

Contact Newsletter #431

July 29, 80 aH



Editorial2**Maitreya's Words3**

Born a Buddha, free of any control..... 3

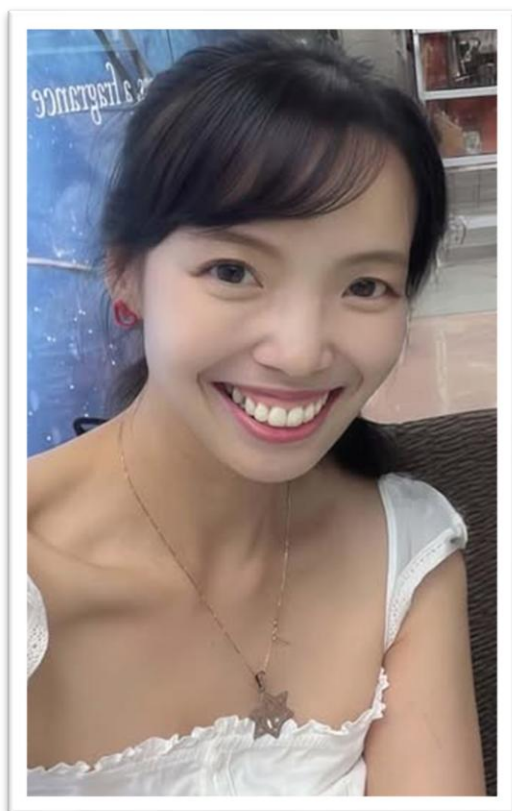
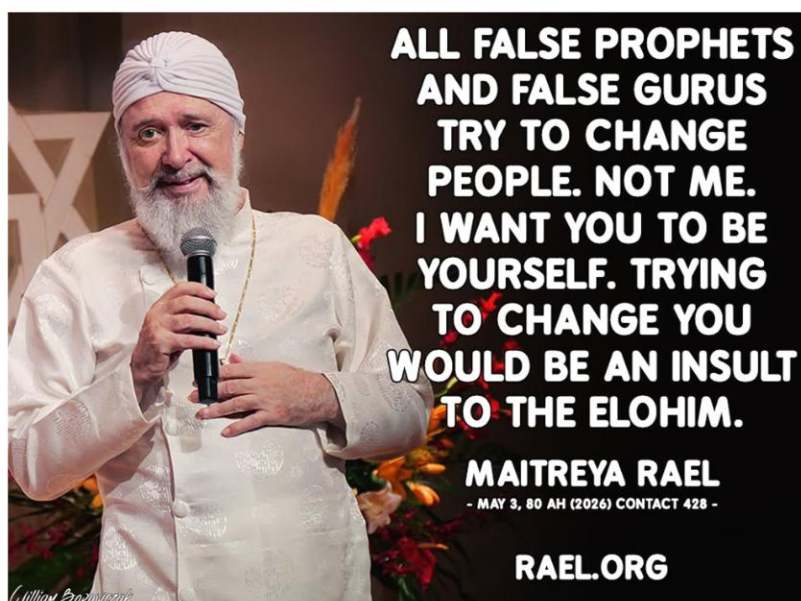
Let's congratulate journalists 6

Raelian News.....9

The ET Embassy Month: a resounding success and an extraordinary global mobilization 9

The public exhibition of the message in Narita, Japan! 12

A Free Hugs event in mid-July 2026 in Montreal 13



Editorial

Your thoughts shape your reality; and science confirms what wisdom traditions have always known. When you speak or think negatively about your body, your body listens. Your cells feel it. Researcher Candace Pert demonstrated that the neuropeptides released by our emotional states are received by receptors on every single cell; meaning your body is not a passive vessel but an active participant in every thought you have. Dr. Bruce Lipton's work on the biology of belief goes further still: the cellular environment shaped by our perceptions directly controls how our genes express themselves. Negative thoughts create measurable stress at the cellular level.

And the effect doesn't stop there. When you think or speak negatively about your neighbor, they may hear it, they likely feel it; and you hurt yourself too. The HeartMath Institute has shown that the heart's electromagnetic field, shaped by our emotional state, extends several feet beyond the body and influences the nervous systems of those around us. We are not separate.

I wanted to extend this reflection to our thoughts about the Raelian Movement and its structure. It has been dear to me for thirty-three years and I don't want it to hurt. That is why the team at Contact always tries to illustrate the beautiful spirit that animates us, through our actions, our joyful moments together. I wish we could also show the laughter and the fun in the preparation meetings of these actions, the Zoom calls with attendants from every continent; all of us different, some yawning because it is 6 am, others blinking with fatigue because it is so late at night. We can't portray all of that, but I am sure you will enjoy the text from Daniel T., leader of the Embassy Project, who shares his joy at the global action we all contributed to during this June–July period. Actions that brought a delicious laugh to Maitreya, as a journalist in Burkina Faso found a wonderfully creative way to connect the deserted French Embassy in Ouagadougou to our own Embassy project.

The ripples of any one of our actions are unpredictable, but we know there are always ripples. So, let's all tap our feet in the pond and wonder at the waves.

BB



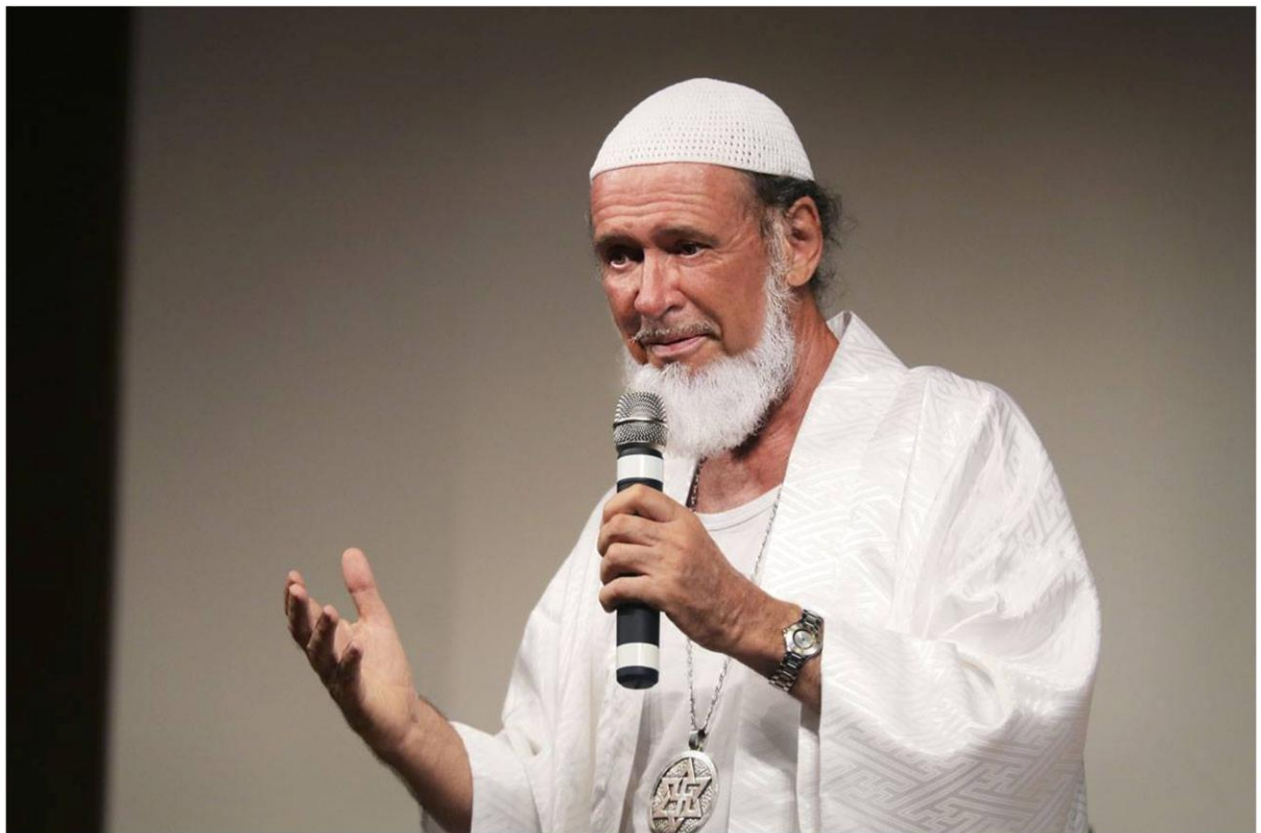
Maitreya's Words

Born a Buddha, free of any control

Maitreya Rael, Raelian Gathering, July 12, 80 aH (2026), Okinawa, Japan

We, Raelians, we have a double treasure. The treasure of knowing who we are; knowing, thanks to the Elohim, where we come from. You are in the process of awakening, all your life.

In the Happiness Academy, I teach you to ask the three fundamental questions: Where am I? Why am I here? – I ask this to myself now – Who is with me? You have to deeply think about these three questions. They must never become a habit, an unconscious thought.



Right now, right here: Where am I? Why am I here? Fifteen years in Okinawa, why? You can ask yourself also. Actually, you should ask yourself. Not “you can”, you should. It is very interesting to have a panoramic vision in time of these questions. You were all born Buddha. When you are born, you are a Buddha. Education, conformism, conditioning, they make you forget who you are.

What is it to be a Buddha? It is to be constantly aware of: where am I, why am I here, and who is with me? Constantly! Wherever we are, whatever we do, these questions are us.

But sleepwalkers, and society is composed of sleepwalkers, they know how empty their life is. Making money, eating, having a place to live, going to work every morning, sleepwalking, coming back home at night. And tomorrow, same. The day after tomorrow, same. Next week, same. Next month, same. Next year, same.

Sometimes, these people are forced to face these three questions. Where am I? What am I doing with my life? Who is with me? They don't know who is with them. They live in what I call rabbit houses, they don't know who is behind the wall, even though they live in the same building. They don't know why, and they never find any answer. And one day, they die. That's their life.

And they see, sometimes, they see you, with your smile, with your symbol, with the light in your eyes, with a smile on your face. And they are very jealous, very envious. They look happy. "Why am I not happy? Why are they different?" The only answer they find is a pill called antidepressant. 70% of people, in America, 70% are taking pills. What is the goal with these pills? To stop asking these questions, because they find no answer.

We have answers. We know why we are alive; we know where we are, and naturally a smile comes to our face. Naturally, laughter comes; we don't need pills. Everything is inside us. And so, we are naturally back to the Buddha we already are.

You were a little baby, everyone here, including me; tiny like a little cat, shitting in our clothes, peeing in our clothes, barely able to do anything. But a happy baby. Just drinking from the nipple, life was beautiful. But now, all of society is controlling you. They don't want you to be happy. The governments, the religions, every power on Earth, they want to control you. You cannot be happy without their power, they say. But you are happy, and that makes us dangerous. We are dangerous because we have the answers to these three questions; and we hate to be controlled.

We don't accept anybody controlling us. Not even our parents. Mama, Papa, they try to control us. As soon as we can, we escape. We change place, we change country, we change everything, because we want to be ourselves. We don't want to be controlled by anybody, by any power. Free. That is the number one quality of Raelians.

And when people, who don't know us, see you coming to the Happiness Academy, they say, "Oh, they are controlled by Maitreya." And for fifty years now, I have been teaching you to refuse to be controlled by anybody. Not even me. Not even the Elohim. The Elohim don't want to control us. If they ever asked to control us, I, Maitreya, would stop being a Raelian. I would apostatize.

The Elohim, in their infinite love, say, "If you like, build an embassy." Not, "you must". No control. "If you like, if you feel to do it, make an embassy to welcome us, equal to equal, and we can share love, because we are the same. We created you in our image." That is a very important sentence, "in our image". If we are created in their image, they cannot be superior. We can only be equal. And that is one of the treasures of the Elohim's Message.

There is not one Almighty God looking down at us saying, "Do this, do that", controlling us. The Elohim are the opposite. They don't want to control us; they want to give us the possibility to be ourselves. Welcoming the Elohim is an act of love, not of submission to any authority.

And whatever we do with love makes us free. Free to love, free to welcome the Elohim, free to feel infinity. Infinity is freedom. Infinity doesn't control us; we are. I am infinity. Not only me, each of you, equal to infinity.

And free to return to what you were at conception. When a spermatozoon and an ovum create the first cell of you, you were already a Buddha. To be a Buddha is to be free, to be constantly laughing, to constantly have the answer to these three questions: Why am I here? Where am I? Who is with me? We have the answer. And when we truly feel the deep meaning of that, nobody can control us. Not even the Elohim. Not Maitreya.

I love you, and the Elohim love you, free. If you are not free to be loved, there is no love. When you are forced into something, there is no love. And this is an incredible power and energy.

Enjoy this privilege, to be. To be. When you are, you are you; different, very different, different personalities, different moods, different looks, different ages, but all Buddhas. What's the meaning? Being. To be a Buddha is to be.

I will finish this too-long speech with one question.

Are you? Are you? [I am.] Thank you.

Our way is the way. Thank you, Elohim. Thank you for your respect, treating us equal to equal. And because you treat us as equal, you deserve the biggest respect.

I wish you a beautiful eternity, not only a beautiful today; and I hope we will be together for eternity.xx



Let's congratulate journalists

Maitreya Rael, Raelian Gathering, July 19, 80 aH (2026), Okinawa, Japan

I am very proud of you, because you are changing things on Earth. You don't know it, you don't see it, but it's happening.

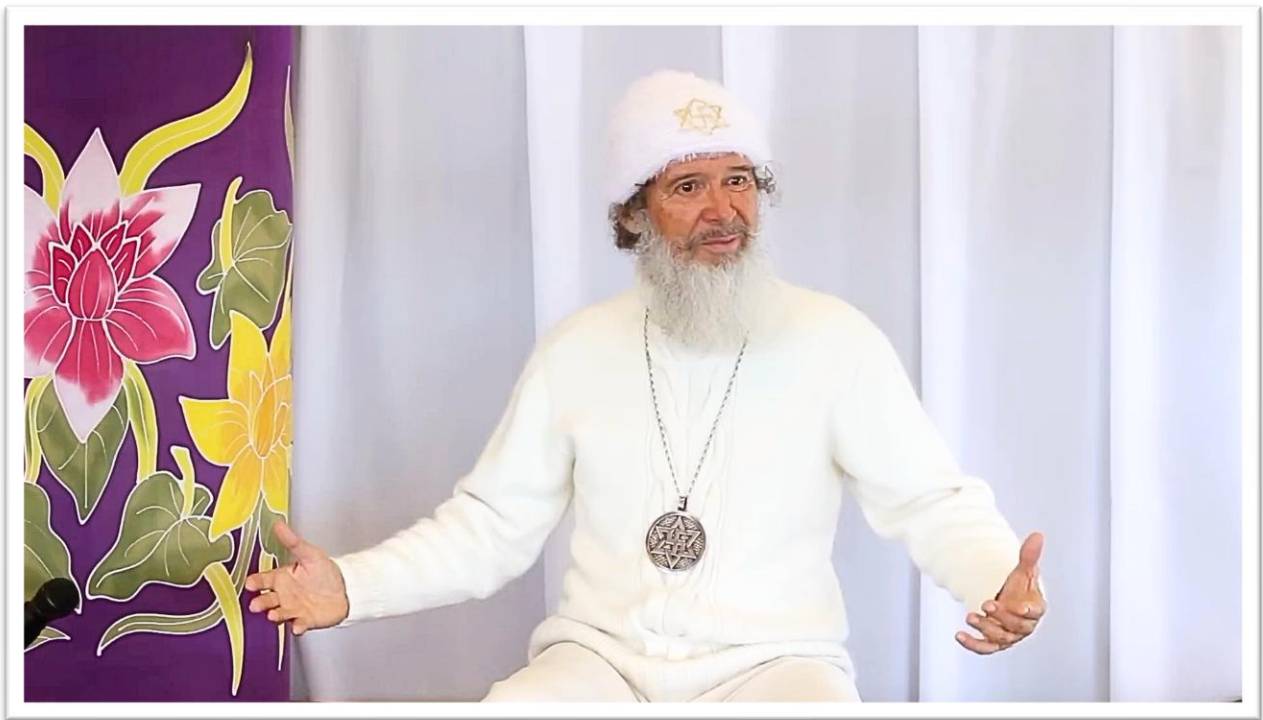
Only you, only the Raelians, are every day sending love to the Elohim. Millions of people pray, and among them, Jewish people say the name Elohim, but they don't know who they are. The only human beings who connect to the Elohim not just on Sunday but every single day, it's you, the Raelians.

I saw something, this morning, and I'm still laughing; a stupid journalist. Normally, journalists are supposed to inform people, but usually they misinform people. They spread false news; they say stupid things.

But, as Pablo Picasso said, "When they talk about us, when they talk about me, I am very happy. Even if they say terrible things." And I always try, with a new comment or a new provocative sentence, to create this hostility. Because if I am politically correct and not disturbing anybody, nobody will talk about us.

If they were real journalists, they would talk about us positively everywhere. That never happens. Even when they want to, the director of their publication says, "No, no, no, don't tell good news about Raelians." So, I give them material they can criticize.

And as Picasso also said, "I have no problem with people criticizing my painting. I have a problem with people who don't talk about me." So, I give them matter to criticize.



GoTopless, that's not connected to the last prophet but it creates reactions. Geniocracy, that's not connected to the Elohim Embassy. Clitoraid. Everywhere I try to find things that will shock them. And they will criticize us. So, they will talk about us. That's visibility. Supporting Palestine, that's not my mission but it makes them talk about us.

And the last news, this morning, started in Africa. Media are talking about us. You know that Burkina Faso is a very important country in Africa, one that was colonized and exploited by France. The wonderful leader of Burkina Faso, Ibrahim Traoré, cut diplomatic relations with France. He took back all the gold mines, all the

mines that were being exploited by France with very little going back to the country. He said, "That's it, it's finished. Get out!" And now it all belongs to the country. He expelled all the French diplomats. No more French Embassy in Burkina Faso.

And one journalist connected the Raelian Movement, which is actively working to create an Embassy for the Elohim, to the closed French Embassy. And big headlines appeared in African media: Maitreya Rael wants to create the Embassy of the Elohim in the French Embassy.

Of course, it's not true. We have a map, we have a model of the Embassy; it's not a building in a city. But what fantastic visibility! Everybody is now talking about it, "The Raelians will create the Embassy for the Elohim in the French Embassy in Burkina Faso." I was crying with laughter. I should have thought of that myself!

It came from one journalist. And some Raelians wanted to put out a press release saying, "No, it's false." I said, "Don't do anything! No comment. They are talking about us. Fantastic." This is the best news of the day. They talk about us.

And many young Africans are now excited about the idea of welcoming the Elohim in Africa. They talk, they talk, they talk. And for sure many young Africans will discover the Message thanks to this lie. So, I told the African guides, "Send congratulations to this journalist. Congratulations! Don't say we will do it, don't say we won't; just congratulations!"

I am a little sad, a little frustrated that I didn't have this idea myself. But the journalists are helping us. So, is it true? No comment. Talk, talk! They are talking about the Raelian Movement, and now it's a big subject everywhere, "The Raelians want to build the Embassy in Burkina Faso, in the French Embassy." Wow!

We Raelians know it's not true. We have models of the Embassy; we know where it's supposed to be. But what a wonderful visibility! So, that was my laughter of this morning, and I wanted to share it with you. People are talking about us. We cannot be ignored. That is our goal.

I am sure that everywhere you go, when you talk to people about the Raelian Movement, they know what it is. And we need to make sure everybody knows who we are. We are the crazy people who want to welcome extraterrestrials. We are the crazy people who promote peace on Earth. Enjoy the people who say bad things about us. They are our best publicity.

It's incredible, in fifty years of doing what I do, in every country, we have had negative articles in newspapers. And Raelians would say, "Oh, terrible, bad articles." I say, "Send congratulations to the journalists!" The number of Raelians who joined the Movement thanks to negative articles is incredible. Even the worst articles, the worst reports saying the most terrible things about us, in the days or weeks that follow, I receive letters from people saying, "I saw this article, and I read the Message."

The worst article possible – saying that we organize orgies, that we are pedophiles – and intelligent people read it, check the Internet, read the Message, and come. So, negative words from journalists help us. Of course, we would prefer if they said, "Raelians are wonderful, Rael is a fantastic man." Yes, we would prefer that. But nobody says that.

These false journalists throw manure on me. They cover me with it. But intelligent people search under the manure. Normal people, ordinary people say, "Oh, it's shit", and walk away. But we are not interested in ordinary people. We are interested in the people who push it aside and ask, "What is underneath?"

Sometimes, there is a lot to dig through. But underneath is the Message. And they read it. And they see the difference between what the media says and what is actually in the Message. And then they join us.

So, we will build the Embassy in Africa, in the French Embassy; and I am still crying with laughter. I always try to find things like that, to provoke, to disturb. I couldn't have imagined this one myself. That journalist is fantastic.

So, think about it. Be you. Be you. Laugh like crazy. Wear UFO clothes. Strange hats. Strange writing. Visibility. Yes, ordinary people will consider you like shit. But we are interested in intelligent people. And they will see something unusual on your t-shirt, and they all have a phone, “Rael.org”, and they check. Bingo!

So, Raelians, don't try to be normal. Laugh like crazy. Sing like crazy. Dance like crazy. And when people ask why, “Rael.org.” That's your mission. That's my mission.

When I was younger and traveling a lot, sometimes in airports, I would wear a jacket because of the cold and nobody could see my medallion. But people would come to me anyway because of the strange hat, the strange jacket, everything strange. “Who are you? You look different.” – “Rael.org.” No comment. And they check. And that's why we are together.

So, be you!



Raelian News

The ET Embassy Month: a resounding success and an extraordinary global mobilization



It was under the inspiration and guidance of Maitreya that the first ET Embassy Day was launched more than ten years ago. Since then, every year, Raelians around the world have united to raise awareness among the general public about humanity's future encounter with an extraterrestrial civilization, the Elohim, and the project of building an Embassy on Earth to welcome them.

This year, inspired by a creative idea from Kumiko, Japan's National Guide, and coinciding with the release of "Disclosure Day", Steven Spielberg's film exploring humanity's reaction to extraterrestrial revelations, the initiative was expanded into **ET Embassy Month**. Beginning on June 10, 80 aH, the campaign continued across all continents until July 11, culminating in a series of international and national conferences that brought together thousands of participants worldwide.

A global mobilization

From North America to Europe, Asia, Kama, Abya Yala, the Middle East, and Oceania, Raelians organized a remarkable diversity of activities aimed at creating meaningful dialogue about UFOs, extraterrestrial civilizations, and the profound implications of humanity's place in the universe.

Worldwide actions included:

- Public outreach campaigns outside cinemas screening "Disclosure Day", where volunteers shared information and engaged moviegoers in inspiring conversations;
- Global social media campaigns across multiple platforms, featuring short videos, live broadcasts (TikTok, Facebook Live, etc.), creative content, and targeted awareness campaigns;



- Public and online conferences in numerous languages, bringing together speakers and participants from different cultures and continents;
- Street-level visibility initiatives, including posters, flyers, and discussions in cities around the world;
- Online and in-person press conferences, including major media activities, particularly in Kama.

Despite the complexity of coordinating such a global initiative, the dedication, creativity, and teamwork demonstrated were exceptional. Communication was at the heart of this success. Brigitte led the communications strategy, Kristof created and distributed videos and numerous visual materials that helped amplify the message worldwide. Claude Chevey's artistic vision inspired Raelian creators across the globe; even some non-Raelian influencers and media outlets embraced and shared these creations.

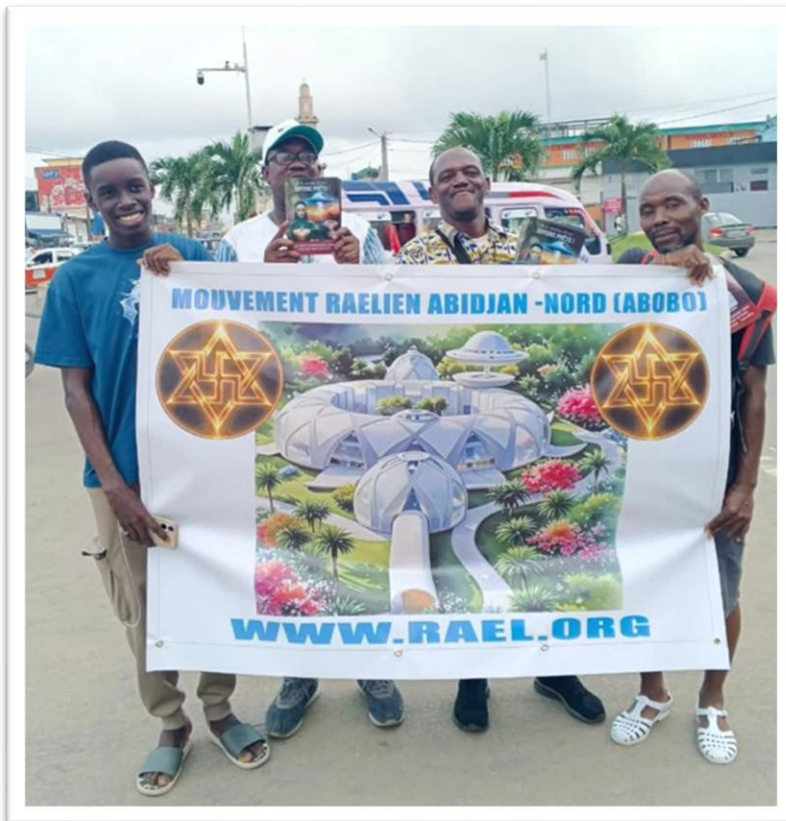


Gyom, Brigitte, Thomas, and Léon contributed to conferences (followed by Q&A sessions) that were expertly hosted by Glenn, in English, and Xavier, in French, with translations made available in more than ten languages. This extraordinary collaboration was made possible through the dedication of continental ET Embassy Day leaders, national and continental Guides, technical teams, translation teams, and all those who contributed behind the scenes.

Pierre Gary, with his usual discretion, provided his valuable support and leadership whenever needed.

A remarkable media impact in Kama

A true media wave emerged in Burkina Faso and several other countries in Kama. Rumors rapidly circulated suggesting that the Elohim Embassy could be built in this landlocked nation at the heart of West Kama. Interviews with our spokespersons Ya Boni, Gyom, and Lamane generated tremendous attention and contributed to a significant online response.



Of course, the location of the future Embassy will not be determined by rumors or speculation. The official announcement will come from Maitreya himself at the appropriate time. Until then, work remains to be accomplished. However, progress is undeniable. Every action, every conversation, every person reached brings us closer to this historic moment. Success is not a question of possibility; it's a question of time, dedication, and perseverance, guided and inspired by our Guide of Guides, the Maitreya Rael.

Thank you to everyone

This ET Embassy Month has demonstrated the power of a united global movement driven by a shared vision: preparing humanity for the great return of our Fathers to Earth!



To everyone who participated, organized, translated, created, shared, and supported this initiative, thank you. Your commitment, enthusiasm, and dedication have made this global success possible. See you tomorrow... at the Embassy.

Daniel Turcotte, Maitreya's assistant for the Embassy Project for the Elohim, and head of the ET Embassy Day

The public exhibition of the message in Narita, Japan!

About 300 visitors discovered the message of Elohim this weekend (July 19). From every panel exhibition at this location, a few visitors come back to attend the Transmission event. We're looking forward to welcoming them into the Raelian family



A Free Hugs event in mid-July 2026 in Montreal

Giving love to increase harmony on our planet. Love and peace.

