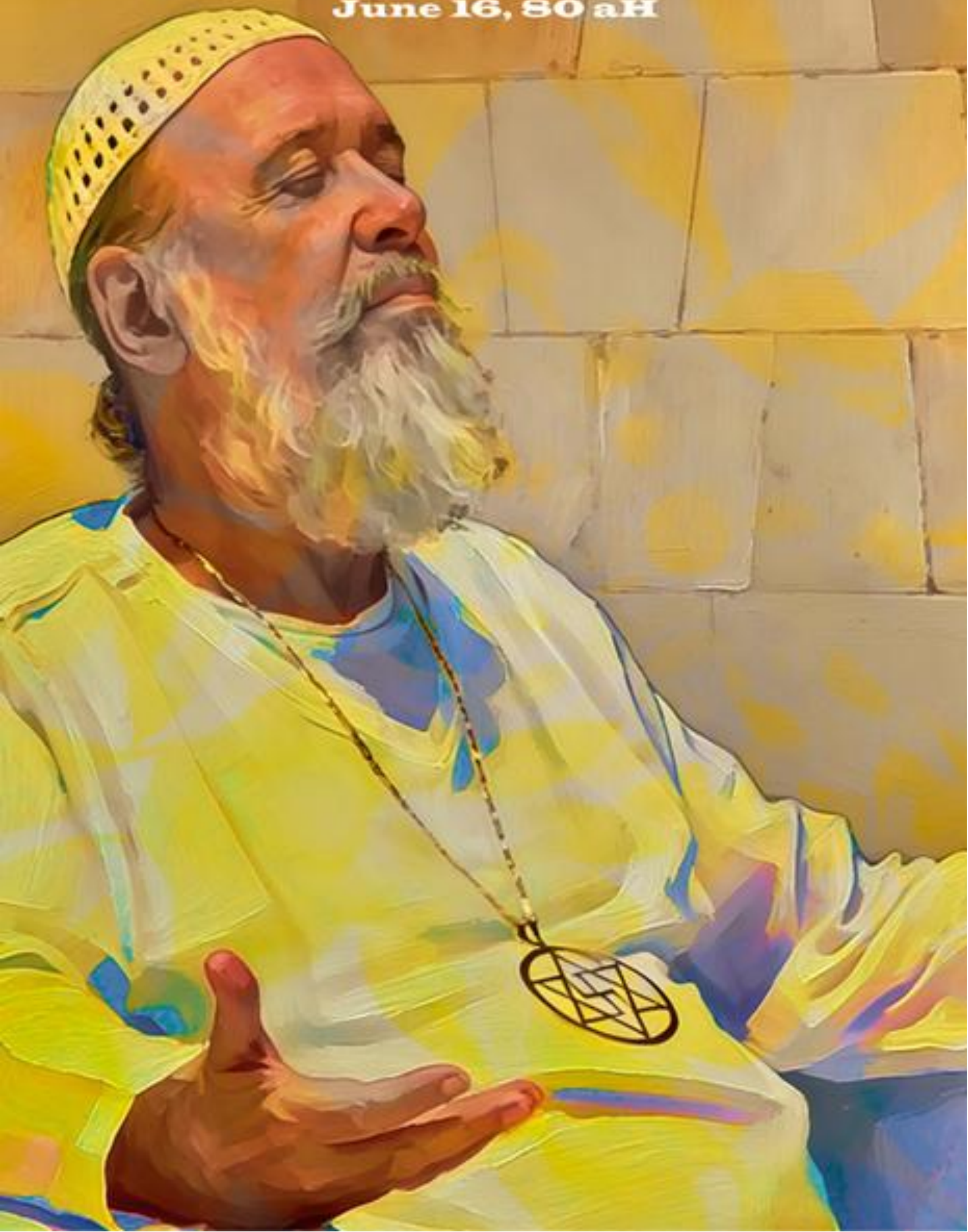


Contact Newsletter #429

June 16, 80 aH



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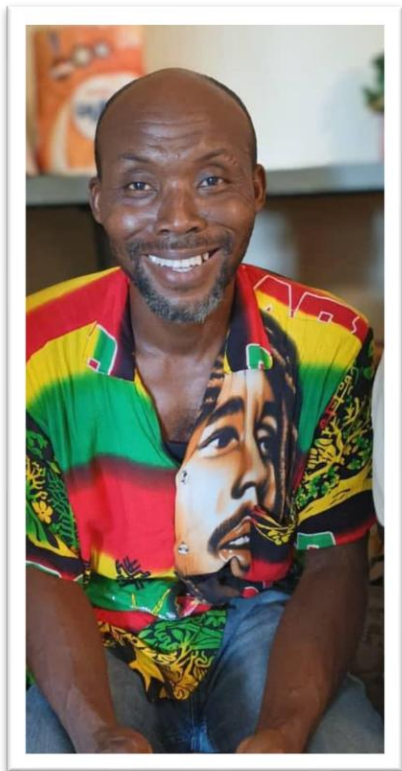
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Editorial

“Disclosure” is the word of the week, of the month, really, and we, the alchemists, do what alchemists do: we transmute it into something far more precise, far more beautiful. We transmute it into Embassy.

It is fun to witness this acceleration, this unmistakable basculement – the tipping point at which UFO believers, long dismissed as conspiracy theorists, have quietly become the majority. How does that feel to suddenly find yourself on the side of consensus? A little strange, isn’t it? I think we were not built for comfort.

And so, we push further. We push the Embassy Project forward, and here, a heartfelt congratulations to Daniel Turcotte and his extraordinary team, whose tireless work means we stand today genuinely ready. And we push further still, more daringly: we push for the Embassy Project in Gaza. There is something deeply right about that.

It has been a long road since 1947, eighty years of sightings, of stubborn witnesses, of slow institutional acknowledgment, for this first step, the awareness announced in the Messages, to finally arrive. Eighty years, with a remarkable acceleration over the last decade. As for the next step, the welcoming, we have been in training for more than fifty years, and you can feel that acceleration too – in our presence, in its quality, in the calm that holds everything together. The inner peace is not incidental. It is the mission.

In addition to peace, I know we also keep a certain amused tenderness toward ourselves. We are still toddlers, really, finding our footing on the path toward the Embassy – a slightly hesitant walk, yes, but we learn fast. And we are not without entertaining help along the way. I trust you all shared my delight at the Pope’s recent landmark announcement that work is essential to the human experience. A good laugh is a gift.

Enjoy this new Contact!

BB

Maitreya's Words

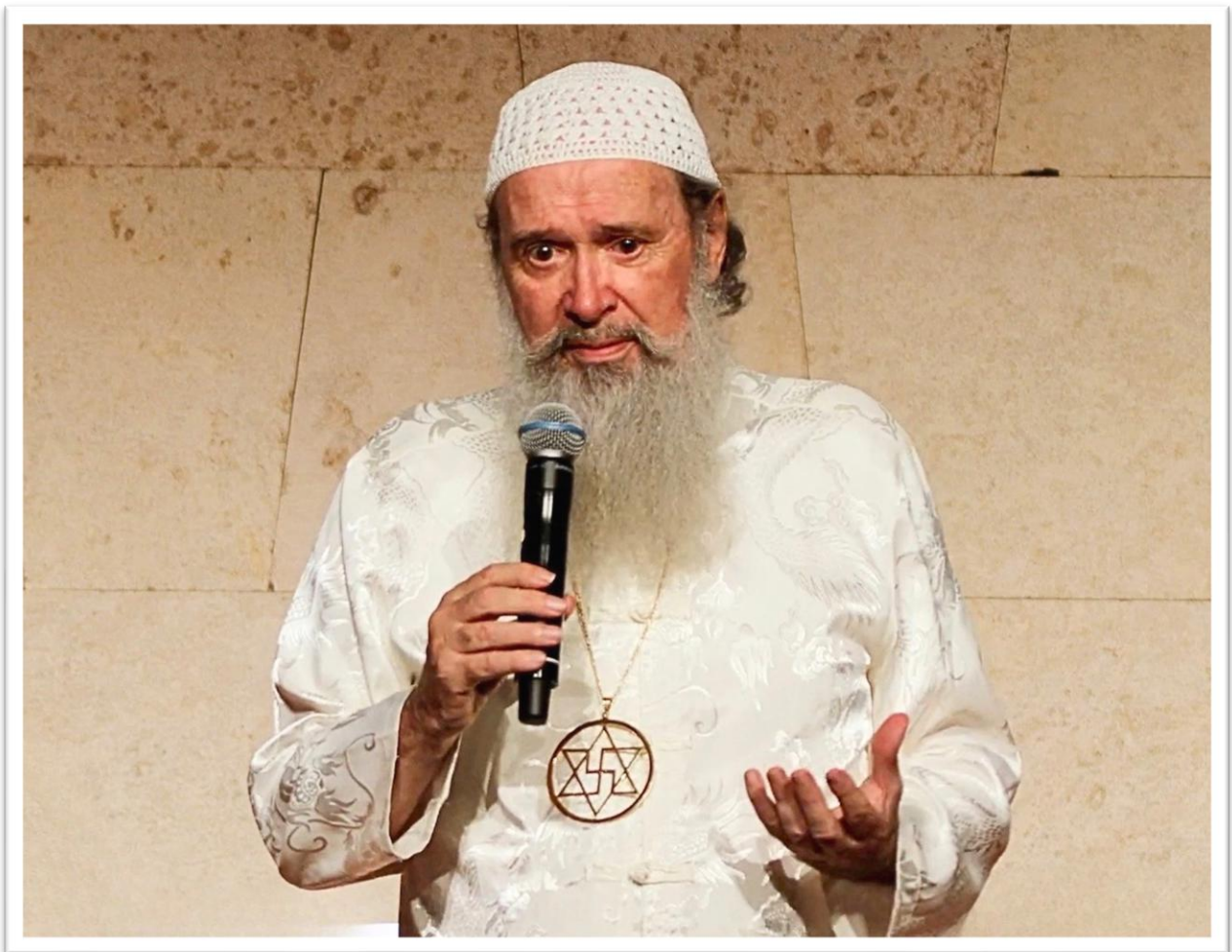
When the Elohim arrive, our real mission begins

Maitreya Rael, Raelian Gathering, May 17, 80 aH (2026), Okinawa, Japan

I want to make you dream.

Because the most important thing in our life is to dream. We are here together because we are dreamers. Dreams should come true. We dream of the Embassy. We dream of welcoming the Elohim. But it is not enough, we must make this dream become reality. That is the activity and action of the Raelian Movement. We are dreamers, but we want our dreams to become reality. We are not satisfied only by dreaming. A dream is beautiful, but it is infinitely more beautiful when we make it real. It is a wonderful feeling to dream about the Embassy and the arrival of the Elohim. A beautiful dream. You do it every day. But when it is true, it will be infinitely more fantastic.

Why will it happen? Because we dream it. Without dreams, it would never happen. You Raelians are dreamers.



Many people read about UFOs and even the Elohim, but they are not dreaming. The difference between ordinary people and Raelians is that many non-Raelians may also dream about it, but the difference is that you want this

dream to become reality. That is why you are here. That is why you continue to walk and spread the Message; because you want it to become real.

Imagine your happiness on the day they arrive at the Embassy. Imagine your feelings; because it will be broadcast on every television. Hopefully, you will be in front of the Embassy. But even if you are at home watching TV, imagine your feelings to see the Elohim arriving, thanks to you. Even the humblest Raelian will be partly responsible for their arrival.

Now, I will bring you a bigger dream. This dream is huge, but I will bring you something even more fantastic.

The Elohim have arrived. And many people will ask on that day, "So, what now?" Is the mission of the Raelian Movement finished after the arrival of the Elohim? Will the Raelian Movement disappear? Will we no longer be needed? You may ask yourself the same question. The Elohim are here. They have arrived. Are we still necessary? You already know the answer.

After the Elohim arrive, our real mission begins. This is only the beginning.

Yes, we love the idea of the UFO arriving at the embassy we built, but humanity still needs us. The Elohim will give us huge technological advances, but spiritually, humanity will need guidance. Humanity is still primitive; mentally and spiritually. To use a simple word, humanity is "con" (stupid in French).

Look at the world. Gaza. Iran. There are more than twelve wars happening now. The media talks about Gaza and Iran, but there are many more conflicts.

Humanity is so "con" – stupid – *totemo baka pabo* – that it loves killing. And that is where our true mission will begin.

Why did Maitreya, the last prophet of the Elohim, organize Happiness Academies? What is the connection? At first glance, there seems to be none. At the beginning, I brought a message explaining how the Elohim created life, and that we must build an embassy to welcome them. That is only the beginning.

Why Happiness Academies? No connections? Because when the Elohim created life on Earth, when they created us in their image, not only physically, but also spiritually, we became the priests of the Elohim. We are the priests of infinity. Feel and enjoy this feeling every day when you meditate in front of the symbol. Yahweh, the Elohim, at the same time as you, they meditate on the same symbol, which represents peace and love.

And we are teachers of peace and love. That is our real mission: to save humanity. Not only the Raelians. We want to save everybody, even the stupidest people; because they are stupid only because they do not know what they are doing. There is a famous sentence from Jesus, "Forgive them for they do not know what they are doing." Remember this sentence? Forgive them for being stupid. They are stupid because they do not know what they are doing. Humanity is sick with stupidity, with being *totemo baka*.

Look at what is happening in the world. It cannot be explained rationally.

For example, more than seventy years ago, there was a very famous Jewish scholar who researched the descendants of the ancient Jewish people who lived in Israel in the time of Moses. After extensive research, he concluded that the real descendants of the Jewish people from the time of Moses, without any doubt, are the Palestinians.

They know. It was clearly demonstrated. And now you see Gaza: genocide, the killing of all the Palestinians, who are the real Jews. More stupidity than that is impossible. In the name of the Jewish people of the time of Moses, Israelis are killing the people who may actually be his descendants. What kind of story is this? Science fiction? Most Israelis today do not have ancient Jewish ancestry. Many came from Poland, Russia, and other countries without ancestral roots in Israel.

And in the name of Judaism, they invade Palestine and kill and exterminate the real Jews. It is so crazy, so scandalous, that it is laughable. "This land belongs to the Jews", and then they kill the people who may truly descend from them. The Palestinians never left the land. After the time of Moses, they stayed there. During later Muslim conquests, many converted to Islam in order to survive. But if there were genetic studies, many people would discover this history.



And do you know what? The Israeli government forbids certain forms of genetic testing because they are afraid of what may be revealed. Even Netanyahu, Prime Minister of Israel is not originally from Israel. His family came from Poland and changed their name after immigrating. And 60% of Israelis have no direct ancestral connection to ancient Judea. How "con" is that? Can you imagine something more stupid? The real anti-Semitic people are the Israelis. And this is the planet we live on.

And we, the Raelians, are here to make this planet more intelligent. We are like a vaccine against stupidity. Because the level of stupidity is astonishing. You see it every day, everywhere. There was a movie I loved a long time ago, "*Planet of the Apes*". But this is Planet of the "cons" (Idiots).

Many people ask, "Why don't we see more extraterrestrials visiting Earth?" Why? Because they are afraid of us. If a UFO appeared over Washington, the American military would shoot it down. So, for most civilizations in the universe, Earth is a no-fly zone. Forbidden. Too dangerous.

Humanity is too stupid.

And we are here to change that, to help humanity become intelligent enough to welcome any conscious beings coming from the universe. Human beings attack each other simply because of differences in skin color. Imagine in the infinite universe, there are beings with five eyes, four arms, four legs. Imagine the reaction of humanity, now that humans already become violent over something as small as skin color. Imagine the aggression toward beings that do not even look human. Nobody wants to come here.

We are so “con” (stupid) that we are dangerous; dangerous for every form of life in the universe.

And that is why we do not see many extraterrestrials openly visiting Earth. And I’m not the only one saying this. Very advanced scientists and astrophysicists say the same thing. Why don’t we see them? Because humanity is still too primitive. Or, to use a simpler expression, more elegant: Too many “cons”.

And this is our mission. I can tell you that when the Elohim arrive at the Embassy, our real mission begins.

Smile to yourself

Maitreya Rael, Raelian Gathering, May 24, 80 aH (2026), Okinawa, Japan

It’s easy together to laugh, because we do it together. But you have to do it alone.

When you wake up in your bedroom, do the same. Because together it can become a kind of show. You do it to be part of the group. But real happiness is alone. Can you laugh like you just did, every morning, in your bedroom? Please. That’s what’s important. Not in front of Maitreya, saying: “Look, I follow the teaching of Rael and I laugh loudly. Look how I am a good Raelian.” That is not important.

Alone.

Happiness, you must make it grow inside yourself. Smile alone, without a mirror. Because if you look in the mirror and smile, you smile to yourself. No! Smile to nobody, not even the mirror. Wake up in your bed and smile.

Some people may say, “Oh, this is just a cute trick.” Not at all. As soon as you smile, happiness hormones are produced in your body. If you are very sensitive, and not everybody is, you can feel it. If you pretend to be very negative and sad, with a serious and depressed face, you feel something; because negative hormones are produced. And when you smile, happiness hormones are produced.

It is not something spiritual or psychic. It is physical. Just by smiling, if you pay attention – as Buddha said, if you witness yourself – you can feel it. Many people cannot because they do not pay attention. Happiness is paying attention to what is inside and to what is outside; but mostly to what is inside. When you laugh alone, alone. Together is fun. You can make a competition of who laughs the loudest. That is for the outside. But alone...

Don’t answer me. Have you ever laughed loudly in your bedroom, completely alone? Don’t answer. It is very important to begin the day with one smile, to yourself, without a mirror. To laugh for no reason. If somebody passes in front of your bed and falls down, that is not interesting. Alone, and for absolutely no reason.

Well, there is a reason: to be happy.

That is enough of a reason. It’s to produce hormones. Oxytocin is produced when you smile and when you laugh. It is a kind of masturbation of the hormones. You like masturbation, don’t you? Then do it for your hormones. They are produced everywhere, especially around the heart, the neurons of the heart. That is happiness. And you cannot find it outside yourself.

“Oh, tomorrow is Sunday. I will go to the Contact at eleven and I will be happy.” No. Tomorrow I may go to the Contact, but I cannot be happier there than I am now. If you are happier at the Contact, then you are not truly happy. Your happiness must be the same everywhere. Not by going to another country, not by meeting somebody, not by having a new job, not by having a new partner. It’s inside.

Alone, in the morning, in your bed, when you wake up, that must be the moment of absolute happiness. And tomorrow I may go to the Contact at eleven, but it will not make me happier. I come because I want to help Maitreya spread the Message. I want to feel the Raelians. I want to feel this fantastic dynamic we create together.



But not to become happier.

“Oh, I will meet Maitreya, I will be happy.” No. If you are very happy when you meet me, but unhappy when you leave me, then you are not truly happy. You can feel my light, my love, many different things, but it should not make you happier. So, work on it. It’s very difficult because you must witness yourself.

What happens in your life? Ninety percent of what happens in your life is not interesting. But how you react to what happens in your life, that is interesting. Nothing can make you happier. Nothing and nobody. The stupid illusion everywhere on Earth, “I will go on pilgrimage to Mecca and discover happiness.” “I will go to Tibet, to a monastery in the mountains, and discover happiness.” All illusions. Alone, when you wake up, you must already be at the same level as Buddha.

No need for people. No need for a guru or teacher. No need for a prophet. No need even for the Elohim. By yourself. I am not here to make you happy. I can't. Even if I would love to, I can't. I teach you, not to make you happy, but to give you tools to create your own happiness. Again, as Buddha said, "I can guide you to the spring in the mountains, but I cannot drink the water for you." That means you must do the work. And is there anything more beautiful than being the supreme leader of your own happiness?

Not Yahweh. Not Maitreya. You. You are your own guru, your own prophet, your own guide. So do it. Feel it.

And I hope that nobody coming to the gathering at eleven will be happier there than before arriving. I don't want to be the reason for your happiness. You can use magazines, porn videos, many things. But it's an illusion. You can go to the beach and say, "Oh, the ocean is so beautiful." But it's ugly if there is no happiness inside.

Do you know where most people decide to kill themselves? On the beaches of beautiful tropical islands, in beautiful resorts. Not people living in ugly cities with factories and noise. No. Because people living in ugly cities with pollution, they dream of being on a beach. But if they are unlucky enough to make a lot of money, they buy a house on the beach. Then, they sit on the sand in front of the beautiful ocean... and there is no happiness. It's terrible. Because you are living your dream, but your dream does not make you happy.

Happiness must be inside.

Remember this beautiful story I told you about the rich American man who wanted to find happiness. So, he flew first class to Tibet, rented a car with a driver, and went to the village where the greatest guru in the world was supposed to live. He arrived in the village and saw a building with the symbol of this guru. In front of it there was an open marketplace, lots of noise, animals, people shouting... a village. And he went to this building thinking, "They will tell me how to go to the monastery in the mountains."

So, he entered the building and a monk welcomed him. He said, "I want to receive the teaching of Guru..." And the monk replied, "It's me." – "Where do we go to receive the teaching?" – "Here." – "Can I begin learning meditation? It's not in the mountains? It's here, in the village, with all the noise of the market, the animals, the children running, the people shouting?" – "Yes, it's here."

"So, when do I start? When will you begin teaching me?" And the monk said, "Now." – "Now? Immediately?" – "So, this is the first lesson. Listen. Sit down." So, the man sat down on the floor, and the monk walked away. The man thought, "Okay, he will come back with a book or something..." One hour. Two hours. Nobody came back. Finally, the monk returned, and the man asked, "So, when will you start teaching me?" – "Sit down." – "All day?" – "Sit down. This is the teaching. Pay attention to yourself. Witness yourself." Then the monk guided him to a small room. In this room there was, of course, no telephone, no radio, no books, nothing. "You don't sleep. You don't speak. That's all."

And the man stayed there all night, alone, with nothing. He began to witness himself. All the ideas he had about receiving teachings from somebody speaking like Maitreya... In the morning, he opened the door. The monk was there. "What do we do now?" – "Sit down."

One week. Nothing. No food.

No drink.

No music.

No telephone.

No books.

No writing.

Just sitting down.

This one-week seminar cost ten thousand dollars, for nothing. But the man left after one week crying, because he understood. He learned, through nothingness, to witness himself. So, I always think about that when we go to Happiness Academy. Why do I waste energy teaching? My dream is to receive everybody at the Happiness Academy and simply say, “Sit down.”

Everything is inside.

Sit down and be. No need even to say “be”. When you are sitting in silence, you have no choice but to pay attention to yourself. At first there is an explosion of thoughts,

“When will it start?”

“When will the monk come back?”

“What will we do tomorrow?”

It’s all thinking. And nothingness creates nothing. Nothingness helps you witness yourself. It’s like making a fire outside. You put wood, more wood, more wood, and the fire becomes beautiful. The fire of your thoughts is the same. When there is no more wood, there is less and less fire; and suddenly, nothing. It’s the same with the fire of your thoughts. The fire of your thoughts creates the opposite of happiness, because it takes you out of the present moment.

Fire is a beautiful example because fire only exists now. The wood burns now. And the fire itself is almost an illusion. Physically, nothing special is happening, yet there is fire. That is exactly what happens in your brain and in your heart.

Everybody thinks that the thinking happens only in the brain. The thinking of the brain is poison. But the thinking of the heart is an even stronger poison. The most beautiful example of the fire of the heart

is jealousy. Jealousy is the thinking of the heart. Your partner looks at another man or another woman and immediately thoughts appear. Not here, in the brain. Here in the heart.

“Why did you look at him?” “Why did you look at her?”

It’s so funny when you witness yourself. You know in the extreme cases of jealousy, the thinking of the heart, some people take a gun and kill their lover. They kill the person they love. That is, “La planète des cons” (the Planet of the Idiots). “I love you, so I kill you.” Please, someone wake me up, I must be dreaming. But it happens every day. Every day. Jealousy is the thinking of the heart. You meet somebody, you feel enthusiasm, and then the thinking of the heart says, “You are mine.” Why?



You are you. You do not belong to anybody. You do not belong to any nation. You do not belong to any religion. You do not belong to any language. You are free to choose. Free to be.

How can you be?

That is difficult. By smiling. When you smile, you smile, nobody else. Who is inside your smile? Nobody else. It's you. It's completely you. When you laugh, who is laughing? Can you postpone laughter into the future? Somebody tells you a good joke, "Oh, wonderful! I will laugh tomorrow morning." Never. So, when you laugh and when you smile, you are completely in the now. That means you are witnessing yourself.

So please, smile and laugh as soon as you wake up.

And don't stop. Why stop?

Thank you.

I want you to be teachers of love

Maitreya Rael, Raelian Gathering, May 31, 80 aH (2026), Okinawa, Japan

I want to tell you how lucky I feel to know you, because it is a real privilege to know you.

I remember when I received the Message of the Elohim. At first, it was just a Message, "We created you in a laboratory. Build an embassy." I think you know the Message. I hope so.

But I was just a man, a man among men; a simple man with nothing special. And the mission seemed incredible. Not the Message. The Message was simple for me to accept. But the mission, wow!

Imagine yourself in my place on December 13, 1973. "Go around the world and spread this Message." The Message? No problem. But go and spread it everywhere? That was a big problem. The Elohim knew that you existed, but I didn't.

I understood that there would be people who would join me, yes, but I didn't know you existed. I have told you how lonely I felt. Imagine if it happened to you. Alone. Totally alone. You cannot speak about it to your friends because it is too much. The Message is too much for the friends.

And then, as you know, I spoke on television. I thought, "Okay, television. Everybody will hear the Message, and we will see how many people contact me." And I was so surprised. I received thousands of letters. So surprised. I was expecting maybe ten or twenty people. But thousands!

Thousands.

The postman brought huge bags full of letters. And, as some of you know, I replied to every one of them personally. Some of you still have those letters.

Because for me, it was incredible. I had no problem understanding and accepting the Message. But I had trouble understanding why so many people wanted to help me. I really had trouble understanding it. When I saw all those letters, I thought, "Most of them must be insults.": "You are crazy." "You are a con man." "It's not true."

I expected the worst. Yes, there were some letters like that. But ninety-five percent of the letters said, "We want to help you." I was completely surprised. And I replied to every person. But at that time, I was not the guru, the teacher, the awakening guide that I am today.

At the beginning, I was simply spreading the Message. A man among men. “I received a Message, and this Message is for you.” It took some time before the second contact, the second encounter, when they brought me to the planet of eternal life.

Then they transformed me.

I remember that feeling. Suddenly, with a helmet, everything changed. I became something else. It’s difficult to describe that feeling. You are still yourself, but suddenly you feel an incredible power. I was no longer simply a man among men.



The knowledge, the incredible knowledge that I have shared with you for so many years in the Happiness Academies, suddenly became part of me. I changed from a very ordinary man into a teacher. Wow! I don’t know if any of you have experienced something similar. Maybe after many years at school or university, when you finally receive your diploma and say, “Ah, now I know.”

I don’t know that feeling because I never went to university. But for me it happened instantly. Like instant coffee. Instant Buddha. Exactly like that. I am like ramen noodles. Instant Buddha. Suddenly, everything became clear. Everything. Instead of asking, “How can I spread the Message?” Instead of being shy and feeling incapable of accomplishing the mission, “What can I do?”

Instantly, immediately. I remember my physical reaction from, “I am a simple man” to, “I know everything, and I will spread this teaching. I can do it.” It’s difficult to describe. Maybe it’s like a tadpole becoming a frog. Or even more beautifully, like a caterpillar becoming a butterfly. But out of humility, I prefer the frog. Because it’s closer to my name.

In Japanese, Rael sounds somewhat like “kaeru”, which means frog. So, I feel like a frog. A frog, but a teacher frog.

And I gave you both the Message and the teaching. Instead of being like a parrot, endlessly repeating the same message, suddenly I met you. And with every new Raelian, I could see how much the Message changed your life.

Imagine what you would be without having discovered the Message. The Message changed your life. It changed everything. But I didn’t change you. A false guru or a false prophet wants to change you. But I never wanted to change you. I wanted to help you be you. When I met Lotus, I wanted Lotus to be more Lotus. I wanted Tony to be more Tony. I wanted Shizué to be more Shizué. Not to change her. And there is not a single one of you that I have tried to change.

But non-Raelians see a guru or a teacher as someone who changes people. That is what they think. They imagine that I am manipulating all of you in order to make you Raelians. They believe that I am brainwashing people. The truth, the real truth, is that from the very beginning, in the Happiness Academy, I told you, “Do it yourself. Wash your own brain.”

If you do not wash your body, it becomes a little difficult, not for you, but for the people around you. But if you do not wash your brain, it’s exactly the same, only worse. If you do not wash your brain, everybody suffers. That is the problem on this planet now, which is “la planète des cons”.

Nobody washes his or her brain. Everybody stinks. And I teach you: wash your brain. Not once; every day. Every day! Wake up and question yourself. Question the world. In other words, be you. That’s what I have been teaching for almost fifty years. And when I look at Shizué, or Tony, or any one of you, I feel that Shizué is more Shizué than when I first met her. François-Yves is more François-Yves than when I first met him.

That is my pride: to help you be more yourself.

That is why I told you how proud I am to be with you. Not because I am the teacher. The goal of any real teacher is to see his students become better than himself.

I am not eternal on Earth. I think I will die soon. But my greatest satisfaction is to feel that if I disappear, you can replace me. I don’t know who will become the leader. That’s not important. What is important is that many among you can do it.

Ask yourself this question, “If I die tonight, I am not saying it will happen, but if I die tonight, next Sunday, will you still be here?” Will you? That’s the question. Or do you come only because Maitreya is alive? I hope there will be more Raelians after I disappear. That’s my dearest wish.

My most important wish.

And I will watch. I will look from up there. I wish you a beautiful eternity on Earth. And I wish you to become teachers as well. Not only teachers of the Message. Not only teachers saying, “The Elohim created life, blah blah blah, build an embassy.” No.

Teachers of love. Teachers who help other people be better than themselves. That is love. And you can do it every day.

I have a little exercise for you. You can start today or tomorrow. Who will you raise higher today? Every day, you should elevate at least one person. Not necessarily by teaching meditation. It can be something as simple as tying the shoe of a maid, a waitress, or anyone else.

It can be making somebody smile. Any little thing. It can even be after a police officer stop your car. I did that many times. Many times, the police stopped me because I was driving too fast. People usually react with anger. I spoke to them kindly. And immediately I raised their level of happiness, “I know you are doing your job, and that’s all. I have no hostility toward you.” Some of them started crying. Because they are used to people reacting angrily, “Why are you stopping me?” But it’s their job. It’s how they put food on the table for their children. To feel that I understood who they were was a great shock for them.

Another funny story; I love telling you funny stories, as you know. When I was a “Japan virgin”, when I first arrived in Shinjuku, I entered a shop. There was a woman welcoming customers. That was a shock because in France, nobody welcomes you in a shop. Sometimes, you even have to call for somebody to help you, and nobody looks at you.

What a shock! This cute woman bowed and said, “Irasshaimase!” I asked, “What did she say?” I was with someone who spoke Japanese. “She said, Welcome.” For you, that’s normal. For a French person, it’s a shock. “Welcome!” I had not bought anything yet! If I give money, okay, but no, just entering the shop was enough.

It felt so good that I went back outside and came in again, “Irasshaimase!” Then I went out and came back again, “Irasshaimase!” I did it three times. It felt so good. And, of course, she was surprised. By the third time she could not stop laughing. And I succeeded in making somebody happy.



Instead of being an “Trasshaimase robot”, she became a human being, happy to do what she was doing. So, in every detail of your life, raise the happiness of other people. Through little things; tying a shoe, giving a smile. These little things transform your life into a Happiness Academy where you are the guru. Because you are. And I am very proud of you.

Thank you, Elohim.

We are in the now. It is now. Now is the most beautiful moment of your life. Whatever happens, whatever good or bad thing happens to you, always feel, “Now is the most beautiful moment of my life.” Keep that in your heart, because true intelligence and supraconsciousness are not in the brain. The heart is full of neurons, and they are much more important than the neurons of the brain. The brain is the hard drive of your computer. It stores the past and all information. But consciousness, pre-consciousness, is in the heart.

What is now? Supraconsciousness is now. Now is the gate to infinity.

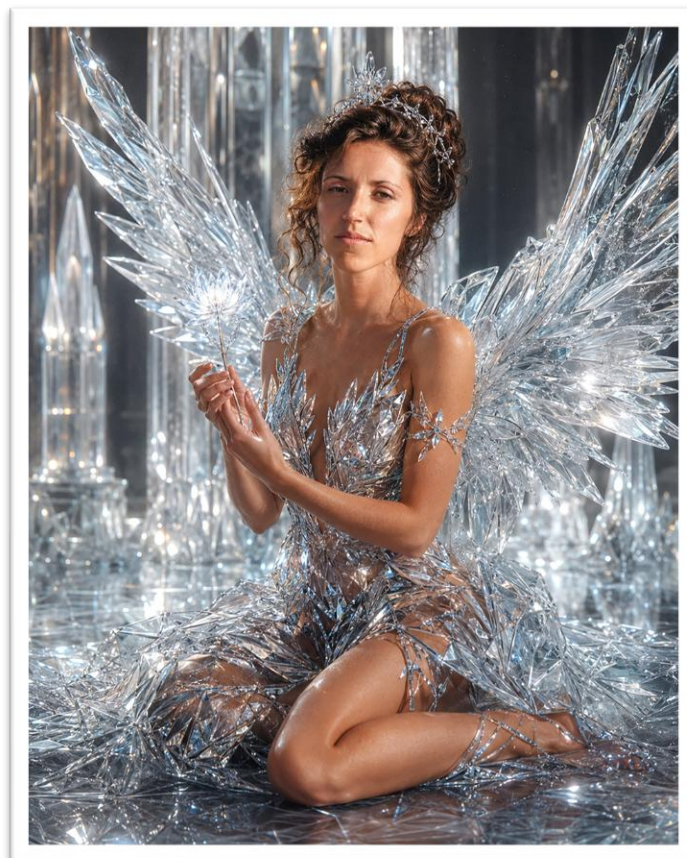
And one more thing before I leave.

You are you today. Tomorrow, you will be someone else. Think about that. If you use your supraconsciousness, you are constantly changing. Do not expect to remain the same forever. That was also the teaching of Buddha. Nothing is permanent, including yourself.

And that helps you grow even more.

I am me today. But tomorrow...

What will “me” be?



Raelians news

South Korea: Happy, happy, Happiness Academy!

By Michio Ito, Continental teacher for Asia

During the national seminars, May 15-17, on the Asian continent, instead of having long speeches by the Guides, we hold many workshops and games like the following.



During the Korean seminar, we did workshops and play games such as:

- tasting and identifying the differences between several kinds of mineral water (just as it is written in the Message)
- touching and guessing nine cards with different surface textures
- a visual game where participants distinguish the sizes of nineteen different cubes whose side lengths differ by just one millimeter each
- and fun physical games created by imaginative Korean Guides

At the evening dance party, everyone danced wildly to K-pop music!

In the morning, surrounded by beautiful mountains and forests, on the grass, we practiced a meditation of gratitude toward Maitreya and the Elohim. Less thinking, more feelings... You can understand how happy the participants were during the seminar by looking at the photos! Their smiles are thanks to the teachings of Maitreya and the Elohim.

Thank you, Maitreya ♪ Thank you, Elohim ♪



Burkina Faso: Happiness Academy

Happiness Academy 2026 in Burkina Faso: four days of laughter, love, and fraternity

From May 14 to 17, 80 aH, the Raelian Movement of Burkina Faso (RMBF) organized its Happiness Academy at the Raelian Center in Ouagadougou. During four intense days, more than 107 Raelians from different regions of Burkina Faso gathered in an exceptional atmosphere of love, joy, and fraternity. This gathering also took on a beautiful subregional dimension with the participation of our brothers and sisters from Côte d'Ivoire and Mali, once again demonstrating the dynamism and unity of the Movement in West Kama.

An ideal setting for an unforgettable seminar

The seminar took place at the Raelian Center in Ouagadougou, in a magnificent conference room that was carefully decorated, warm, and harmonious, offering an atmosphere conducive to concentration, meditation, and deep exchanges. Every detail of the setting contributed to creating a sensual and soothing environment,



allowing participants to fully experience the teachings and shared moments. The center also had the advantage of being located just a minute's walk from a hotel, which greatly facilitated accommodations for participants coming from other cities and neighboring countries.

An organization driven by love and sharing

Under the leadership of National Guide Poda Mélissa and her team, supported by the Bishop Guides and teachers, participants benefited from high-quality teachings shared with joy, love, and good humor.

The rich and varied program alternated between:

- teaching videos by Maitreya Rael;
- workshop-games promoting interaction and team building;
- a movie-watching evening;
- festive moments and a lively dance party to bring these four days to a spectacular close.

The games organized in the hotel courtyard caught the attention of other guests on the premises, who watched with admiration the joyful atmosphere, positive energy, and camaraderie among the participants.



A warm and family-friendly dining experience

Meals were lovingly prepared by the Raelians themselves. Meals and snacks were served on-site during breaks, further reinforcing the family and community spirit of the seminar.

Lunchtime breaks and the late evenings became true moments of human connection. Participants, newcomers, Guides, Bishops, and teachers stayed together for hours, talking, laughing, exchanging experiences, and sharing moments of rare human intensity.



The atmosphere was so warm and rich in human connection that many participants couldn't even bring themselves to take a nap, the conversations were so engaging. The nights also

stretched on in a friendly atmosphere with movie screenings, barbecues, and long discussions filled with love and camaraderie.

The strong mobilization of Raelians from Bobo-Dioulasso



A particularly notable aspect of this event was the strong turnout of participants from Bobo-Dioulasso, located about 360 kilometers from Ouagadougou. In total, forty-two participants made the train journey to reach the Happiness Academy.

This trip became a wonderful opportunity to spread the Raelian Message. During the seven-and-a-half-hour journey, the participants walked through the train’s four cars to talk with fellow passengers and distribute flyers in a friendly and enthusiastic atmosphere.

Upon their arrival in Ouagadougou, Raelians from the capital organized themselves using their personal vehicles to welcome their brothers and sisters at the station. The welcome was particularly warm, filled with smiles, hugs, and emotion, perfectly illustrating the Movement’s values of love and solidarity.

An edition engraved in our hearts

Beyond the teachings, this 2026 edition of the Happiness Academy will be remembered above all for the quality of the human connections forged over these four days: the laughter, the reunions, the deep conversations, the warmth, and the camaraderie



among participants from diverse backgrounds.

The entire Burkinabe team left with hearts filled with love, energy, and enthusiasm, ready to continue spreading the messages of love conveyed by Maitreya Rael with even greater dedication.

We’ve already set the date for the next Happiness Academy, in Elohika, on August 16, 81 aH!

Love

SOMDA Vlabar, known as Vlabest

Public Relations Coordinator

France: Preview screening of the film “Disclosure Day” in Paris

A special event at Le Grand Rex for the preview screening of the film “Disclosure Day,” in the presence of Steven Spielberg

On Monday, June 1, we were informed that the national premiere of the film would take place the following day, Tuesday, June 2, in Paris, at 8 p.m., at the prestigious Le Grand Rex cinema, which can seat 2,700 people, in the presence of Steven Spielberg and the film crew, and that the cinema was sold out for this event...

Wow... now that’s what you call an exceptional diffusion opportunity not to be missed. So, that Tuesday late afternoon, five of us gathered (three others were supposed to join us but couldn’t find us): Christian, Dominique B, Maryline, Vita, and me, with the goal of reaching with our signs as many as possible of the large crowd coming to attend this national premiere.

Dominique B and I arrived at 5:30 p.m. We noticed that there was already a line on a street adjacent to the theater, that the line was getting longer and longer, and that there was an excellent spot ensuring that all these people would pass right in front of our signs.



So, we simply waited for people to start coming in before we brought out our signs. Several hundred people actually passed right in front of us; our action was helped along by a security guard who was letting people enter in small groups, forcing them to stop right in front of us, so they could see us clearly, take photos of us, and even film us; as a few people did.

Christian, Vita, and I were right next to the line, while Dominique and Maryline stood a little further back to engage with people as they made their way to the back of the line, with several stopping to chat with them.

In addition to the many photos taken, we also often heard people say, “Ah, it’s Rael,” though without any hostility or unpleasant remarks. On the contrary, many young people know Rael. Some, who had seen Netflix, asked questions about the Embassy – where, when... – and gave thumbs-up to show their support. In short, wonderful interactions.

However, we were unable to reach out to the various public figures who were also present at this event because a separate entrance was reserved for them, near which it would not have been possible to position ourselves.

Since everyone in that very long line had gone inside by 7:40 p.m., we headed over to another crowd; people who had come not to see the movie, but to watch Spielberg arrive.

However, since all these people had their backs turned to us so as not to miss filming his arrival with their cell phones, we decided it was pointless to stay any longer, leaving with that very satisfying feeling of having accomplished our mission. 😊

Love

Thierry & Maryline

Photos: Dominique B



Awakening

The highest place on Earth!

Dear Sisthers, (**sisters+brothers**)

Exchanging with the great and unique Kumiko, I came into an email I wrote a few years ago to Maitreya. Immediately, He posted it on His Facebook wall. It comes in French but nowadays everything can be almost perfectly translated in all languages in a few seconds (what a revolution!).

This is a way to tell all of you, “Come over here, even for a few days, come here at least once in your life, come here for the next Convention if you can, or before or after otherwise, but come here!” Okinawa should always be full of Raelian lives!

Lot of love, David

The highest place on Earth!

Dearest Maitreya,

I have been in Japan for two days now, with my resident card in hand. What a joy! What a privilege to be able to legally reside in the country where You, the Son of Light, are! Soon, I will go to Okinawa, which is the highest place on Earth, just as Jerusalem once was; something I never stop telling my Raelian brothers and sisters.

One day, You will no longer be here, and I anticipate that there will then be weeping, similar to what was heard when Jean passed away; even more intense, of course. But You are here now, and anyone can come and see You, at least once a month*. If a Christian were told they could go to an island and see Jesus there, even if only for an hour a month, tens of millions of Christians would immediately set sail for that island, because they know the value of a prophet and, above all, what it means to no longer have him here on Earth.

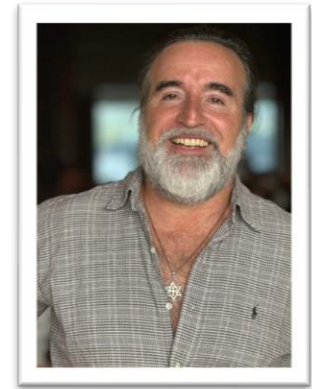
And You, You are here. Through Your presence, we are still directly connected to our Creators. When You leave, we will lose that connection, and who knows what will remain for us then. So, let's take advantage of it, immediately, right away, now. What calculations, what hesitation could justify further procrastination? The warmth of Your light calls to us.

And I, a little hairy cockroach, am even fortunate enough to be able to draw near to You. Nothing – not a single achievement in my life, though they are necessary and I must pursue them all with the enthusiasm and vigor they deserve – can compare to the honor You bestow upon me by accepting me near You.

If my life were to end today and I were asked to take stock of it, to choose what stands out, to keep only the most resounding fact, I would say without the slightest hesitation that I have known and recognized the Last of the Prophets, that I have eaten at His table and played with Him.

Thank you, Rael!

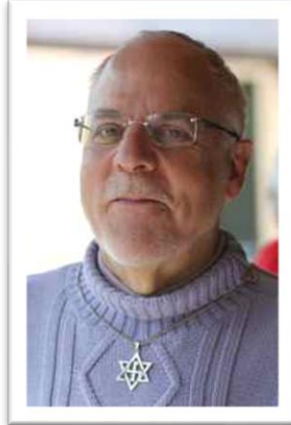
David



* Addendum: every Sunday

How to navigate scientific information

Science Team: Natalia Morais & Michel Devaux



Today we have access to an enormous amount of information, including information presented as “scientific”. There is no perfect method to separate truth from error, but understanding where information comes from helps us evaluate it more clearly.

1. Differentiation between the numerous sources

1.1 Information from social networks and the Internet

Social networks and the Internet provide quick access to huge amounts of information. They can sometimes contain original ideas or discussions about new topics before they appear elsewhere. However, these platforms also contain a large amount of incomplete, distorted, or false information, sometimes spread intentionally. Because online content circulates rapidly without systematic verification, it is important to remain cautious. Popularity does not guarantee accuracy. It is therefore useful to compare several sources and verify important claims.

1.2 Mainstream audiovisual media

Television and radio remain major sources of information for many people, especially for senior people. Their main advantage is accessibility: they make information easy to consume and widely available. However, scientific subjects are often complex, and media formats require simplification. Important nuances or uncertainties may disappear in the process.

It is therefore important to keep a critical mindset and avoid relying on only one source of information. Repeated statements can begin to feel true simply because they are often heard. This phenomenon is known as the “illusory truth effect”. Large media organizations also operate within political and economic environments that can influence topic selection and presentation. Consulting different sources helps provide a more balanced understanding.

1.3 Popular science and science journalism

Popular science magazines and science journalists play an important role by making science accessible to the general public. However, these articles are interpretations of scientific research, not the research itself. During simplification, results may be exaggerated or presented with more certainty than the original studies actually support. When a scientific claim appears extraordinary, surprising or very important, it is useful to look for the original study on which the article is based.

1.4 Scientific publications

Scientific publications are the most direct source of scientific information because they are written by researchers themselves. Most scientific papers go through peer review, meaning they are evaluated by specialists before publication. This process improves quality and reduces major errors.



However, a scientific publication is never an absolute or final truth. Scientific knowledge evolves as new experiments or new discoveries appear. Science progresses gradually: the reliability of a result increases when multiple studies, independent confirmations, and repeated experiments support the same conclusion.

For this reason, it is important not to draw broad conclusions from a single isolated study.

1.5 AI-based tools as a first verification step

Artificial intelligence tools such as Anthropic, ChatGPT, Claude, DeepSeek, Grok or other AI are sources of information and can be useful as a first step when checking information.

They can help:

- summarize a topic;
- identify whether a claim is controversial;
- find references or sources.

However, AI-generated answers should not be treated as definitive truth. AI systems can contain mistakes, biases, or incomplete information. The best way to use these tools is to ask for references and verify those references independently. Beyond understanding how scientific information is produced, it is also useful to know how researchers themselves access scientific knowledge.



2. Practical guide to reliable sources

When people say they “read something scientific,” they may refer to a news article, a blog post, or an actual scientific publication. These sources are not equally reliable. Below are some important tools used to access scientific information.

2.1 Scientific search engines

These search engines help users find scientific publications.

. Google Scholar scholar.google.com

Google Scholar indexes scientific papers, theses, conference articles, and academic books.

. Semantic Scholar semanticscholar.org

Semantic Scholar uses artificial intelligence tools to help readers navigate large numbers of articles.

2.2 Scientific databases (where papers are stored)

These platforms host scientific publications.

. PubMed pubmed.ncbi.nlm.nih.gov
PubMed is mainly used in biology and medicine.

. ArXiv arxiv.org
ArXiv is widely used in physics, mathematics, and computer science. Many papers published there are available before official peer review.

These articles allow rapid access to new ideas, but some results may later be corrected or rejected.



2.3 Scientific journals and publishers

Scientific journals publish research reviewed by specialists. Examples include: nature.com, science.org, journals.aps.org, elsevier.com, link.springer.com. Peer review reduces the risk of major mistakes, but it does not guarantee that a result is correct. Scientific knowledge evolves continuously, and genuinely new ideas may sometimes face resistance before being accepted.

2.4 Review articles and meta-analyses



A single study can sometimes be misleading. To understand the overall state of knowledge, it is better to consult broader summaries. A review article summarizes many studies on a topic. A meta-analysis combines the statistical results of multiple studies to identify overall trends.

These types of publications provide a more reliable overview than isolated studies. They can be found by adding the words “review” or “meta-analysis” to a search on Google Scholar or PubMed.

2.5 Science communication websites (secondary sources)

Examples: quantamagazine.org, nature.com, scientificamerican.com, sciencex.com.

These websites explain scientific topics in language accessible to non-specialists. They are very useful for discovering complex topics, but they remain interpretations of scientific research rather than the original research itself. When an article presents an extraordinary, very important or surprising claim, it is preferable to look for the original scientific study.

3. Healthy scientific habits

Science progresses gradually. A single study does not represent scientific consensus. Over time, some conclusions are confirmed while others are corrected or abandoned. Media headlines sometimes create a stronger sense of certainty than the actual evidence supports.

Humans naturally seek clear and definitive answers, but science advances by recognizing uncertainty and revising conclusions when new evidence appears. Another important phenomenon is the Dunning-Kruger effect: people with limited knowledge may overestimate their understanding, while experts are more aware of the limits of their knowledge.

As a result, the people who speak most confidently are not always the most informed.

Some simple habits can help:

- check the origin of information;
- distinguish scientific studies from opinions or summaries;
- see whether results have been reproduced by other researchers;
- compare multiple sources.



This is especially important on social media. Before sharing scientific claims, it is better to verify whether they are supported by reliable and identifiable sources.

4. Conclusion

Scientific information is now accessible to everyone, which is a very positive development.

However, it is crucial to distinguish between:

- scientific knowledge itself;
- the interpretations or opinions we form from that knowledge.

It is good that everyone remains open-minded and curious about the progress of science, reflects on its implications, but remains cautious in the interpretation and disclosure of information. And remember that speaking authoritatively about a scientific subject requires real expertise.

Developing good verification habits, such as those presented above, helps to distinguish between reliable knowledge and unsupported or misleading claims.

Scientific information, used with discernment, confirms us that “science is the most important thing for man” and offers the possibility of a paradise on Earth to humanity.



“Science is the most beautiful expression of human genius and should be the only religion in the world.”

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