



## In this issue:

### Words of Our Beloved Prophet

- § Our Duty to be Happy: Testimony from Daniel Chabot
- § Honorary Guide: Barenboim
- § Jesus did Exist
- § Cloned Meat

### Our Support to

- § Somin Festival, Japan
- § UK long-hair Student
- § Masturbate-a-thon
- § Dr. Susan Block
- § Nigerian Artist - Jack Orji
- § Anti-Bush Vermont Activists

### The Raelian Planet

- § December 13th Celebrations
- § Seminar in Kama
- § Aramis: France, Colombia, Texas
- § Clitoraid: France, Belgium
- § Caraibes

### Article

- § Aging gracefully = fasting



*"It is our duty to be happy"*

Raël, December 62 aH

## It is our duty to be happy

You probably remember the wonderful speech of our Beloved Prophet on Dec 13th which was published on the latest contact. Here is a testimony by Daniel Chabot, written a few days later, followed by our Beloved Prophet's comments... Enjoy!! J

Contact 344, relates the speech of Our Beloved Prophet last December 13th. He reminded us of the importance of using our Supra Consciousness to achieve happiness, by turning our attention to the positive and to the beauty that exist all around us.

During that celebration, Our Prophet told us about high-level Guides who sunk into depression because the development of their consciousness led them to see and to be deeply affected by all the suffering, all the discrimination, and all the violence that exist on our planet. You may have wondered who he was talking about. I will tell you. I was among the high-level Guides alluded to. Yes, I, Daniel Chabot, level 5 and head of teaching worldwide.

This past fall has been terribly difficult for me. After nearly 30 years of Raelism and fifteen years of having at multiple times been personally affected by the anti-raelian discrimination, and having involved myself deeply in the struggle for the respect of our rights and freedom as Raelians by supervising several legal cases, and having stood up against judicial injustices, I hurt myself. I soiled my consciousness and, without realising it, I sunk into negativity. I started to focus on all the things that were not going well in the world, to examine the human imbalances and the ills of our humanity through the microscope. I even published a book (The brain of good and evil), which explains everything that is wrong with human beings. Though, in the book, I suggested ways to develop a new consciousness, I delved into people's negativity for several months. All that affected me insidiously. Then, last October, after receiving an unfavourable verdict in a legal case into which I had devoted myself "body and soul", I suddenly broke into pieces: difficulty sleeping, anxiety, uneasiness, impending depression, and mainly, a lot of guilt, the feeling of doing nothing good, worthlessness, of not being up to par, not to be worthy of our creators, in short everything negative you could imagine went through my mind.



Obviously, I didn't talk to anyone. To whom could the level 5 that I am, with the position I have, say that he's not doing well psychologically? This was another burden on me. Apart from my friend Marc Rivard (whom I thank) and my companion Orev (who felt totally powerless, poor her), I was immersed in my inner silence and pain. But of course, I knew one person who could really help me. It was Our Beloved Prophet. But as you can imagine, I did not want to disturb Him with my little problems. Then, one day, in an email where I was asking about Him, I dared to open a small breach, telling Him that I was having a difficult autumn... That's all it took for Our Guide of Guides to feel that I was not well. He immediately thanked me for daring to open up and he offered me His help. And that is where everything began to change. Without going into details, He gave me a whole program of meditations and prayers that I have to repeat several times a day. So I began to implement

it, like a sick person who undergoes an intensive treatment. In spite of a few minor predictable relapses, the effects have been quick to come. And today, as I write these lines, I am already a different person than the one I was a few weeks ago.

It's not all over. I will have to apply this treatment relentlessly for several months, as my neuronal injury and the negative connections that insidiously grew inside my brain must, thanks to the wonderful neuroplasticity of the brain and my supra-consciousness, transform themselves into other positive connections.

As you have read in Contact, Our Prophet reminded me of the importance of focusing my attention on the positive, because, as he said, in our world there are many more beautiful things than bad ones. So I immediately laid my eyes onto the first things available to me: my television, my chair, a ballpoint pen, the windows of my house, and so on, just to realize that we are surrounded by positive, by fine and by good things. All these things that surround us are there simply to enable us to be better, for our pleasure and our well-being. From the most mundane object like a shoe or a doorknob, to the most masterful artistic works such as the Cirque du Soleil or Disneyland, through advanced technologies such as aircraft and magnetic resonance scanners; all this was created with a spirit of altruism and goodness, to help human beings, to make their life easier or to brighten it up. In a wink, the human being suddenly appeared to me as fundamentally good and benevolent. What a relief!

You will understand that for me this experience is of extraordinary wealth. When I go beyond the shame and deprecation of having been overwhelmed by anxiety and an onset of depression, I can only be happy with this experience which, more than ever in my life, allows me to realize to what extent life is beautiful and that I am privileged to live in the days of the Last Prophet, to know him and be around him,

to be one of his disciples, and to be aware of the exceptional powers of our brain.

You will also understand that this experience, more than ever, has allowed me to feel the meaning that Our Prophet's teachings might have had. What it means to "seize the instant"; to "live this day as if it were the last"; to "do useless things" and above all, to understand the importance and the power of meditation and prayer.

Before concluding, I would like to share one final thought. When I was in the depths of my ill-being, like a tightrope walker deprived of his perch, I had a choice. Either I was to look outside of myself, to find all sorts of reasons to justify or even to maintain my ill-being; or I was to look for what was wrong inside of me. Despite my growing distress and all the gloomy thoughts that I was brewing, fundamentally I knew that the problem was in my head. And I congratulate myself for it. Because in the midst of this negativity towards and against everything that was tormenting me, I knew very well that something was wrong in my brain. I didn't know what to do, I was helpless, overwhelmed by a terrible moral virus. But I knew where the roots of my unease were. I just had to find out how to pull through. As Our Beloved has been teaching for years, thoughts originate from thoughts. Similarly, negativity stems from negativity.

In fact, I could use an analogy: Love. All the struggles that for years I have been pursuing for the respect for our rights, for non-violence and against the discrimination we are subject to, I was pursuing through love. Out of love for justice and for the cause we all cherish, out of love for our Prophet, for the messages and for our Creators, out of love for my present and future Raelian brothers and sisters, and out of love for humanity. But I was not sufficiently aware that when you make love, even with the world's most beautiful and sensual person, you must protect yourself, because sometimes there are some little

invisible creepy-crawlers that can drop-in on our organism and mess everything up. That is exactly what happened to me. What a lesson! I believed I was immunized, and I burned myself with the blazing fire I was fighting. As explained in Contact 344, it is our Supra-consciousness that can protect us from the negative and direct us towards pleasure, happiness and the positive, and thus give us the strength to fight evil and change the world. Meditation and prayer are there to cultivate, maintain and grow our neural branches of harmony, serenity and infinite love. All these tools are there, at our disposal, present in the teachings of the Elohim from the beginning. We just sometimes forget to use them.

This testimony is to allow you to prevent this from happening to you. It is also to allow you to avoid feeling guilty and ashamed if it did happen to you. Gandhi became depressed and had to stop and rest for one year. Martin Luther King was hospitalized for physical and mental exhaustion when he received the Nobel Peace Prize. Closer to home, Nicole Bertrand went through a burnout a few years ago. Others even sunk into negativity so much that they lost the meaning of our mission and left the Movement... No one is immune, not even Our Beloved Prophet, as he bears witness himself.

So never forget to slip on your "supra-consciousness" condom when you make love with humanity!

My last words are for you, Beloved Prophet, to thank you for your precious help and, once again, for your infinite and unconditional love for the little guide that I am.

I love you,

Daniel Chabot

January 4th, 62



## Answer of our Beloved Prophet: Dear Daniel

Wonderful!!!

It is through humility that greatness can be known. By this deep honesty not to want to look perfect and invulnerable. No matter how exceptional we may be, we all are, without exception, fragile and vulnerable if we don't use our supra-consciousness, like a condom as you say it so well, when we have to be exposed to evil in order to change it into good, and to hatred in order to change it into love, while always remembering that evil and hatred are nothing else than a stimulation for good and love.

In other words, if evil and hatred did not exist, good and love would almost be useless... The only purpose of militant good and love is precisely to

metamorphose, in a beautiful alchemy, the lead of negativity into the gold of positivity.

Therefore, we should never see evil as an enemy, but rather as a raw material to be transformed into good. Because even the most hateful people are under the illusion that their actions are good. Even Hitler! Those who hate us genuinely believe that we are dangerous and harmful! That is why we must always remember Jesus' words: "Forgive them, for they do not know what they are doing" and "Love your enemies."

This does not mean that we should not fight for our rights like you are doing so well, but we must always do it with love, even if men's justice, which is definitely imperfect and subjected to illusions as well, sometimes vindicates evil...

Never forget that both Jesus and Gandhi were sentenced by judges... This did not diminish their love for people, even for those who inflicted terrible and even lethal injustice to them...

During the Nazi period, no sane Jew could hope for the German justice to rule in his favor ... even if his cause was right. Only patience allowed illusions to fall, terrible discriminations to stop and compensations to be paid to victims... We just need to be patient and to always keep in mind that some day good and truth will finally prevail. Big ordeals then become simple incidents that can even seem funny when looked with hindsight and a panoramic vision of History...

Always remember that when evil wins it's always temporarily, as sooner or later good and truth will prevail. We should be the first to laugh about temporary victories of evil, because when we live in Truth and love, even if evil dominated the world we would still be in peace and in harmony, knowing that it's only temporary. Provided, obviously, that we use this supra-consciousness which is our shield or condom and which will always remind us, like a little voice in our head, even in times of the most horrible injustices: "Good will prevail anyway, and in order to make it prevail you must be happy even while being despised, beaten or humiliated, because it is this inner happiness, which nobody nor any external event can take from you, that will give you the exceptional strength that will allow good and Truth to prevail."

I would even say that to be humiliated helps great consciousnesses to reach higher levels of humility, those two words having the same root to remind us that we are nothing but dust... but a dust which has the potential to experience happiness if it uses its consciousness. Then, when we sincerely feel we are dust – the prayer and meditation with our forehead touching the ground helps us feel it – nobody can bring us down because we already are at the lowest. Only those who are under the illusion that they are at a high level, forgetting about humility, can be brought down. When you feel the lowest, at the level of dust, you let go and you don't oppose any resistance against being humiliated since there is nothing lower you could be. And this lowest level is actually the highest, because it is not possible to lower those who are aware of being nothing but dust. Consciousness then reaches incomparably high levels...

Love,

RAEL

## Treasure Hunters: Only Pillaged countries are entitled to get a share, not Spain the Thief

A U.S. district court has effectively ruled that some of the 17-ton treasure recently found in an Atlantic Ocean shipwreck may belong to Spain rather than to countries the items originally came from. Judge Mark Pizzo ordered the treasure finders to tell the Spanish government the exact location of the wreck and to provide a list of all recovered artifacts.

The maritime trove, salvaged by American company Odyssey Marine, may be the largest ever. Worth as much as half a billion dollars, it includes half a million silver coins and hundreds of gold objects. After the discovery was announced, the Spanish government filed claims in Tampa, Fla., where Odyssey's headquarters is located, saying if the shipwreck was Spanish or in Spanish waters, any treasure on it would belong to Spain.

"Pizzo's ruling is extremely shocking because the court is rewarding a thief," said Rael, founder and leader of the worldwide Raelian Movement of some 65,000 members in 90 countries. "Naturally the salvage company has a right to keep an important part, but the only other parties deserving of shares in this treasure are South American countries – like Venezuela, Peru and Bolivia – that were ravaged to obtain such booty. Spain not only stole their assets but brutally massacred native populations to obtain them."

He added, "Originally, the gold and silver of this treasure probably came from the plundering done by the Spanish conquistadors. Since Spain made its fortune by pillaging Incan and other New World cultures, its demand to share in this treasure is like having a robber ask for his lost loot back when someone else finds it. No thief would dare do that! Loot, including this newly found treasure buried at the bottom of the ocean for centuries, belongs to those who were robbed in the first place. It must be given back to them!"

He noted that it's "quite easy for archaeologists to find out from which countries these artifacts were stolen." And he said there are even some precedents: "It's common today to see European museums restoring valuable items to their countries of origin – meaning those so brutally exploited by the pseudo-explorers of past European empires."

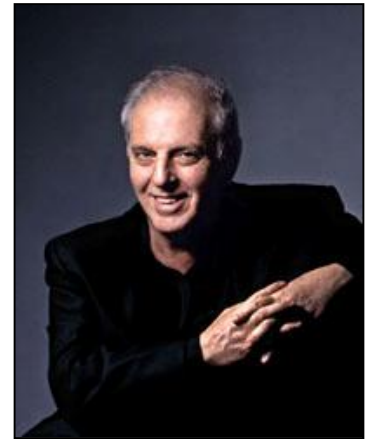
Rael said Spain should be condemned for its past criminal behavior by an international tribunal and ordered to compensate other countries for all illicitly acquired artifacts.

"This country of thieves grew wealthy through its criminal behavior," he said. "Yet Spain now adds insult to injury. After the underwater treasure discovery was announced last year, it seized and searched two Odyssey Marine ships as they left Gibraltar, a British dependency, and it has even asked the American government to defend what it calls 'state rights over sovereign ships containing archeological remains.' This is an outrage!"

## Conductor Daniel Barenboim Honorary Guide of the Raelian Movement

### A Real Jewish Gandhi

Rael has nominated today renowned conductor Daniel Barenboim Honorary Guide of the Raelian Movement for his actions towards more peace in the Middle East and for championing Palestinian's rights while being a citizen of Israel. Rael added that Barenboim is behaving like a real Jewish Gandhi.



Daniel Barenboim has been a contentious figure in Israel for a while as he not only shows respect for the Palestinian people but he also appears regularly in the Palestinian territories. He even accepted the Palestinian citizenship that was given to him by President Abbas declaring according to the BBC that "it was a nice gesture".

"The gesture is remarkable on both sides" declared Rael who has long been advocating for the creation of a Palestinian-Jewish state where both communities could live in peace and in decent conditions, under a democratically elected government and where Palestinian refugees would be allowed to return and retrieve all stolen lands and buildings. "Only love and peace can save Israel which more than ever needs a Jewish Gandhi" said Rael

A recent article mentioned that Jewish immigration to Israel has fallen to its lowest level in 20 years, with fewer than 20,000 Jews arriving in 2007. Israel's Law of Return allows anyone who is Jewish or has a Jewish spouse, parent or grandparent to be a citizen but it seems that Israel is losing its appeal although immigration is an important factor in Israel's survival as a Jewish state. Today more than one million Muslim and Christian Arabs also have Israeli nationality, a sizeable and growing proportion of Israel's population of seven million and about four million Palestinians live in the Israeli-occupied West Bank and Gaza Strip.

Our Beloved Prophet also said:

"I prophesize a reversal soon with more people leaving IsRael than coming, if the government doesn't change its policy and doesn't create a Palestinian-Jewish state. Only love and peace can save Israel which more than ever needs a Jewish Gandhi. People don't want to live in a country in permanent danger of terrorist attacks, with a huge tax pressure due to disproportionate military budgets, and with the guilt of being part of a genocide of the Palestinian people and keeping them starving with shameful walls in huge concentration camps.

"Israel will survive only if more Israelis raise their voices, like Daniel Barenboim does".

## Jesus Did Exist and Still Exists

Recently, several raelians, some of them in Italy, have been asking questions concerning the existence of Jesus because some authors published studies tending to demonstrate that Jesus never existed and that he had been a myth combining the existence of several people who had lived at different epochs. Luigi Castolli in Italy is one of these authors, his book is entitled: The Fable of Christ. The publication of the book, was combined with a complaint filed by the author against the Catholic Church charging it with « abuse of popular belief »

The Messages point out that the life of Jesus as well as the life of all the Prophets have been greatly tempered with by political and religious powers that have ruled throughout history. But the Messages are also clear concerning the existence of Jesus.

Our Beloved Prophet made the following comment:

« The Messages are very clear on this subject. Of course, Jesus did exist and still does and he was nothing but a messenger from the Elohim. But it is important to support this writer on the fact that he was neither the son of a god who does not exist nor of course was he a god himself and that Marie was not a virgin and that the holy spirit does not exist either. »

## Cloned meat ok for market says FDA

Our Beloved Prophet made the following comment after the FDA announced that it had approved the selling of cloned meat in the US, a practice forbidden in France:

« The good news is that even if the French with their conservatism, their anti-progress, anti-science and their fanatical anti-cloning policy outlaw the importation of cloned meat, they will not be able to prevent it because as scientists acknowledge, it is impossible to identify a cloned meat through sample analysis... So it is now a certainty, even the most fanatical « boveins\*\*\* » or rather « bovined » shall we say, will soon eat cloned meat even if it is forbidden and it is absolutely marvelous because it tastes better than the others since the tastiest qualities of meat will be those produced through that technology. One must stop associating new technologies with bad food. It is the complete opposite. Thanks to GM foods and to cloning, the quality of taste and nutrition of food will greatly increase ! In a few years, plants and ordinary « natural » meats will appear bland and unattractive to all fine gourmets in comparison to cloned and GM products, so much so that they will wonder how people could have eaten such bad products in the past and with so little nutritional value essential for good health as the team who just created the GM carrot proved since their creation is far richer in calcium than the "natural" carrot. GM and cloned foods not only taste good, but they are good for your health!

\*\*\*"boveins": the supporters of Mr Bove, a leader of the French green party frantically opposed to cloned and GM Foods.

# OUR SUPPORT

## To the Somin festival in Japan

The Somin festival is a traditional festival in Oushuu City, Iwate Prefecture, in Japan, where men are traditionally naked. This festival is very popular in that part of Japan. The East Japan Railway Company however refused to host the posters announcing the Somin Festival, saying that this poster portraying a man with hair on the chest could make women feel uncomfortable, and that this could be perceived as sexual harassment J The same Railway company has no problem advertising using very sexy women on their board... what about sexual harassment then??? J

The Japanese Raelian Movement has expressed his support to the Somin festival, reminding the local railway authorities that until the arrival of the Christian Western civilization, men and women were used to bathe together and people were very open-minded regarding nudity in the Japanese culture. Michio added : If their official criteria to deny it was correct, what about the live coverage of grand sumo tournament by the NHK, could it actually become a sexual harassment? Shouldn't they complain about the NHK broadcasting bare-chested Sumo wrestlers as often as 90 days in a year.? J

## To Long-haired Student - Grant Stranaghan

Our Beloved Prophet has expressed his support to Grant Stranaghan, a high school student in UK, who was suspended for three days in November for having collar-length hair. The school is now asking a judge to back its decision to suspend this pupil who refused to cut his hair. Ballyclare High School's rules states that girls with long hair have to tie it back and are forbidden from extreme styles or colors while boys are not allowed to have hair touching their blazer collar or severe number-one cuts.

Hard to believe in the country of the Beatles J

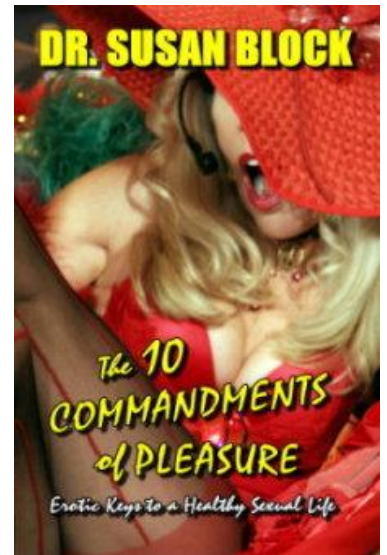
Will the High Court say that the code of conduct on pupils' appearance is lawful? Interesting debate! The school lawyer is saying that the rules were designed to develop habits of neatness and self discipline... how can the length of hair have anything to do with neatness and discipline??? Surely a high school can come up with better exercise to develop neatness and discipline without having all pupils in a uniformed appearance... For those of you who are new with our philosophy, do not miss the chapter on education in "Intelligent Design". Discipline is very important in education, but discipline for the right reasons J

## To Nobutaka Machimura

Our support to Nobutaka Machimura, Japan Chief Cabinet Secretary, for his courageous position regarding UFO. He recently declared to journalists: "I definitely believe they exist" !!

## To HBO star Dr. Susan Block

Is puritan America changing?... Have a look at HBO's very hard sex program about Susan Block's club. Our Beloved Prophet expressed his support to what she is doing and his pleasure to see America really changing...



## To Masturbate-a-Thon in Copenhagen this year

You may remember that we encouraged you to participate to the Masturbate-a-thon last year... this year we have a little more time to get ready : it will be in May, in Copenhagen and our Beloved Prophet wants us to support that event!!! If you feel like visiting Copenhagen and having a blast over there, look for the coming dates and locations. For those of us who cannot be there, luckily we can join in our home... more about how we can come together soon J

## To the Popular Nigerian Artist, Zack Orji

And the Nigerian and Cameroonian artists who have joined their voices through the film "The Blues Kingdom" to say No! to female genital mutilation (FGM), breast ironing, child trafficking and other barbaric acts so recurrent in our society.



Gilbert Agbor Ebot, the producer, says they are out to reinforce the fight against barbaric traditional values that are still being upheld in many regions in Cameroon and Nigeria. As the film unfolds, Ayum Joe (Zack Orji), after several years in the United States, decides to go home with his family to Toncoron (Mamfe, South West Province), his land of birth. It is meant to be a holiday; but it turns out to be a nightmare when the Mfor (traditional head) of Toncoron chose Anna, Joe's daughter as his queen-to-be. As a prerequisite, the queen-to-be must undergo circumcision and also perform the "Monikim" dance; two practices, the Ayums consider inhuman and unthinkable. Ayum Joe and his family fight frantically to rescue Anna from the shackles of traditional practices they consider as barbaric. It is only after a military intervention from the government that such practices end in the area.

## To Vermont's Activists who want Bush and Cheney Subject to Arrest

A group in Brattleboro, Vermont, is petitioning to put an item on a town meeting agenda in March that would make Bush and Vice President Dick Cheney subject to arrest and indictment if they visit the southeastern Vermont community. They need 1,000 signatures to have their request considered at the next town meeting. What are they asking for? ... they want the city "to instruct the Town Attorney to draft indictments against President Bush and Vice President Cheney for crimes against the US Constitution, and publish said indictment for consideration by other municipalities" J ... Bush has visited every state except Vermont, I think we know why now;-)

# News from the Raelian Planet

## December 13th Celebrations

**177 new Raeliens joined the family on December 13th.**

For the third time in a row, Mongolia had the highest number of transmissions per country with 78 among which 69 were women!!! Interestingly, on October 7<sup>th</sup>, they had 59 transmissions among which 52 were women as well... Mongolian women are clearly more interested in the messages than men... Some said that they are renowned to be more intelligent ;-)

**Here is the breakdown per continent:**

114	Asia ( 78 Mongolia, 13 Japan, 13 South Korea)
35	Kama ( 14 Togo, 11 Burkina Faso)
10	Europe ( 8 in France)
9	South America ( 4 Colombia, 4 Mexico)
4	North America ( 3 USA, 1 Canada)
3	Australia
2	Middle East ( 1 Iran, 1 Israel)

## In France

"What a marvelous day we had on December 13! I feel so moved to write about this, alone at my computer! What a joy it was to do my cellular plan transmission! I feel much more connected to our Fathers from space than before! What an infinite happiness! : )) I can't find the words, it can only be felt! ;))

It is quite alright for the Movement to publish the pictures where I appear and include them in the Contact publication.... I don't want this action to stay private! I'm so proud!

As Philippe explained so well: Muslims, Christians, Jews are proud to show their religion ... and I'm proud to show ours! ;))

I love you and see very soon! :))

Sacha

This message comes from a new person who discovered we was Raelian. This wonderful email is a proof that Raelism is doing just great in France. Sacha is one of eight people who did their cellular plan transmission. France remains an exceptional country for those who wish to sharpen their consciousness.

You can sometimes see the very worst in this country, but things are getting better, and a wonderful light of hope for change is starting to shine!

We will always be honored to welcome our brothers and sisters of the whole planet ... And it is so exciting to live at the same time as the Messenger of Infinity in this French-speaking country...



## Venezuela

It was around a beautiful and harmonious Nora (in the center to the right in the picture), National Guide, that part of the small, but growing Venezuela team met to celebrate the anniversary of the first encounter between our Beloved Prophet and Yahweh.

## Israel

We met in a garden in front of the beautiful beach of Netanya. The golden sand, the deep blue sea, and a light blue skies, was the marvelous decoration for the isRaelian team gathering.

After the transmission lead by Leon, we continued with our Raelian Synagogue discussing and arguing like good Jews about our great philosophy and answering members questions :-)

Two hours later, while gazing at a beautiful sunset, we went down to a restaurant located on the beach to celebrate together with a delicious meal.

Thank you dear Joce, our responsible of events, for finding this nice and romantic place, decorating it with your usual talent and refinement, showing us sensuality and femininity, for coordinating the artists' performances and even organizing a camp fire on the beach after supper.

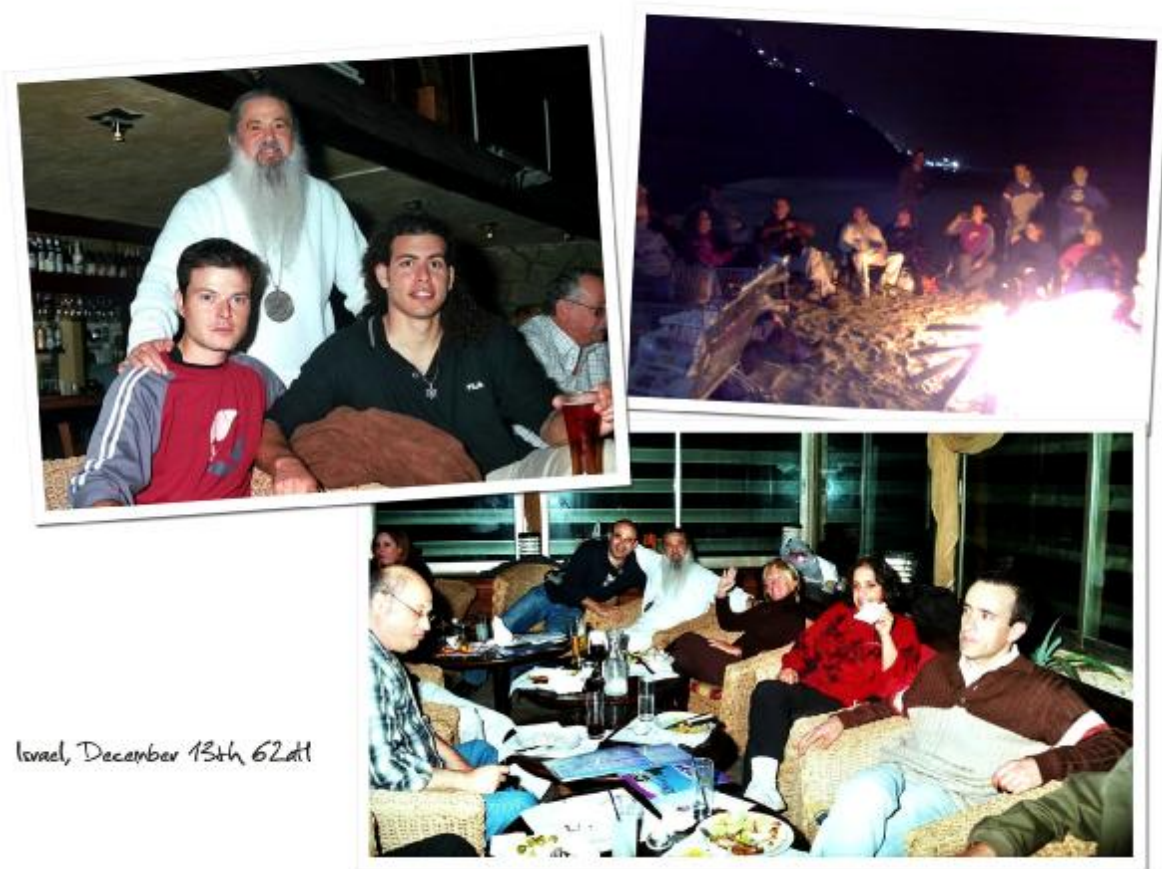
For years now, we have dreamed to be better organized and established like Raelians in other countries who celebrate their events with artistic performance, singers and dancers, in order to give a colorful atmosphere on such events to our members. At last we did it :-)

We were so happily entertained by our wonderful singer Danny that escorted us almost through the whole evening with his tenor voice; by Dedy who surprised us playing organ wonderfully and Uri our new member with his guitar. Then Sary our photographer and belly dancer pushed us to a sensual dancing. What a wonderful evening :-)

That was not the end yet! After supper, we went down to the beach, Hagay set up a big fire, we sang and raise a toast with a sparkling wine having fun together and singing the Hebrew version of Elohim together... What a great joy :-)

Kobi Drori

isRaeli Guide



Israel, December 13th 62aH

## Seminar in Kama

Kone Dete, guide of Ivory Coast tells us :

What a seminar of spectacular beauty!

Out of the 413 people at the seminar, more than half were new comers, 217 exactly, and 86 of them were women. We had a beautiful room with AC.. even too cold for some Europeans who were wearing sweatshirts ). Gerard Jeandupeux, our Prophet's assistant, told us we had the best seminar room. What a compliment!

Our Nlongi, prince Uriel, gave the best of himself through the quality of his teaching. At one point, he was so much into what he was transmitting to us, we could feel him talking directly to our consciousness. It was very beautiful: we were in the dream of Kama.

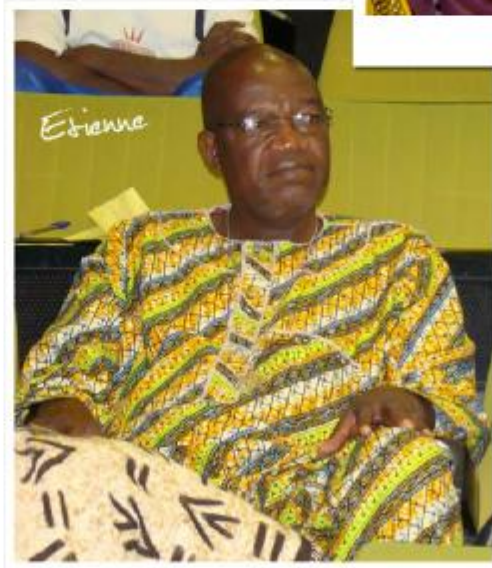
Together we dreamt about the rebuilding of Kama. We were given a boost by viewing movies depicting the challenges of some leader, like Martin Luther King, Thomas Sankara...



*Some of the new Guides of Kama*



*Refine*



*Etienne*



*Pehery*

The love radiating from the teachings attracted students from the beautiful city of INP-HB from December 22 to 30, 62aH.

Young people, 12 years and up, coming from many places, were paying a lot of attention to the teachings. Kama was represented all the way to its southern tip thanks to the presence of the national guide of South Kama.

To build the United Kingdom of Kama, Bishop guide Gerard told us about financial management. And to complete the topic, Bishop Gbedia DODO told us about nutrition, the progress of science and the tremendous advantage this represents for Kama.

And the cherry on the cake, our Beloved Prophet, who shows us everyday the feats of science, contacted us through Skype to emphasize this beautiful dream of the city of Kama.

Many thanks to all our Bishops who gave the best of themselves through the quality of their teachings, to Bonobo our coordinator of the seminars for the quality of the site and encouragement to the new coordinator of the seminars, Djaha Kouadio for Elohika in August and the Congo in December.

We had some nominations, one of them was our beautiful and gracious National Guide Gouria Edwige Pehery. Many thanks to the previous national guide for his work.

The seminar goes on for all of us.

Kone

The Raelians of Kamite gave the most passionate welcome to our Beloved Prophet when He spoke to them in a video-conference. He said that their continent was the beloved continent of the Elohim. This is where they created the first human beings, Adam and Eve, and He added that this continent had a special mission for the future and that this mission will reveal itself with time. He said: "your culture is close to my teachings. You are dreamers and it's good to be dreamers!". He confirmed His hope of having the embassy on the continent and encouraged the Kamite Raelians to get involved in politics in order to take things in their hands. He said that dreamers should be put in power!

*"We are the fruit of a dream, the dream of the Elohim. We are a living dream. Therefore, be this dream! And the collective dream that we have, to welcome the Elohim, we are going to make it happen altogether."*

*"Being a dreamer is a compliment. The traditional spiritual guides analyze dreams. My mission is to help you realize yours".*

And this is the dream shared by many in Kama to see the Embassy being built on this continent... maybe it is the mission of our Kamite brothers and sisters?

Following our Beloved Prophet's address, three countries in Kama, Ivory Coast, Congo-Mfoa and Burkina Faso, started a Raelian political party, the FERUKA, the party for the federation of the United Kingdom of Kama...according to Uriel, this political constituency propelled the seminar crowd to an enthusiasm never reached before ...:-:)))

The nominations were:

- 3 Trainee guides, **Fikira**, a very popular singer in Benin, **Xciel**, whose songs are very popular too as you already know, is now back in the Ivory Coast; and **Matto Elepo** from the Ivory Coast also.

- 2 Guides level 4: **Ruffine Chisso**, former level 4 trainee, from Congo-Mfoa and **Etienne Koudande** of Benin and in charge of Benin for the past 3 years.

- A new national guide for Ivory Coast was nominated: Edwige **Pehery Gouria**, level 4, to replace Djossouvi Chrysostome (Djoss).

I wish you all a great success in your mission!!!

## Saturnalia

### In Vegas

The Vegas Raelian team had the privilege to host our Beloved Prophet for a Saturnalia celebration in a local Japanese restaurant. The other guests had quite a surprise with our way to celebrate **J**. The owner of the premise, obviously from Japan origin, enjoyed it a lot... probably not Christian and hence less taboos..

Nadine who contributed a lot to the organization of the evening said:

What unforgettable moments that night! All our fabulous artists: Ricky, Tony, Andre, Larangel and Nubia singing these hilarious songs\*...with selected people jingling their little bells attached to the pants or bras with sexy pelvic thrusts or boobie shimmering. This was priceless!!! (neat idea, Lara!)

The song Jingle Boobs was nicely... well naughtily massaged into a Saturnalia style by Ricky, the 12 days of Saturnalia and Sexy night by Lara...

Did you see the pix of the golden angels' outfits? During the show, Jean had trouble deciding whether to sit facing them or behind them, I think he was not the only one...(see dilemma attached:)))

Ho what fun... to be with Him, to be jingling:) with everyone, to Be...



*Jingle boobs,  
Jingle balls....*

*Sexy night  
Horny night...*



\*the songs were traditional Xmas songs transformed into sexy songs. As an example, Holy Night became "Horny Night" and "Jingle bell" became "jingle boobs".... Make sure to have your won version for next year, guaranteed fun!

Once the funny songs were over, one of the participants who was with our Beloved Prophet for the first time, came to him and asked him to be blessed... a very touching moment.

Our Beloved Prophet reminded us then that this is our philosophy, having fun, playing with anything without taboo, giving love at all time, and at the same time being connected to those who gave us such a pleasure. "There are no frontiers between having fun and being connected in a spiritual way to Them, it is the same". It has been a special party for all the participants.

At the very end, someone joined us, he learned that we were having this party while chatting with a Raelian from Florida... He walked all the way to the restaurant to have a few minutes with us... I was the place to be!J

## Aramis

### Aramis Kama demonstrates in Paris for the liberation of CAMEROON homosexuals

On December 9th, a demonstration took place in Paris to demand the liberation of homosexuals imprisoned in CAMEROON. What was their crime? Their homosexuality. As in many countries in Africa, homosexuals in Cameroon are persecuted and arrested arbitrarily because they are suspected of being homosexual....

This demonstration was organized by Alternative CAMEROON and Dr Sié Benoit DA also known as YAEL was there to represent ARAMIS-Kama. YAEL was even invited to make a speech in which he took the opportunity to voice our support to homosexuals in general and particularly to those imprisoned in Cameroon.



Links have now been established between these associations defending the right of homosexuals and ARAMIS KAMA.

Yael was also nominated head of sexual minority affairs on the AFRICAN continent. His duty, among others, will be to finalize the new structure of ARAMIS-KAMA (Raelian Association for Sexual Minorities) throughout the African continent. His mission will also consist of informing all the sexual minorities of the African continent of the Messages brought by Our Beloved Prophet, pointing out the genetic origin of human sexual preferences and to show that a sexual preference is not a personal choice. Furthermore, he will be responsible for conveying to the African population the fundamental knowledge that homosexuality is also found in nature in the animal kingdom, where certain species are found to be most exclusively homosexual, thereby countering the Christian church's false allegations. Congratulations YAEL and welcome to the ARAMIS-International team!



## Aramis in Colombia

*By Daniel Barros, ARAMIS Rep. For Colombia*

Taking advantage of the visit of our dear National Guide Alan Rojas, Angel Humberto, his assistant, and Oscar Orozco, the Regional Priest, we organized a great diffusion activity in Cartagena City. Thanks a lot to all the other members that were present to help out.

We prepared a wonderful banner which said "HOMOSEXUALS GO TO HEAVEN" which was impressive for the people going by us. We gave away hundreds of pamphlets about tolerance towards sexual minorities.

Tomas, my partner, and I French kissed right in front of everyone, I was surprised by the tolerance of the people around us, some would stare and laugh discreetly, but the majority respected us doing it.

It was a great experience and we were happy to make ARAMIS known in this

beautiful city.

**Viva Homosexuals!**

## Aramis In Galveston, Texas

Michele Pernoud lives in the huuuuge country of Texas, bigger than France, without much help down there but she had 4 new people around her for the Dec 13th celebration!

She also was at the Gay festival in Galveston, an Island located South of Houston...



"October 27th 2007 was an important date in time for Galveston, Tx. We experienced the initiation of the FIRST EVER GAY PRIDE FESTIVAL. Rick Guererro met me in Galveston for this event as well as a brand new Raelian named Joseph Pegram. You can see him in the following photos. Galveston is such a small community that the whole town voted against a "Parade", so they called it a "Festival". With a population of 57,000, it's a great wonder why the island has 5 working Gay bars that are always packed. "Quite a few men come in from Houston regularly" a source has stated. There were a reported 2,500 people in attendance and we played and talked and met wonderfully open-minded people. They were very receptive. I don't think they would have been so open 10 years ago. Galveston is a deeply monotheistic community and segregation is still practiced there but carefully disguised. Despite the initial negative reactions of the island, harmony, tolerance and peace prevailed. We even had a positive mention in the Galveston County Daily News, where Rick Gurerro was quoted: "The festival fits the Movement's ideas of acceptance". And, "Part of being human is to share love, and that's part of Rael".

We all had great fun because the people were so positive in their reactions. It was an absolutely gorgeous day and we met so many people. We even had people sign an e-mail list for further information. It was overall a very positive and productive event and I couldn't be happier to have been a part of it. Thank you Rael for devoting your life to this beautiful message. Just a hint of the possibility of different thinking went a long way on this island!

# Clitoraid

## Clitoraid present in La Louvière, Belgium, last November

by Béa

During those 2 days, Justina, Catherine, Pyata, Rachel, Leili, Evan, Elie and I had gathered together to sell candies in the shape of breasts and post cards

On Sunday, Elie organized sensual massage sessions. We made several contacts of people who wish to follow the progression of our action and we were interviewed by a journalist who had just heard about us. He made a donation.



Clitoraid, Belgium

## EROPOLIS convention in Lyon, in december dernier, a week-end under pression.

by Khâny

Clitoraid was present at this convention for the second time in the Rhône Alpes province.

There were 9 nine of us during these 2 days busy to face the many visitors, most of them male and hot for sex.

We collected 170 euros

## Clitoraid at the gay and lesbian's convention in Paris

Elisha reports : « The two first days were very fruitful, many people visited our booth and gave us their support, some of us pledged to make a donation. Among them Marthe MERCADIER a French actress announced to us that she would wire Clitoraid a sum of money. Furthermore, a young man by the name of Thomas SLUT wishes to mention us on his blog and Tétu wants to meet us later to write an article about us.

On those days, the knights of love were Rachel, Amaëlle, Vita, Evelyne, Eliane, Yaël, Milan, Claude G, et myself, without forgetting Miki who had arrived just on time to help us carry the supplies and set up.

At the end of the second day, The atmosphere had shifted when we saw Pierre GENDROT, head of the convention come to our booth. He was escorted by 4 security officers and he asked to leave the premises because we were raelians...

The exhibitors surrounding us could not believe it and immediately came to our support. The booth next door to us with held by the association "Devoir de Memoire » whose representatives were extremely with the accusations of Mr GENDROT because they noticed that we had done no raelian propaganda during the whole 2 days and that we had only promoted Clitoraid. They considered that the accusations were non founded and that pointing the finger at us in that way was unfair. They added that if a law says that one cannot promote one's religion then it must be enforced not only by minority religions but majority religions as well.

That's right, French reality is it such a way that those that were once discriminated against are now those who discriminate against others ... Is it an infinite cycle ??? of course not !!!, we will turn it upside down for sure !!!

In the meantime, Alisha, make sure that you have raelian flyers with you next time so they cannot accuse you of trying to hide your affiliationahaha !

## Diffusion in the Caribbean from December 6th to the 9th

There were 3 of us (two people from the island of Guadeloupe and one from France) on the beautiful island of Saint Maarten, in the north of the Guadeloupe, with a few books in French and in English to spread the message that our Beloved prophet gave us 34 years ago!!

The island of Saint Maarten is half French and half Dutch. However, in this area of the island, people speak English and use the American dollar because many tourists come from the USA. It is a beautiful island with beautiful mountains whose base disappear in the ocean surrounded by beautiful white sandy beaches. This is a real paradise for those who love the beach and games in the sea! And you can swim year around in an unforgettable surrounding!

Guide Constant Chelim, head of the Caribbean islands, Jacinth Roukema and me went to Philipsburg the capital of the Dutch side. Some books were put in the library of the University and in a bookstore at the airport.

The very first night we went to eat at one of several restaurants in the Marina. One of the servers was interested by the symbols we were wearing. After we gave him some explanation, he asked if there was a book on the subject. Thus, we sold our first book in French!

We put out a display in the streets (see picture) with our poster board CC (Crop Circles). People are not very curious, but we did catch the interest of about ten persons and explained the link between CC and Extraterrestrials.

The result of the 2 day diffusion: 17 books sold (or given to young very interested people) including 10 books sold in the street.

Pierre Bourgeaux.

## An important article confirming the importance of fasting as taught by our Beloved Prophet

### "Aging Gracefully Requires Taking Out The Trash"

Source: <http://www.sciencedaily.com/releases/2007/12/071214144956.htm>

ScienceDaily (Dec. 19, 2007) — Suppressing a cellular cleanup-mechanism known as autophagy can accelerate the accumulation of protein aggregates that leads to neural degeneration. In an upcoming issue of *Autophagy*, scientists at the Salk Institute for Biological Studies report for the first time that the opposite is true as well: Boosting autophagy in the nervous system of fruit flies prevented the age-dependent accumulation of cellular damage in neurons and promoted longevity.

"We discovered that levels of several key pathway members are reduced in *Drosophila* neural tissue as a normal part of aging," says senior author Kim Finley, Ph.D., a scientist in the Cellular Neurobiology Laboratory, "which suggests there is an age-dependent suppression of autophagy that may be a contributing factor for human neurodegenerative disorders like Alzheimer's disease."

As the American population grows older, questions regarding the aging process and how it can be positively influenced are increasingly becoming the focus of scientific research and public interest. The age-related accumulation of proteins and lipids damaged by chemically aggressive forms of oxygen is considered by most in the geriatrics field to be a normal part of the aging process. As a result in most age-associated diseases, such as Alzheimer's, damaged proteins accumulate in excessive amounts, which leads to progressive cell death in the brain.

All cells undergo autophagy -- literally self-eating, -- which requires the assembly of specialized vesicles called autophagosomes. These vesicles surround or engulf damaged cellular proteins or structures and then traffic the "bagged garbage" to a second group of vesicles, which disposes of the trash with the help of digestive enzymes. This process can be enhanced when animals are placed on a calorie-restricted diet, a regime known to extend lifespan.

"The activation of autophagy facilitates the removal of damaged molecules that accumulate during cellular aging," says Finley. "This may be particularly important in the nervous system since neurons produce damaged molecules at a much higher rate than most cell types."

Keeping cells free of damaged molecules is critical for neurons because unlike many cells, they do not divide or replace themselves once created at birth. "They rely on autophagy together with other clearance and detoxification pathways to keep themselves healthy and functioning for decades," explains Finley.

For their studies, the Salk researchers turned to the fruit fly *Drosophila*, a powerful model organism, whose genetics can easily be manipulated. When initial experiments indicated that the expression of several autophagy genes decreased over the normal lifespan of fruit flies, the Salk researchers focused on one particular protein, Atg8a. This protein is an essential component needed for the formation of new autophagosomes. Finley and her team found that levels of Atg8a were significantly reduced by four weeks of age, a time when the flies are considered middle aged. At the same time, protein aggregates were not efficiently cleared by the cellular clean-up crew and started to accumulate.

Without Atg8a, things went from bad to worse. Damaged proteins tagged for degradation started to pile up early and life expectancy plummeted. "The abnormal accumulation of protein aggregates had striking similarities to those seen in the most

common human neurodegenerative diseases," says first author Anne Simonsen, Ph.D., a visiting scientist from the University of Oslo, Norway.

When the researchers kept the neuronal levels of Atg8a high, the genetically engineered flies were spared the ravages of time. Promoting the pathway not only prevented the accumulation of protein aggregates but also significantly extended the average lifespan. "Our experiments show for the first time genetically that autophagy can sequester and eliminate misfolded and damaged proteins, which accumulate in neurons as normal part of the aging process," says Simonsen, "but most importantly they demonstrate that enhancing the clearance of damaged proteins and protein aggregates increases longevity."

Insulin signaling and caloric restriction are two major determinants of longevity and they also impact the activity level of autophagy.

Therefore, regulating autophagy, the pathway that directly does the cleanup work, may be the key factor in controlling the aging process, the researchers say. "By maintaining the expression of a rate-limiting autophagy gene in the aging nervous system there is a dramatic extension of lifespan and resistance to age-associated oxidative stress," says Finley.

Researchers who also contributed to the study include post-doctoral researcher and co-first author Robert C. Cumming, formerly in the Cellular Neurobiology Laboratory at the Salk Institute and now at the University of Western Ontario, Canada, and researchers Andreas Brech, Ph.D., and Pauline Isakson, Ph.D., both at the University of Oslo, Norway, and professor David R. Schubert in the Cellular Neurobiology Laboratory.

*Adapted from materials provided by Salk Institute.*

