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*Raelian Movement Newsletter*

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**OUR BELOVED PROPHET  
WANTED TO THANK ALL OF  
YOU WHO SENT HIM WISHES  
FOR HIS BIRTHDAY. HE HAD  
NO TIME TO ANSWER TO YOU  
ALL BUT WANTED TO USE  
THIS MEDIA TO EXPRESS HIS  
WARMEST GRATITUDE.**



**HAPPY BIRTHDAY BELOVED PROPHET**

**Thank You so so much for being with us, sharing precious moments with us and for your constant guidance towards eternal laughter.**

## WORDS OF OUR BELOVED PROPHET

SUNDAY MORNING AT MAITREYA'S GARDENS -  
JUNE 29TH

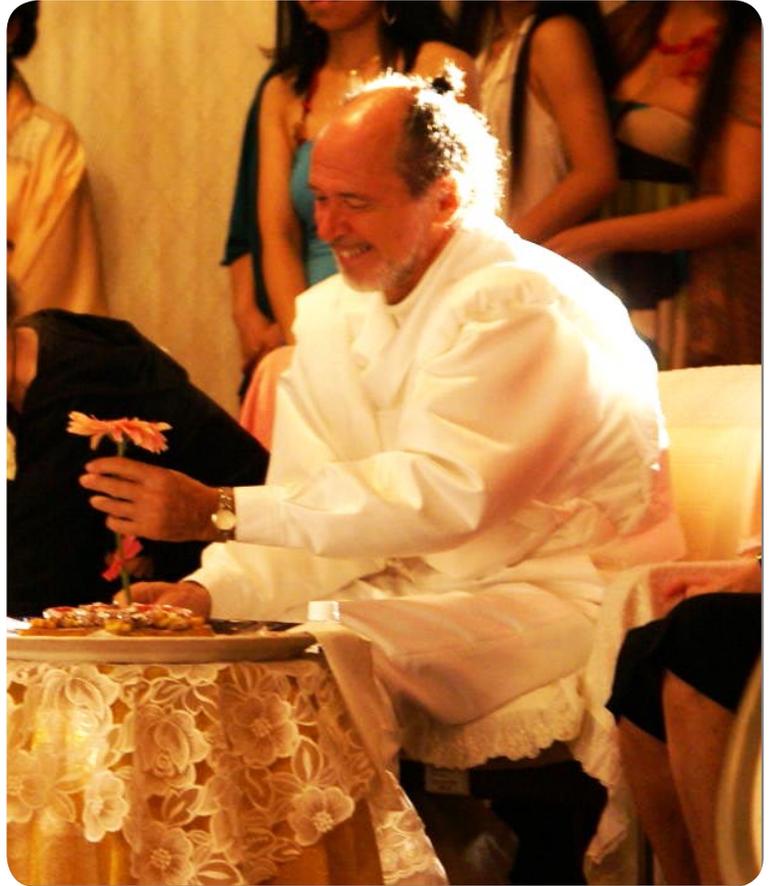
I love the rain.  
Thank you, Elohim. Many people think that only a sunny day is a beautiful day. This is not true. When you have happiness inside, you can be very, very happy on a rainy day. If you cannot enjoy the beauty of a rainy day, you cannot really enjoy the beauty of a sunny day. If you cannot enjoy darkness, you cannot enjoy light.

It is the beauty of the symbol of the yin and the yang: a black dot in the white and a white dot in the black. In complete darkness there is light inside of you; in full light there is a little darkness inside of you.

Each color is different;  
they are happy together. It is the same with us; we are different colors. No one should compare oneself with somebody else because each one of us has a very special color in the whole humanity. Nobody can say, "This one is more beautiful than that one," because we are all different. Do not say, "Ah, I am not beautiful; maybe this other girl is more beautiful than me." No girl is more beautiful than you; she is just different. If you start to compare with other girls you will feel bad. Do not compare. This is a very specific problem of girls.

Look in the mirror: you all have different shapes, different faces. Everybody is beautiful. Roses and lotuses are different. That's what makes a beautiful rainbow in life. You are part of the rainbow.

*Let's listen to the sound of the rain. So, beautiful. When we use a big telescope with a microphone we can listen to the noise of the stars, it is a very similar noise, an infinity of noises mixed together.*



Do not waste time making yourself sad by comparing yourself with somebody else. When you love your difference you are happy. You are unique. Only you are you, so do not try to imitate somebody else.

Because when you try to be somebody else you are not yourself any more.

Every time you look in the mirror, say “I am the most beautiful me.” What is the most beautiful part of you? What do you love more inside of yourself? Always focus on it. What do I like in myself?



You should say “Everything.” If there is a part of you that you do not like, find its beauty. Even what you think is less beautiful, has a beautiful side. For example, I do not like having no hair, but let’s look at the beautiful part of it: I have more space for kisses. Look at the positive side of everything you have. By loving supposedly ‘ugly’ parts of your body, you will love everything.

**L**ove is Discipline.

If you take a decision and you don’t follow it, it means you didn’t really take the decision. To take a decision and stick to it, you need discipline. How to have better discipline? Start with little things. If you take big decisions and you don’t have big discipline, it will be difficult. If you take a small decision, it will be easier. Then

you train yourself every day with your little decision, a little bit more every day.

Discipline means repetition. For example, I make lines in the Zen garden. It’s important for me to do it because it is a training. I start and I do not stop until it is finished. This is discipline. Do you meditate every day? It is important to do it every day. It doesn’t have to be long; even ten minutes is ok.

Training is discipline. Do something every day for discipline; not something interesting. To train your discipline, you must choose to do something as boring as possible, but focus on it 100%. I have 100% of my brain to make perfect lines; I relax my brain and train my discipline. I do the same with the meditation on the symbol. I have done it for 30 years, every morning, 5 times every day. If you want to have a high level of discipline, that is the way to follow.

*Love is discipline  
If you train yourself to love and to  
give, it becomes easy.  
Say ‘I love you’ as a discipline*

You can cook in meditation. I am cooking with all my spirituality as when I am in the Zen

garden. Washing the dishes: it is a meditation. Cleaning: do it as a training of discipline; it is fantastic.

Every day I go to the toilet at the same time, as a discipline. I trained my body to do so and I say, "Thank you, Elohim." It's a meditation. Many have constipation because they don't train their intestines to do it every day at the same time. Put discipline in everything you do. Many people forget to breathe. Breathing is boring; it is always the same thing, but it's very important. If you don't breathe enough, you develop a headache. Breathe with discipline! If you train yourself to do simple things like you would do in a Zen garden, then discipline is beautiful in the brain.



Love is discipline too. If you train yourself to love and to give, it's easy.

Everything is discipline. Discipline is repeatedly doing the same thing to train our brain to do it better.

Find something boring and do it every day 5 times for 10 minutes. If you do it because you like it, it's not discipline. You have to find something after 5 days you do not like to do and you do it by discipline. I have done the lines in the Zen garden 20, 30 times already. It's not for pleasure; it's for discipline. It is a pleasure to force myself to have discipline; it's a pleasure to see the effects in my brain. If you focus only on direct pleasure, you do not train your brain, but if you do something you do not like just for training your brain, you can really raise your consciousness. If you do only what you like, it is not discipline. Discipline training only works if you do something you do not like such as cleaning or washing dishes; you can do it very spiritually.

It can be something at work or in your duty for the movement. Try to find any opportunity to do things you don't like, by discipline. By doing that, boring things become interesting. Scientists have discovered that cleaning one's apartment is one of the best things depressed people can do for their brains. The more you try to find boring things and do them by discipline, the more beautiful your life is, as boring things are not boring anymore. It is like changing lead to gold. This is why Buddhist monks are so happy, they do everything by discipline; their whole day is just happiness. I do not like answering my email so every morning I answer 50 emails minimum and I do it by discipline.

**T**o love is also a discipline. I love you. Why do I say that? By discipline.

I never have a meeting with Raelians without saying "I love you." You know I love you.



I do not have to say that. Why do I say it? By discipline. That's why it is important to say it. Say it. It is not because I do not know it. I know it.

For 17 years I have been waking up next to Sophie; 30,000 mornings may be? 30,000 "I love you's." And I say it not only in the morning; I say it at least 10 to 20 times a day... discipline; with consciousness! Love is discipline also. Elohim I love you. I love you.

Do not hesitate to say I love you. Never think you say it too often. Discipline: The more you do, the easier it is. When I look at you I am not lying. I love you. This love comes from discipline.

Discipline of my using everything I have to make other people happy; discipline of giving. I want to give you as much love as possible. I do not want to keep any little amount of love. I don't know, maybe I could die right now from a heart attack. It is possible. But I want to use my last second to give love. Not by feeling. Feeling is bad. By discipline.

So, even love is discipline. Without discipline in your life, there is no happiness. Do it every day. Look in the mirror and say: "I love my face," especially if there is something wrong: lots of pimples, bad hair style, etc.

Say: "I love my nose; I love my lips; I love my ears..."

### AT THE TOKYO'S MONTHLY GATHERING, JUNE 22ND

Let's talk about love. Love is the most important thing in your life.

Right now in the world, someone thinks about suicide every 3 seconds. In Japan, the percentage of suicides is one of the highest in the world. Why is that so? Why do they think that way about themselves? Because there is no love. When there is no love, one wants to die. Love is the most important thing in your life. No money, no job; it isn't important. The only important thing in your life is love. The percentage of suicides among billionaires is ten times higher than in the poor population. Rich people can have ten houses, ten cars and still be unhappy.

So what is love? Everybody wants love. Where will that love come from? Do you want somebody to love you? This isn't love. Love is giving. When you give love to someone else, you feel happy. It could be giving to an animal or a plant. Giving water to a plant, this is love. That's what makes us happy.

When you wake up, ask yourself to whom you will give love to. You must find someone. That will make you happy. Not taking, not receiving, but giving.

Love is like water, if you try to take it and keep it in your closed hands, it will escape. If you open your hand instead and put your open hands in water, then you will have plenty. Having your hands open is like giving.

The more you give, the happier you feel. Feel the power of love; hold the hand of the person sitting next to you. We are alive together. Thank him or her for being alive at the same time as you. I want you all to deserve

**Please laugh and be happy all the time, this is the key to receive eternal life.**

**The most beautiful prayer to the Elohim is to be laughing all the time**

eternal life so that we can be together on the Elohim's planet!

Some of you asked "How can I be sure to have eternal life? It must difficult and complicated."

No it isn't. I will give you a big secret. If you apply it, you are 100% sure to have eternal life: Give love, every second of your life in every thought you have.

Check your thoughts: if it isn't love, stop it! Everything you think can be love. If you are a scientist and help Humanity with your science, it is love. If you use it to build weapons, it isn't love. It is like using your hand: you can give love or you can kill.

If you are an artist and your art gives love, this is great. If it doesn't, then stop it. Singers should sing only love songs. If you sing negative songs, talking about sadness, a lost girlfriend or boyfriend, that is terrible. Sing only songs of happiness and love.

If you are a cashier at a supermarket, do it with love. There is no such thing as a 'stupid' job; to be a cashier isn't 'stupid'. You may be in touch with 1,000 people a day; you can use this opportunity to give love to 1,000 people!



Use your job to give love. You don't need to be a scientist. In your life every day you can make a better place. Are you ready to help me?

The message of the Elohim is more than a message; it is an energy drink of love. Give it to others and it will become a drink of love. The way you give it is more important than the message itself. One smile can save the life of one individual.

Is it difficult to smile? Don't worry, it isn't dangerous. Try it. Exercise at the beginning. It is important, it can save lives.

When you have a problem with your boss or your wife, to meet someone who smiles makes you feel better. Everything is expensive, but a smile is free and it is important for you. When you smile, you can feel happiness inside.

Force yourself to do it, 5 minutes at a time and it will be there forever. If you have to remember just one teaching from me, smile! Without expecting a smile back!

If you expect depressed people to smile back, it isn't right. Love is to give, not to receive!

If I smile to you, it is because I love you. If you don't like it, I don't care, I give and I am happy forever.

I wish you all to be happy like I am.

Remember, in the street, in your bed, when no one looks at you, smile, just for you!

## MAITREYA'S BIRTHDAY PARTY IN TOKYO

*By Michio Ito, National Guide for Japan*

*This year's fall season was a very special one for Japanese Raelians, as, for the first time, we were given the fantastic chance to celebrate our Beloved last Prophet's birthday during his stay here in Japan!*

*Maitreya's birthday was held with 200 Raelians who gave out red-carpet smiles and applause. A beautiful show and lots of gifts from many Raelians were presented to him. Later, Maitreya gave words on happiness to the many Raelians who gathered for this special occasion.*

“Thank you so much for this wonderful gathering for me; I feel your love. Today is a fantastic day.

This room is filled with big love, I feel like I am in the cloud of love.

Laugh as much as you can. Elohim created us for laughter and enjoyment. Serious people with serious faces are dangerous.

I am 63 years old, but my brain is 7 years old. How can we keep our brain young? By laughing!

Every morning when I wake up, I can't help laughing out loud knowing that am still alive on this planet. Many of the prophets in the past were killed by religious fanatics and I know that I am also the target of millions of religious fanatics.



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Please laugh and be happy all the time, this is the key to receive eternal life.

If you are not happy, having eternal life would be a torture. Living eternally and being unhappy is a never-ending distress, so only happy, always laughing people are welcomed on the planet of the Eternals by Elohim.

If you love Elohim, please laugh with no reason. The most beautiful prayer to them is to be laughing all the time.”

We Japanese Raelians must be conscious of how lucky, how blessed we are to have him among us. We have so many occasions to spend time together with him.

Dear Maitreya, all the happiness we have is because of you, thanks to you.

*A few more images to illustrate the love of the Raelians who gathered around the planet to celebrate our Beloved Prophet's birthday and expressed their thanks to the Messenger and to the Teacher of Happiness.*

‘We are so lucky to have you here with us, Guide of the guides, Messenger of the Infinite and our Beloved Prophet.’

Thank you for our smiles, our joy, our passion and our hope of a better future. We are really alive thanks to you... and we will never stop celebrating your birthday, a precious gift day :-)



a few more smiles from Lausanne and Las Vegas at the birthday parties.....



