions for a radically different kind of society.

## **The Paradox of Progress: Locally Rational, Systemically Terminal**

Yet this transition carries a profound paradox. Every robot that replaces a human worker may be a rational decision for an individual business, but it is catastrophic for the economic system as a whole. Less workforce means less income. Less income means less spending. Less spending means less profit and more bankruptcies. Left unaddressed, this downward spiral leads to systemic collapse.

Every socio-political and economic system that humanity has built – capitalism, socialism, and all their variants – was designed for a world of scarcity and human labor. With the arrival of abundance and the disappearance of work, these systems are becoming obsolete. They are not failing by accident; they are failing by design, because they were never built for the world we are entering.

Paradism offers a new model of society; one built for the age of abundance, where neither work nor money are necessary for a fulfilling human life.

## **The Golden Age: A Paradise Within Reach – But Not Guaranteed**

Humanity stands on the threshold of a new golden age. A paradise without work and money is no longer a utopian dream; it is a technological possibility. However, we cannot enter this new age carrying the same systems of governance, the same power structures, and the same mindset that the age of scarcity has produced.

Scarcity breeds fear. Fear breeds competition. Competition breeds a particular type of leader: one who thrives in environments where empathy is a liability, where dominance is rewarded, and where the exercise of power and control over others is the ultimate measure of success. Our current elites – political, military, and economic – were largely shaped by, and selected for, exactly these conditions. Many among them display traits more consistent with psychopathy than with the wisdom and emotional maturity required to lead humanity into a new era.

The military and security apparatus that these elites have built to navigate centuries of scarcity, conflict, and existential threat is becoming not only irrelevant, but dangerous.

## **The Greatest Threat Is Not Technology – It's Who Controls It**

Abundance brings security. Security brings freedom. But the transition from scarcity to abundance does not happen automatically, and it does not happen without resistance.

Elites whose power, relevance, and impunity depend on the perpetuation of scarcity, fear, and conflict have every incentive to obstruct this transition. To remain in power and, in some cases, to remain out of prison for past crimes, they require perpetual threats and perpetual wars. They are capable of triggering global recessions, destabilizing nations, and destroying entire civilizations to preserve their grip on power.

Faced with technologies that could liberate humanity, they will be tempted – and many are already attempting – to weaponize those same technologies to deepen surveillance, expand control, and entrench inequality. The very tools that could create a utopia are the same tools that could create a dystopia. It's not the technology itself that will determine our future; it's the character and intent of those who wield it.

The danger does not lie in the existence of nuclear weapons, which, in some respects, have maintained a balance of deterrence that has protected smaller nations from the aggression of more powerful ones. The danger lies in having psychopathic individuals in positions where they can decide to use them. Today, our most urgent collective fear should not be of technology itself; it should be of the people at the top of the power structure and the military-industrial complex who decide whether that technology becomes a tool of liberation or a weapon of subjugation.

### **The Highest Priority: Selecting Leaders Who Can Guide Us to the Golden Age**

This is why Paradists around the world are declaring that the single most urgent issue facing humanity today is not climate change, not unemployment, and not even war; it's the selection of our leaders.

We must urgently ensure that those who hold positions of power possess not only the intellectual capacity, but also the mental health and emotional maturity required to guide humanity responsibly through this extraordinary transition. The stakes could not be higher. The wrong leadership in the age of AI and robotics is an existential threat.

### **A Call to Action: Europe and Beyond**

In Europe, Paradists will be inviting citizens to sign a petition that has been officially accepted and registered by the European Parliament, calling on the institution to add to its agenda the aspect of the ethical standards, personal integrity, and psychological aptitude of candidates standing for election.

This is not a European issue alone; it's a global one. Government officials in countries around the world will receive formal proposals and recommendations for reforming the criteria by which political candidates are assessed and selected.

The golden age is possible. It is within reach. But it requires that we choose, collectively and without delay, the leaders capable of taking us there.

What we decide today will define the destiny of future generations for the millenniums to come. They will look back at this precise moment and ask, "Did they rise to the challenge? Did they choose wisely? Did they honor the extraordinary privilege of having lived at the turning point of history?"

It is our responsibility, our challenge, and our duty to future generations to select the leaders who will take us into the golden age.

## Kama

Paradism Day, celebrated in Kama (Africa), featured several awareness-raising initiatives. Throughout the month of April, promotional videos were shared on social media, racking up over 7,000 views. In addition, approximately 11,000 flyers were distributed across three countries: Ivory Coast, Burkina Faso, and Congo-Mfoa.

A continental online conference on the theme “From Enslavement to Fulfillment: AI and Robotics in the Service of Earthly Paradise” was held via Zoom, with a live stream on Facebook and TikTok. The Zoom room’s capacity, limited to 100 connections, did not allow for more participants. To maintain momentum, the Kama team now plans to hold an online conference every quarter.

Wukusa, Paradism Coordinator in Kama

**Paradism**  
for a world without work and without money

**May 1st**  
**International Paradism Day :**  
*for a world without work and without money for all !*

**contacts**

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[www.paradism.org](http://www.paradism.org)

**The Raelian Mouvement Celebrates**  
**May 1st, International Paradism Day :**  
*for a world without work and without money for all !*

May 1st should mark the International Day of Paradism, celebrating a future society freed from the constraints of work and money.

Imagine a society where artificial intelligence and robots take over degrading and oppressive labor, freeing all women and men from hard tasks and inequalities; a world based on fair sharing, cooperation, and free access to essential needs: food, housing, energy, healthcare, education...

All this is possible! It is no longer a utopia.

The time has come to reform property by eliminating the injustice of inheritance: all resources must benefit everyone and not be monopolized by a minority. It is unacceptable that less capable individuals live in abundance thanks to inherited wealth, while geniuses starve and are unable to make discoveries that benefit all humanity.

For millennia, the pursuit of profit has shaped our societies at the expense of human well-being, generating violence and deep injustice. With the rise of artificial intelligence and advanced automation, the capitalist model shows its limits—while communism has failed to offer a true alternative. It is time to rethink our economic systems in light of these new realities.

Paradism is a future without exploitation, where everyone receives what they need without any requirement in return.

Even before the disappearance of money, governments can implement fair redistribution measures.

This transformation has already begun in some countries. If we unite, this revolution can happen within weeks!  
Let us build the world of tomorrow together!

[www.rael.org](http://www.rael.org)



**Paradism**  
for a world without work and without money



**CONTINENTAL CONFERENCE ONLINE**



**WUKUSA**  
Bishop Guide





**DJAHA KOUADIO**  
Bishop Guide

**THEME**

**From enslavement to fulfillment:  
AI and Robotics serving a Paradise on Earth**



**May 2, 80 A.H.  
(2026)**



**9:00 AM  
GMT**



**Zoom Link**  
<https://us02web.zoom.us/j/84328494516?pwd=ckhKWUznZ0lWQmd1VTRCTUJ6dkwrQT09>

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[www.paradism.org](http://www.paradism.org) |  [www.rael.org](http://www.rael.org)



## Europe

### Paradism – “The Free Time Fest”



In France, Ananta, the Paradism coordinator, and his team began promoting the event on April 30 with a 90-minute TikTok Live session that drew approximately 540 viewers, as well as in the days leading up to it with inspiring videos highlighting the promises of Paradism.

The May 1 broadcast was then shared across France, with support from Marc, the National Guide.

In Paris, several hundred people walked past our banner (which was a huge success). Many stopped to read it, often out of curiosity, sometimes with surprise. The exchanges were lively and varied. Between enthusiasts (“Yes to robots!”) and those who were reserved (“No, I’m against it”), the debate was very much alive. Although “humanitarianism” is a little-known word in everyday French, it resonated with many people.

Approximately 2,000 flyers, in various formats and designs, were distributed across several regions of France (Mediterranean, West, Rhône-Alpes, Belgium...).



In Italy, Paradism was also presented in three major cities as well as in several smaller towns. Activities included distributing flyers, issuing press releases, and engaging in numerous warm, personal interactions with the public. The feedback indicates genuine interest in this vision of society, even though some scepticism remains regarding the possibility of a Paradist society actually emerging.



In Poland, street actions were also organized with banners and leaflet distribution.



In Germany, Dagmar's team was present in Mannheim with a banner and leaflets.

In other European countries, depending on local conditions and the number of available members, outreach activities were carried out wherever feasible.

This May 1st campaign received significant media support thanks to the efforts of the European Media Team led by Christian, the media

outreach coordinator. In total, 4,224 press releases were sent to the targeted countries.

Following this dissemination of information about the Paradism project, one thing is clear: Raelians' interest in promoting this societal message is genuine and very much present. However, many members still express a lack of mastery and in-depth knowledge of the content of Paradism. It therefore seems necessary, in consultation with the National Guides, to gradually establish a training program for volunteers who wish to dedicate themselves to spreading this vision of a society that must be built starting today. This phase of structuring and dissemination now appears essential to enable Paradism to gain clarity, credibility, and effectiveness in reaching the public.

Finally, it is becoming increasingly clear that Paradism responds to a deep-seated need among people; many citizens today express their weariness with confrontational politics, constant tensions, and societal trends that could lead humanity toward likely chaos on a global scale.



In this context of rapid upheaval, Paradism appears to many as a vision of hope, proposing a society founded on science in the service of life, sharing, collective intelligence, freedom, and human well-being.

The diffusion of this societal vision now seems to respond to a growing need to rethink the future of our global civilization.

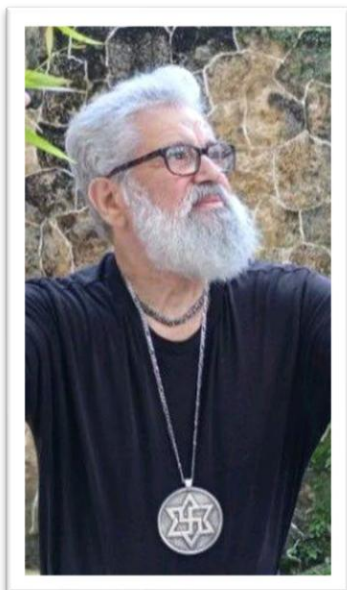
Jean Pierre Saulnier

### Central America

Cartagena, Colombia



## Establishment of the Palestinian RM



I am delighted to announce that the Palestinian RM is now legally registered. To facilitate the process, we chose to register it with the Government of Quebec.

I am fortunate to be surrounded by dedicated, reliable people who are deeply committed to this mission. A special thank you to Rolland Gaudette, who guided us through the necessary steps; to Gabriel

Bluteau, my principal collaborator in the legal department, who generously dedicates his time and energy with exemplary and remarkable dedication and the great efficiency for which he is known. Thank you also to my partner, Joce, for her enthusiasm and dedication in coordinating this project; as well as to Aviva, and to the small team who have agreed to be part of this adventure.

Together, we will pave the way for this Embassy in Palestine to become a reality.

Leon Mellul  
 Person in charge for Palestine  
 Continental Guide for the Middle East and North Africa

