

## Maitreya's words

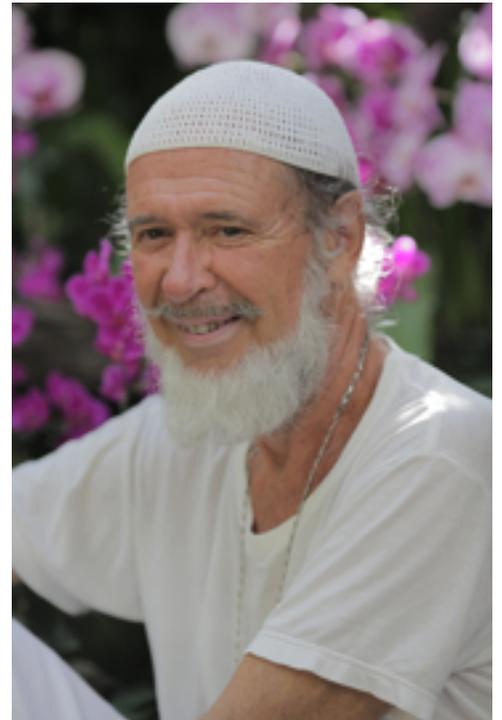
### A very short time...

*You are on Earth for a very short time...  
enjoy every second, every eye contact,  
every smile, every touch*

### Feel...

Feel the Elohim, every second of your life, in every breath, in every face you look at, in every flower.  
Look at the ocean, it's a beautiful reminder. When the Elohim came, there was only the ocean. And it's still there. If we disappear, it will be no difference for the ocean. All our dust will go to the ocean.  
We are not necessary for the universe. And that's why we are so precious, because nothing in the universe needs us. If we disappear, the moon will be at the same place, the sky full of stars, the sun will be there. But if we are not alive, we cannot see it, we cannot feel it.  
There would be nobody to watch the beauty of the universe. When you watch, when you feel the beauty, you are the universe contemplating itself. You are the eyes of the universe. When you look at flowers. When we listen to music, it's not the little you, it's not the meaningless ego who is listening, it's the universe.  
Don't think about the beauty of infinity, feel it.

*Excerpts of Maitreya's speech in Okinawa on October 8th, during the 40th Anniversary of the second encounter*



**Be proud of being  
a messenger of  
the Elohim,  
messenger of  
infinity.**

“When you feel the Elohim, they can feel you”



**On October 6th, 7th and 8th,** more than 200 participants coming from all over the world, gathered in Okinawa to celebrate the 40th anniversary of the second encounter. On October 7th in the morning, we visited an aquarium center and had the pleasure to follow a meditation guided by Maitreya in front of the biggest aquarium with majestic whale sharks and dancing rays.

Maitreya reminded us to not think about the name of the fish or about what we have learned about it. He asked us to choose one of them and become it, to feel it... *“it is alive, it has plenty of food here, it doesn't lack anything, and all it does is play, have fun, enjoy life, be happy.”*

He explained how they are somewhat better than us because *they don't think. They just feel and play and they are happy. He encouraged us to become like one of them, to enjoy being, and never stop.*

After the transmissions, in the beautiful park near the aquarium and along the ocean, he reminded us again about the importance to feel instead of thinking.: *“Don't think about the Elohim, feel them. You can feel them everywhere, they are in the trees, they are in your faces. Look in a mirror to see the Elohim. Some people want to go to the planet of the Elohim, but we are on the planet of the Elohim. Feel them. When you feel them, they can feel you.”*



## In this Issue :

### Maitreya's Words

- ▶ Feel
- ▶ On October 7th
- ▶ You are an extension of the Elohim on Earth
- ▶ If you love the Elohim, please be
- ▶ Changing sheep into humans
- ▶ 99.5% chance of destruction
- ▶ The most important thing in the Universe
- ▶ Thinking separates
- ▶ Did you sing and dance today?

## You are an extension of the Elohim on Earth

We have a beautiful message to spread and you are doing it very well. The Elohim are very proud of you, each one of you. The Elohim love you and they are thankful for you. Every day. Feel it.

Every time you give a pamphlet, you are the Elohim, you are Maitreya, you are the infinity. You have been doing it for 40 years!....

You are THE messenger of the Elohim. You are just an extension of the Elohim on Earth. It's not your hand giving the pamphlet, it's the hand of the Elohim.

It's not the little meaningless ego.

...You are the messengers of the Messenger. Feel it in every word you say about the Message. Don't be afraid spreading it, be proud with humility....Be proud of being a messenger of the Elohim, a messenger of infinity.



## If you love the Elohim, please be...

When you reach supra-consciousness, the ego disappears completely. And you feel connected to the Elohim. If you use the thinking brain, it's not connected.

When you are thinking, you cut yourself from the infinite universe, but when you feel, you are, without being you, because the little you is not you. You are much more.

"I" creates problems, fighting, duality, war: it's "I" against you. But with supra-consciousness, there is no separation between you and me.

The Elohim are part of you and you are part of the Elohim.

You cannot feel oneness as long as you have ego. That's why in order to be, you have to stop being. When you think "I am me" it implies 'I'm not connected with you'

If I look at you without being "I", we are one. There is no judgment, no comparison.

That's what you feel in my eyes. Do you feel it?

Destroy the ego completely. Don't think it takes many years of study to reach that level. It's a big mistake. You can do it now! Each one of you.

In supra-consciousness, there are no levels. The weakest has the same level as a level 5 Guide. The levels are only for the organization of the movement.

To be a Buddha is to be an egoless supra-conscious being.

You can do it immediately, now. What is difficult is to stay like that. Everybody can at least be a Buddha for one second.

You cannot improve your level of 'buddhicity'. Supra-consciousness is only 100%, it cannot be half.

Suddenly you feel, there is no more you. It can give you the illusion of floating. That's where the myth of levitation comes from.

And you want to be like that forever, but you cannot, because you want.

Buddha was just the first one to describe it the way he did. He was a teacher and stupid people made him a god.

To be a buddha is to be an egoless supra-consciousness.

You must be buddhas, people must feel something different even if you don't talk. Be the Message. Much better than talking talking talking. So they feel the light of the Elohim inside you.

Then imagine where we will be in 40 years. Imagine. Where? How will you be? Will you be alive on Earth? Will there be still a humanity? It depends on what you do, and more, on what you are.

If you love the Elohim, please be.

*Excerpts of Maitreya's speech in Okinawa on October 8th, taken from notes*



## My mission: changing sheep into human beings..

Most people are not human, they are sheep. Everybody repeats what journalists tell them. They don't know about us, they didn't read the Messages, but they "know" everything about us, from the newspapers.

What is to be Raelian? Are we together to have sex? (yes a little bit) Are we together to be interested in UFOs, in ETs? We don't care about UFO. If you make a little effort to know about us, and more and more people do it, you won't believe the media. We are lucky to have internet. What you find on internet is so different than what is in the newspaper.

....They don't even know yet how dangerous we are. We are not ufo lovers, ETs lovers and sex lovers. If they knew who we are, we would not be here today.

....We bring humanitarism, paradism, revolution in every field. That's why you are here. We want to save humanity.

The Message is not about UFO, ETs, it's about saving humanity, about becoming one with everyone.

Repeat it: we are not interested in UFOs, but in saving humanity. Yes, the Elohim came to deliver a Message with a ufo, but we don't 'give a shit' about ufos.

We love the Elohim, but not because they have ufos and come from space but because they teach us how to BE and continue to be. With 99.5% chance of destruction, it can be a planet

where there was life once. People may come in the future and say "-there were humans on this planet" "-oh really?"

The Elohim knew that. After Hiroshima, they knew we were taking the bad direction. Satan is not happy about being right. He knew this creation would make millions of people suffering. He was right but he is not happy about it.

At the beginning there was a planet with an ocean and rocks, there was no suffering, and the responsibility is big of taking a handful of sand and to make it able to suffer. Soon we will have this same responsibility.

If you succeed creating a planet of love and happiness, it's beautiful. Infinity taking consciousness of itself. You feel it when you look at the stars, when you give love to somebody, you feel this oneness with infinity. You may also create suffering, and that's why the Elohim gave us the Message, because they can't believe we are only suffering. They trust us.

Even with 99.5% chance of destruction, they know some human beings are human. One more time, almost nobody on the planet deserves the word human. Everybody: meeeeeeh, destroying the planet, promoting death. You are human. You are the very few people to be human. We want to save humanity from itself. Nothing in this huge universe can destroy us, only ourself. And we are doing it!! Very few people stop the meeeeeeeeh.

..But we go out and meditate, one minute for peace. You are not saying to people "become Raelian or you will be killed, or punished". We say "sit with us and meditate, one minute for peace". Very few people stop and do it.

....

I have a dream. It's not the embassy first, because the Elohim won't come if we don't save humanity. It's to save humanity.

My brother was changing water into wine. My father gave me a much more difficult mission: changing sheep into humans.

That's what I have to do and I will do it with you.

*Excerpts of Maitreya's speech in Okinawa on October 8th, taken from notes*





## **99.5% chance of destruction,** *August 6th, 70aH*

...Enjoy, laugh and dance, because crying doesn't help. Laugh and dance and sing in memory of these 300 000 people [killed in Hiroshima and Nagasaki]. Then your dancing, your laughing and your happiness will be a celebration of peace. But it looks like human beings never learn.

Last year, I told you that every year I receive a message in the night of August 5th to August 6th, about our future. And once again, last night, I received the information. Last year was 99% chance of human destroying itself. And now it's 99.5%. So, it's not improving. This information comes from the most advanced computer in the universe of Elohim, they know everything.

But don't be sad, because there is 0.5% chance of survival. Let's work to make this 0.5% grow in the future. We are still alive. There is hope. But, the craziness of the Americans, making new atomic bombs, again! Russia making new atomic bombs. China making new atomic bombs. Israel having 200 atomic bombs, and the world getting crazy about Iran maybe having it.

Ten thousand atomic bombs in America. Not one, 10 000! I was shocked this week, I saw that some survivors of Hiroshima visited a memorial in New York, I think, of Hiroshima and Haganaki. A very old man, a Hiroshima survivor and the Americans told him "you are lucky, because thanks to the atomic bomb, we saved the life of hundreds of thousands of Japanese.

Thanks to this bombing, we made this war shorter".

Wow! This is crazy! To say that to a Hiroshima survivor. This man lost all his family, all his children, and they say "thanks to us, the war was shorter and we saved many Japanese". Is this planet crazy? Completely crazy. The mental health of these people is... that's why it's 99.5. So thanks to the atomic bomb, the war was shorter and less people were killed. So they say it's good. No guilt, no apologies to the Japanese people. Almost saying "please Japanese people, thank us because we saved a lot of Japanese lives". Wow, where am I? What am I doing here? Sometimes.. what is this planet? So, if tomorrow, there is a war, between Russia and America, if we follow the logic of the Americans, it would be very good if Russia bombed New York and Washington, to make the war shorter. Would the Americans accept that? Would they be happy? Would they say "thank you Russia for bombing New York and Washington, you made the war shorter"?

Crazy. This is a crazy planet but there is hope. And the hope is what? What is the hope? You. You talk, you spread the Message, you meditate for peace, you spread our beautiful values of absolute non-violence, asking to all military forces to be destroyed, all atomic bombs to be destroyed. This is the only way out. If we keep atomic bombs, somebody crazy will use it one day. The only way is to destroy it.

Israel is the most terrible example. They have 200 atomic bombs already targeting the most important cities of North Africa and Europe and they have a plan, a crazy plan, a secret plan. But there is no secret for the Elohim. I am surprised to be alive. I know that the Mossad - the secret services of Israel - is spying on me. The name of the plan is Masada. Masada was a city, a long time ago in Israel, who was surrounded by the Roman armies and the Jewish people of Masada killed themselves. Everybody. They said "we prefer to kill ourselves than to be taken by the Roman soldiers. So, if there are armies invading Israel, they will sent these 200 atomic bombs, creating a world war 3. That may be the end of humanity. So, the other part of last night's message, is a special message for the Jewish people which will be published very soon ( see Contact #392), which says that until now Israel was protected by the Elohim, but this protection is finished and the Elohim ask all Jews to leave Israel, as soon as possible. So we are living a very, very special time.

99.5%. But, we don't worry. We work for peace, even if it's 99.9% we will continue to work on peace. Our mission is very simple: to save humanity. Are you happy to help me? And if everything goes bad, don't forget, the Elohim will come and save us. But we are not happy if we are the only ones to be saved. Because we are love. We are not selfish. We don't want to be the only ones to be saved. We want to save everybody.

The black, the yellow, the white, even the military, the Jews, the Arabic, we want to save everybody. But, we know if we don't succeed, be ready to fly. Thank you for your love and your help to save this planet. The Elohim love you, each one of you, they know you, they follow you, they record everything you do.

Feel their love in your life. Feel their light guiding you everyday.

## The most important thing in the Universe

Today I want to make you feel the most important thing in the Universe, Infinity. Infinity is love. The best way to feel Infinity is to feel now.

As I have already explained, now cannot be divided, it isn't one second, it isn't one thousandth of a second. If you divide one thousandth of a second into one thousand pieces, it will be one millionth of a second. Then you can divide it one million times again and another million times. How many times can you divide a second a million times? an infinite number of times. It is vertiginous.

This can make you feel now.

Now is infinitely small in time. It is so small that it doesn't exist.

When we think about now, we think about this second. One second is too big. In one second, you can be very angry and calm down. In one second you can be unconscious and suddenly conscious. When you are really now, there is no change, there is perfect harmony with the Infinite because now being infinitely small makes you feel now, it makes you feel harmony.

It is the same in space.

This body is made of small cells, cells made of atoms, atoms made of small particles, inside of them being small planets and beings like you doing a meditation about the Infinity. How many of them? an infinite number.

Their body is made of cells and small atoms and on these small atoms, there are small beings like you... How many of them? an infinite number.

This is never ending. In the infinitely large as well. The planet is in an atom of a huge being on another planet which is in a galaxy in a body of another being and this can continue infinitely.

Everywhere in the Infinity there are people feeling the Infinity, having a meditation and feeling now.

When the huge being is thinking or feeling about now, he is feeling the same now as us. The Elohim say that it isn't possible to communicate with different levels of the infinity but the now of the infinitely small of the huge being is the same now as us and for the small beings in our hands, their now is also the same.

This is why now is the heaven gate to infinity and to happiness.

It is like when you use a cell phone, it is like a phone for all your cells, everything feels now. Feel now... by feeling now, we feel one.



## To think separates

Today I want to talk about everything that separates us, because we are one.

We are one together but also with people who are not here, with the trees, with the stars, with the rain.

The rain falling today was in the body of people yesterday. When you'll go later to the toilet and pee, it will be part of a cloud one day.

So we are one with everything but sometimes we feel separated from everything because we are thinking.

Thinking is the worst enemy of consciousness.

Supra-consciousness is the opposite of thinking.

When we think, we let a small part of our brain, just a little thick layer around the cortex, take control. Then we can damage the whole body.

The most important cause of disease is stress. Stress creates poison in our body, adrenaline and many other hormones which are poisons to our body.

How do we create stress? by thinking.

You cannot have stress if you don't think. If you are like a Buddha, sitting outside, anything can happen around, you are in a meditation state, nothing can affect you.

Only when you think can you hurt yourself.

Remember, nobody can hurt you from outside, nobody.

Words cannot kill you. If somebody says 'you are very stupid', it is just wind. But if you react and say 'wow, you think I am stupid' and become angry, this is stress. You create it, it isn't the person saying that you are stupid who creates it.

So you allow a very small amount of neurons to react.

Many people think that I am totally stupid. I don't care because I don't let the thinking brain react.

I am love. Whatever you say, I love you.

You can tell me I am totally stupid, I love you and nobody can affect my inner harmony.

The only one who can affect my inner harmony is myself.

Only you, can do it to yourself.



So when you are in a situation where you feel that something around can create stress, I am going to give you a little trick.

What is the part of your body which reacts? the thinking brain, this little one centimeter of cortex around the head. This is what reacts.  
It reacts to not only what people tell you but also to your beliefs.

You can wake up and look at the mirror and say 'I am ugly'. Nobody is telling you that but you think that you are stupid or ugly... you are thinking.  
You may think 'my life is terrible'.... this is thinking. You hurt yourself with this very tiny amount of cells. You have 200 billions cells in your body and you let a small minority , a very small amount of neurons which are thinking, hurt you.  
So I give you a little trick to keep your harmony, peace, to not hurt yourself....  
When you say I, me, who is it? who is saying I? which cell? Is it more the head cells or the cells of the big toe.

Which one is more you? The brain or the toe? They are both you.  
This toe is me at the same level as my brain and my arms too. Why would I let this cortex hurt everything else?

My toe is me.

I am my asshole. It is me no less than my brain.

So to be happy, sometimes, it is very important to think with your toe.

Whatever happens around me, instead of reacting with my brain I talk to myself and I say "what is my big toe thinking?". My big toe says 'keep your harmony'  
Remember, think with your toe , you will make much less mistakes, you will have much less stress in your life. Think with your asshole but not with the brain. The brain can hurt yourself.

When you think with your toe or your asshole, the supra consciousness is thinking because the supra consciousness in the middle of the brain, a very small amount of neurons, is oneness.

This part of your brain feels the whole body being one, one with other people as well and create love.

So, don't react with your brain. Whatever happens around you, react with your toe, the big one. Feel it, feel this big toe, it is directly connected to your supra-consciousness, more than the thinking brain.

The thinking brain is like a wild horse. It is separated from the body. After people become depressed, crazy. The brain is separated from the reality.

When you say 'I am Japanese, Chinese, French', this is a thinking brain. The big toe says, we are one, we are human beings. There are no Koreans, Chinese, we are all one.

So remember, think with your big toe.



## Did you sing and dance today?

Don't let one day go without singing.

No need of a good song, no need to be talented.

Everyone, even someone with the worst voice, go to the beach or in your garden and sing, your favorite song or just 'Yahwe Elohim', but sing.

Singing connects you with the Elohim.

And dance!

Don't let one day go without singing and dancing.

Even if you think you are not a good dancer, dance!.. not on a stage, but in your bathroom, on the beach.

I am not a good dancer but every day I dance.

We must dance every day.

Last week, I told you to think with your big toe. When you dance, you are thinking with your big toe.

Dance, dance for the pleasure of being alive.

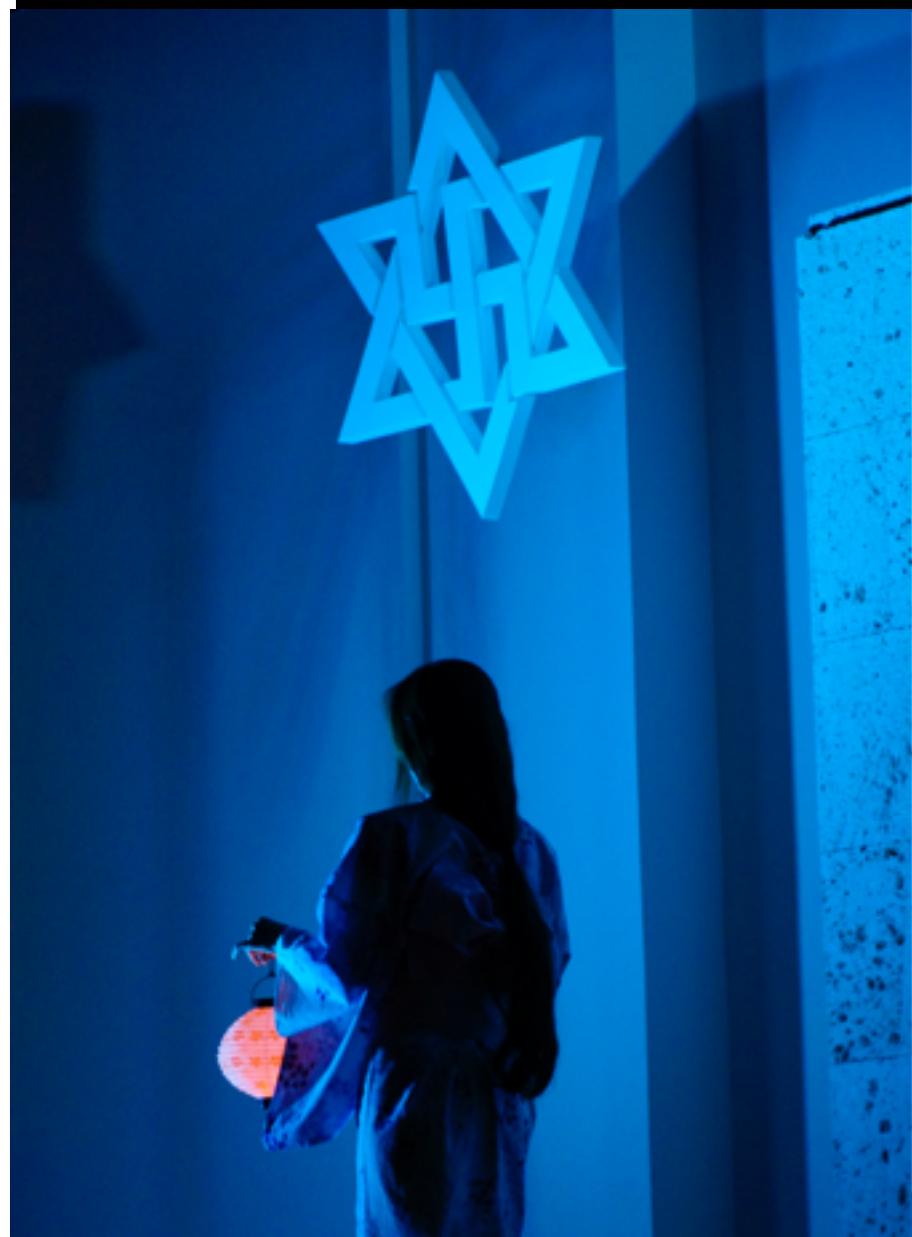
Have a beautiful day and, if possible, sing and dance the whole day.

When you walk, when you leave the room, don't walk, dance.

When you talk to each others, don't speak, sing.

Celebration of the 40th Anniversary of the second encounter in Okinawa in images... three days of deep pleasure to be together with Maitreya Rael...







And the launch of [raelacademy.org](http://raelacademy.org), a site where to watch videos of Maitreya's teachings with a set of videos being posted regularly for our pleasure...

