

ELOHIM
GENESIS
THE BEGINNING

CONTACT

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Maitreya's words

Habits Kill Consciousness

February 23rd

When you don't know what to say at the time of contact, just sing.

Every attempt to telepathic contact must be different. Do not always follow the 'breathe deeply, relax, think about Elohim' pattern, otherwise it becomes a habit.

Habit is not consciousness.

When you do the telepathic contact, always try to create new ways to be always amazed and conscious.

Remember when you were a baby, a little child, all of you were amazed by everything, even by your hand. Now you probably never look at your hand, or just a little, sometime.

It's beautiful.

Be amazed by your hand, look at your hand, it's amazingly beautiful and it's yours.

With this beautiful tool you can give love, you can meditate. (hands in prayer)

Every morning I look at my hand and I tell myself 'wow, some people don't have any, what a privilege we have'.

Almost every religion uses the hand, to feel connected like the Christians, Buddhists, (hands in prayer). Some use them like that (palms offered to sky). The hands are very important.

You have to be amazed, not only with your hands but with your face too. Your face also is amazing.

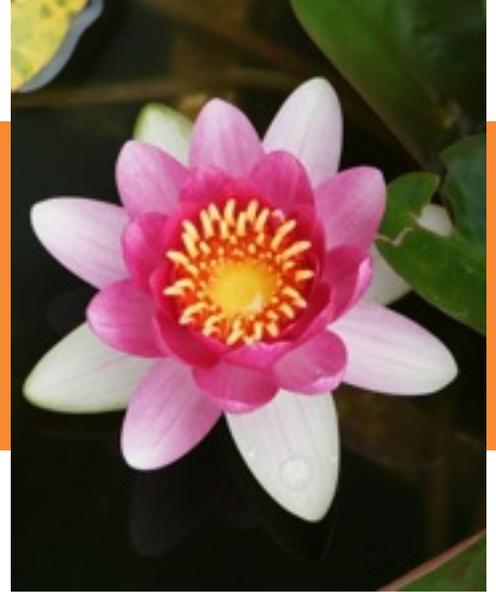
When you go in the morning to the bathroom, look at your face. Every morning it is different, and even if we age, every morning our face is more beautiful, more shining.

Of course, young people are cute, but their level of consciousness is still very low. The more we age, the more we grow.



I hope you never get used to anything in your life. Enjoy every second and specially the most important one, this one.

“We have the power to raise our consciousness forever”



The body grows until the age of 25, but the consciousness grows forever.

When we are 70-80, compared to the Elohim, we are little babies.

This consciousness will grow like a Lotus flower forever.

That's why eternal life is beautiful, because if we had a brain which would be forever the same, eternal life would be boring. Living 20,000 years with the same brain, that would be crazy.

But we have the power to raise this consciousness forever.

When you look at yourself, in the morning in the mirror, look carefully.

Don't look at the skin, with the wrinkles and its going down, but look at your eyes and you will see in your eyes, the consciousness growing. Then you will not be afraid anymore of becoming old.

The body ages, but the eyes are forever younger.

I remember my grandmother, she was very old, she was a wonderful woman. The more she aged, the younger her eyes looked.

She died at 99, but she always had very shiny eyes, every year more shining.

Be amazed of that.

Every day, look at the beauty of your hands, your body, your penis. Every part is so beautiful.

Be amazed. We face a big danger in our lives which is our habits. Habits kill consciousness.

When you buy a new car, you look at every part of it with amazement but after 6 months, or one year you don't look at it anymore, it's just a car.

It is the same when you buy a new house, on the first day, you are so happy.

On the first week, the first month, you enjoy the view : "wow, we can see the ocean, it's so beautiful".

After 1 year or 2 years, no more.

When you have a new boyfriend or a new girlfriend, on the first week, you want to make love 3 times everyday. After 1 year or 2 years you look around for other girls... this is because we don't use consciousness.

I am lucky, very lucky to live in Okinawa. Look at this beauty around, look at that, this is heaven on earth, the Elohim's planet isn't more beautiful, but we come here every Sunday and forget to say "wow, the flowers, the ocean, the sunlight, amazing!".

I want to be amazed everyday.

The people who come to my house, many times, every time, say "what a beautiful place".

Look around you with the same consciousness forever.

Even some people discover the Message, and on the first week, 'wow! I want to help Maitreya, I

want to build the embassy to welcome the Elohim'. After one month, they are a little bit down.

After 1 year,

On the first week you are like Tony, yeah! But after coming several times and listening to Maitreya, you get bored. Tony is a good example, a great guide, every time I met Tony he is enthusiastic, jumping, this is being conscious.

I hope no body gets used to see me, I hope you never get used to anything in your life. Enjoy every second and specially the most important one, this one.



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Smile alone

March 2nd

(on that day, the Raelians present at the meeting welcomed Him by singing a song))

Thank you so much for this flowery welcome, but you cannot find a flower to be as beautiful as your smile. For me no orchid in the world is more beautiful than your happy Raelian smile.

So, please offer your smile to the Elohim.

Thank you Elohim.

Thank you Elohim for the Message.

Thank you for the wisdom.

For this light.

For the hope.

Arigato Gozaimas.

And I think this is enough for contact.

To smile is very important, it is the flower of your heart.

Always have a smile inside, first. If you have the smile inside it naturally goes outside.

Many people smile only outside but they are very sad inside. The friends of those people who kill themselves are often very surprised, they say "I saw him last week he was smiling".

"I saw him yesterday he was smiling". They killed themselves because they were smiling outside, but not inside.

If you smile inside, there is happiness inside, you are happy to be alive.

You don't need to smile outside, but you do naturally; not a smile to please others, because this is just being polite. Smiling to others and being sad inside makes you feel more to kill yourself. Most of the time those who cry and say "I'm depressed, I want to die", they don't die.

But those who kill themselves, they usually smile to others just to be polite.

It is very important to cultivate, like a garden, your inner smile.

Everything true comes from inside, outside. Never from outside, inside.





Everything true comes from inside, outside. Never from outside, inside.

That's true for everything. Those who smile to others but don't smile to themselves, they don't have the inner smile. Like the Japanese who are "ai" always positive outside but inside they feel so bad.

This inside garden has to be cultivated by smiling, an inside smile, alone. People who are depressed smile to others but when they are alone they don't smile.

Start by smiling alone, not for others, but for you.

When you smile, you smile to yourself. When you wake up in the morning, before opening your eyes, smile, for the happiness to be alive. Nobody will see it, you will feel it. Then you go to the bathroom and look at the mirror and smile, for you, not for others.

Then, you have this natural smile coming from inside, from the magic of your life, because your life is magic.

You don't need to go see a magician to see magic, you look at your face, there is a miracle. What is that miracle? You can see. You can see! It's a miracle, You can see me, can you? I can see you, many people cannot see, they are blind, imaging your life blind. Close your eyes, that's what they see. Open your eyes, it's beautiful we can see.

It's a very simple thing but be amazed of it.

Sometimes blind people have a surgery and after they say 'wow, I can see'. We should do that everyday. You can hear, some people cannot. Put your finger in your ear, then remove it, you can hear!

This is beautiful, it's a miracle, many people are denied this very simple pleasure, it's a pleasure, not only for the music but for the voices, hearing your friends, the birds, everything.

Hearing the silence, because there is never silence, at least we can hear our breathing which is beautiful.

We can smell, smell the flowers it's beautiful, it's simple.

Happiness is in simple things.

You can touch, touch the hand of the people beside you, just touch the hand, touch not hold, just touch. You can touch something alive, wow! It is amazing, some people have no hand.

You can taste the wonderful Japanese food, and now beautiful fruits are coming in the spring.

Some people cannot taste, it's also a disease, they lose the sense of taste. It's simple and simple things are what gives you happiness and smile from inside outside, not things, not cars, not house, not expensive clothes, not jewelery.

Smiling, touching, seeing, smelling, you have them and nobody can remove them from you.

You can suddenly be in a jail, in prison, you still have these treasures, nobody can take it away from you, so enjoy it.

This is the secret of happiness.

About Pain

March 9th

Maitreya, is it possible to solve pain by meditation?

Yes, meditation is very powerful to lower the feeling of pain, as physical pain is very connected to the consciousness.

There were some scientific measures of the pain with normal people and people practicing meditation and the best meditation people could reduce the pain by 90%.

When we have pain, when we have physical pain, we create stress, because of the pain itself, and also because of the fear that this pain will not stop.

So the pain connects us to two things which are bad for consciousness; the past because we suffer and before we didn't suffer so it connects us to the past which is bad. It connects us to the future also because we have fear that the pain will continue.

Then we are not anymore living the present moment.

When you have physical pain, avoid thinking about the past, avoid thinking about the future, and this is meditation, to be right now.

Ask 'what is my pain?', then you calm down and almost enjoy the pain.

I know it is difficult but 'ok, what is my pain, I have pain in my knee. So my body is talking to me'. The pain is a signal from the body saying "hey you have a problem here"

The body talks to your brain "hey do something I have pain"

Love this pain. If you didn't have pain your body would be broken very quickly.

Without physical pain, we can touch something which is on fire, some people have this disease, they cannot feel pain, you can touch something burning and the hand burns and falls and they have no hand after.

So the pain is very important to protect our body, we have pain in the knee because there is a problem, we have to fix it.

We have headache? There is a reason, we have to fix it, so the pain is useful to protect our body.

When you look at the pain like that, instead of saying "oh I have pain in my knee", you say: "thank you my knee for telling me there is a problem, I will fix it, don't worry I will take care of you", then the pain in this meditation - because it is a meditation- very quickly goes down.

This is not valid for everything. Some extreme pain, chronic pain, these are terrible, but even these terrible pains can be lowered by this meditation.

The worst enemies of pain which create more pain, one more time, are fear and anxiety.

Meditation can reduce almost more than 90% of the physical pain and 100% of mental pain.

So meditation is always good.

Pain can also be used for happiness.

Pain can be a tool for happiness, through meditation.

Suffering is not good, I'm not saying that suffering is good, I'm saying that if you have pain in your knee, a huge pain, you can say: "ah, life is terrible, my pain is

big" and feel very bad, or say "I have pain in my knee but I know people who have no legs, they would love to have pain in their knee".

You may know some people who are in a wheelchair, they have no legs. They would love to have your pain in the knee.

When you have pain in the knee, it means you have a knee.

Enjoy every part of your body.

Having pain is better than not having legs, hands, fingers, head, it's proof that you are alive and that you have a body.

"I need glasses, that is terrible", no, it's better than being blind.

So happy to have, to need glasses. Always think about the people who are not as lucky as you.

Many people on earth right now are suffering, with no legs, no arms, some cannot hear, some cannot see!

If you feel a little pain, say 'thank you!' Enjoy it.

Of course, do what is necessary with science to stop the pain because we are not born to suffer and science, and only science, can one day make it possible that there is no more physical pain but science will never be able to remove mental pain.

Depression, anxiety, this we have to reach ourselves through meditation and that's why meditation is so important.

And cultivating growing happiness inside like a beautiful flower.

Are you happy right now?

Here? Sitting with me? Are you? Don't stop!

Let it go, let it flow, let it be

March 16

I want to talk to you this morning about the difference between thinking and feeling.

Is the contact at 11am about thinking about the Elohim? Or about feeling the Elohim?

I sometimes see Raelians at the Sunday contact who “think about the Elohim”, with effort. I'm sometimes afraid their underpants will become “brown”.

It is of course better to feel them. It's not an effort. Meditation is never an effort. The contact with the Elohim at 11am is a meditation, not an effort: “Elohim, mmm...”

It's an opening, it brings happiness. When there is, even a little effort, it destroys meditation.

Meditation comes when there is absolutely no effort.

It's the same for wisdom, same for becoming a buddha. You never see a statue of Buddha “brrr...”. Never. It is always laughing, with a happy face, just feeling, feeling infinity.

Hello infinity, hello, without any effort.

When you make the slightest effort, you cut yourself from infinity. When we make an effort, even a little effort, even a very, very little effort, the brain is thinking, thinking about “I want something” and if you want something, you are not in a meditation state.

Meditation is: not to want anything. It is a state of acceptance, letting go, letting flow, like a river.

Life is like a river, you are born one day – the spring of the river, you come out of the mountain, and then you flow, become bigger, taller, and then you reach the ocean

of death, without any effort.

Flow naturally. Wherever you are in the river, close to the spring, or close to the final ocean, let it flow. When you make efforts, you try to swim against the stream, which is very painful and make you tired.

When you flow with the river, you're happiness, happiness is everywhere in your life, and that's becoming a buddha.

Let it flow, everything, without effort, whatever happens in your life. Aging... let it flow. You cannot stop it.

You can try to: “No, I don't want to age!” and swim against the stream... you're aging. “I don't want to be alone, I want to have a girlfriend!”... you can make efforts, but efforts don't bring love. It's the opposite, if you make an effort, everybody's afraid of you. But if you are just happy to be alive, just in this buddha state of permanent happiness, everybody is attracted to you. Your happiness acts like a magnet. You love to be close to me, I hope... Do you? Why? It's natural.

Everywhere I travel in the world, I go in the airplane, sitting besides somebody I don't know, 90% of the times after one hour I know everything about their life: their problems with their wife, their problems with their job, their problems with their health... Always! They tell me... I say nothing, I just listen. But they feel love from me, and they feel they can talk about their life.

Sometimes they realize: “I don't know why I'm telling you all this.” “Because, because you feel love...?” Sometimes they are men, they are very surprised to see a man saying to them: “because you feel love... you feel understanding”. They feel that I'm open to help them flow in their life.

Any effort blocks yourself, blocks communication with others, and creates violence, suffering, war...

When everybody lets go, suddenly we feel oneness. To feel oneness with everything and

everybody, we need to stop any effort.

If you say: “Oh, I will make an effort to love other people more”... it doesn't work. “I want to give more love to other people... brrrr...” No!

Let it go. Let it flow. Let it be. Just look, without any effort, and people will feel love, let it be.

“Let it be, let it be, let it be, let it be...” Yes, I sing this song every morning, I love it.

“All we need is love, all we need is love, all we need is love, love, love is all we need...” Yes, The Beatles, perfect. Imagine, imagine! “Imagine all the people...” Beautiful. They are really great teachers... They made only one mistake: “Yesterday”.

Sometimes, sometimes I sing this song, but I change: “Oh, Yesterday, ta da da... happiness was” I say: “No! That's terrible”. “Oh I believe...” so I change the song and I sing it, because I love the music, I change it, I make it: “Tomorrow”. “Tomorrow, I believe in tomorrow... happiness”.

Yesterday, it's past.

Did you notice what makes people most sad? What is it? The future? The present? Or the

past? The past... always. Because you remember something which you imagine to have been happier than now, and you regret it.

The more you age, the more you have this tendency to regret the past. I don't know in Japan if you say it too, but in French... in English also, they call it: “The good old times”.

The good old times... it doesn't exist. It's better now, whatever your age, it's better now. But to remember the past takes a lot of effort. To remember the past, you make effort: “How was it when I was young and... ahh.” It's an effort. And we do that: “Ahh... I remember... hmmm...” It's an effort. Ok. What will be the future? “Hum....” Effort. “Hum... what will happen next year...?”

If you think of now... no effort.

Every time you think about the past or the future, you move away from happiness, with a lot of effort. So feel it, every time you feel your energy, if you live here and now, you have infinitely more energy. Because if you think about the past, you waste a lot of energy, you are very tired, and

Every time you think about the past or the future, you move away from happiness, with a lot of effort. So feel it, every time you feel your energy, if you live here and now, you have infinitely more energy. Because if you think about the past, you waste a lot of energy, you are very tired, and crying, you use a lot of energy and then you become sick.

It is the same when you worry about the future. The brain uses 80% of the energy of

our body, except when you run, of course, but we don't run all day long. When you are sitting here, your body burns energy, but the brain uses 80%!

The brain, 80% of the oxygen you breathe is used by the brain. It's like a burning fire. But when you do meditation you can go down to maybe 10%... From 80% to 10%.

Some people go scuba diving, you know, with a bottle... And there is a limited amount of oxygen in there. If you are stressed and worried, you burn this oxygen very quickly, and after about 20 minutes you have to go out because you have no more air.

But if you are relaxed, in deep meditation, with the same bottle, people can stay one hour, two hours, with the

same amount of oxygen. Even more.

It's burned, not by the body, but by the brain. Stress... "boosh" burning. You have fire.

When you are angry, not happy, the brain burns like a fire, and you know it. When sometimes you become angry, how do you feel after? "Phew" so tired...

If you are happy, you go to see a beautiful movie which makes you happy, you go out full of energy. You go to a movie and you see, I don't know, something about the war, or Star Wars, and you come home and "phew" tired. Terminator, Schwarzenegger... "pam pam, pam pam..." you come out "phew" tired.

If you go and see the movie Baraka, when you come out, you are ready to make love, to jump on everybody. You didn't have an emotion which burns energy, so you have your energy.

Do you want to be tired or to have good energy?

Meditation and happiness, is like having a low fire for cooking. Instead of burning, you bring the fire intensity down while still keeping a little fire because the brain, even when totally relaxed, burns, but very little.

When you want to think about your energy and brain, imagine this gas, when you cook, at maximum capacity, the gas bottle its finished quickly. You may choose a little fire, you decide.

Using your consciousness is like cooking, when you cook at high temperature, it burns a lot of gas very quickly, and often you burn the food and have smoke everywhere. When you cook at low temperature, it's better. In Japan you have good food that cooks at low temperature for a long time. Think about your brain as a cooking pot. Inside your brain: Do you burn the pancake? Or do you make a wonderful slow cooking nabe? It's your choice, happiness and mind.

To finish with that, scientists studied how many muscles we use in our face. We have a lot of them, about 80 muscles on the face, the biggest number of muscles for the space, is in the face. When you have an angry face, you use almost all the muscles, I think about 40 or 50 muscles of the face. When you smile, only 10.

Happiness means less consumption of energy also in the face. So remember: cook a good nabe and save energy and be happy.



To love oneself and reduce the ego

March 23rd

Today I want to talk with you about a kind of conflict that we can have between two statements.

The first one is we say that we must have no ego or very little ego.

The second one is we must love ourselves and that looks at little bit contradictory.

How can I reduce at a maximum my ego and love myself?

We can understand the answer by understanding that by loving yourself it is much easier to reduce the ego.

If you don't love yourself you cannot reduce the ego.

If you don't have love for yourself and compassion for yourself, you hate other people.

On the contrary when you love yourself, you can love other people more and forget about the ego.

In the first seminar almost 40 years ago, maybe old Raelians remember, we were training a lot about loving ourselves. Some people may have difficulty to love themselves.

How can I love myself? I love sushi, that's easy, I take, I eat.

I love flower, ok I take, I smell. But loving myself?

Everybody agrees, most of the people agree, I must love myself, but when you have many many years of self hating of yourself, how do you start?

Many people are not aware that they don't love themselves.

Do you really love yourself? Ask yourself, do you really love yourself?

Loving yourself doesn't mean judging because judging is the opposite of love.

You cannot love and judge at the same time.

Judging is the opposite of love and we are so good at judging other people. That's the ego.

“This person is bad, he's ugly, he smells bad”, that's judging, so quick.

All the time, like an automatism, people judge other people, and bring them down usually, they rarely judge for positive always judge for negative.

Usually, when you are like that, you do the same for yourself. “I'm stupid, I'm ugly”, you judge' To love is not judging, no judging at all.

Look at yourself in the mirror, without any judgment. Maybe you are becoming old, have some wrinkles, breast down, have compassion for yourself, no judging, no.

You are not perfect, we are not perfect, I am not perfect, Yahweh is not perfect.



Nobody is.

Do you want to be like the Elohim? When you want to be perfect, you cannot be like the Elohim because they are not perfect.

So, loving yourself is accepting, loving and cherishing the non-perfect being we are.

Not loving only what is beautiful but loving also the ugly part.

I smell bad, I love my smell,

I have some wrinkles a lot, it's me.

I made mistake, many, it's me. I have compassion for myself.

I love myself WITH my mistakes.

Past, now and future mistakes.

Because as long as you live, you will make mistakes.

And it's not finished, it's just the beginning, to be alive is to make mistakes.

To learn, improve, trying not to make 2 times the same mistake, that is beautiful.

If you think like that, eternal life is beautiful, it is eternal learning, not static.

Eternal life without changing would be boring.

If you imagine eternal life being like you are today forever,...., I don't want this life.

Be like a flower, growing, a little seed at the beginning, then it grows, grows roots, makes mistakes. You can see the trees sometimes, they are crooked, have many problems, they make mistakes, but they grow.

Be like that.

Slowly you are a flower, like a lotus, opening, but a lotus is not static.

There is a little bud, then it opens and the flower disappears but the lotus is still alive, under water, in the mud, and next year there will be another flower.

We are like that. So don't look at yourself as static.

If I say 'lotus', everybody thinks about a beautiful flower.

A flower is just the sex of the plant. The penis in erection of a man in the morning, that's a flower. Bala, lotus, all in the sex, they are not a plant, it's not a plant. The plant is the bud under the ground, under the mud, like the rose.

If you love roses, you love the stem, the spikes, the roots, you love the whole living being not just the flower.

It's the same for yourself.

The beautiful smile, beautiful eyes, and the smelly anus, that's the same, you have to love it all. Without the roots in the shit of mud there is no flower.

So love all parts, it's you, start with your hands, really love your hands.

One of the best ways to love yourself-

Mentally sick people are alienated, it means that a link has been cut, they are disconnected from the reality around them. A healthy brain is connected, meaning that it recognizes that you are not all, but a part of the universe.

For mentally sick people, the universe is them, their ego is in complete control. In other words, it's me, me, me, and they are disconnected from the world. The opposite of that is feeling connected and recognizing that the little me is only a part of all.

That Tony is a part of me, I am a part of him, we are parts of the universe, separate parts but forming the universe.

You have to consider yourself the same way.

When you say, I love myself, who is I? And who is myself?

'I' is the supra consciousness. Myself is the body.

The primitive brain with emotions, feelings, burping, farting, that's myself, but 'I' is the consciousness.

So, when you want to love yourself, love the body, the material thing, look how beautiful you are, whatever your age, brain, emotion, mistakes, all.

Look at yourself as if you look at a little child. All day long, treat yourself as a little baby.

But your consciousness is a high mean 'to guide'. Without the guidance of the consciousness, the ego becomes incredibly huge. The ego is the whole body without consciousness.

When you awake the consciousness, suddenly the body, the emotions, the feelings become a tool, just a tool. And then love can flourish and blossom.

That's why by loving yourself you reduce the ego and it's not a contradiction to develop self loving and reduce ego.

The more you love yourself, the more love you have for others and the less ego.

This is very important, loving yourself is not egoist. It is making the tool out of your body and material brain, a tool, happy tool to love others.

I hope you love yourself more and more.

Do you love yourself? Do you? Do you? Do you? Really.

Please, because we can change the world if we love ourselves, loving the beautiful creation of the Elohim and remember that is the best tool you have, the 'I' love myself, the 'I' when you say 'I' it's the consciousness.

Feel it one time, just feel it: "I love myself.

Together ok, Think about you and say : I love Myself. And feel. Not the word only, not the word, just feel. At the same time use your hands, for more feelings like that (hug) touch yourself and feel "I love myself".

Do you feel it? The light and warm feeling. Do you feel it?

Keep it.



On the first Sunday of April

A very good piece of news, we will have today a new record of transmissions in Ivory Coast in Africa. They expect 150 people.

In China they expect 40 people.

So, what I can say, this is one of the most beautiful celebration of the Raelian movement.

December 13th is just the celebration of the contact with me, just when I received the message, it is not so important. October 7th is the same, and August 6th is sad because it is Hiroshima, but the 1st Sunday of April, this is real happiness, the celebration of the creation of human beings, us, by the Elohim.

For me, this day, this very day is the most beautiful celebration, a celebration of life, of art, because we are art.

Remember it when you look in the mirror, when you look at other people here around us, we are all pieces of art.

Many people say "I would like to see the Elohim". It is very easy, look at us, because they created us in their image.

That's why I love you, I see the Elohim in your eyes.

Never look at other people thinking that it is just somebody, no. In the eyes of every human being you look at, look at the Elohim. Feel it.

We are Elohim and we will really become Elohim.

Right now, thousands of scientists in the world are working to prepare the creation of life.

So, maybe you, or your children or your grand children will be part of the team which will create life on another planet. It's amazing.

Let's applaud the creation

Try to imagine, many many thousands of years ago, they were the messengers also on the Elohim planet talking to the Elohim and telling them: "one day you will create life on another planet".

A little group, like you, and all the other Elohim said "you are crazy it will never happen".

It's the same, it's a cycle.

We are becoming slowly Elohim.

Don't take that only as a scientific explanation, but also as a spiritual strength.

Because we are Elohim.

What a thrill, exciting!

Look in the mirror in the morning; just a human being" look in the mirror and say : "wow, I am an Elohim of the future".

And you will love yourself more.

Respect yourself more, have more love for your face. For your consciousness, for your power of creation. Try.

Starting right now, everything you do: smiling, walking, eating, playing, anything you do, do it feeling that you are an Elohim.

It feels so much more powerful, and that's the way to be the most thankful to the Elohim.

So thank you for celebrating this beautiful day, enjoy. I would like to really applaud the Elohim for this creation, the hibiscus, the animals, these trees, the tree ancestor was created by the Elohim, like us. Any plant. Any little grass. We walk on the grass, when you walk think about it. Beautiful green grass, the first one, the first one was created by Elohim, for our pleasure.

All the beauty, all the food, every animal, every fish, every dolphin, every kujira, everything wow!

So I propose, if you agree, together, that we applaud the Elohim, ok ?

Thank you for being in my life

April 27th

One day, we don't know when, we will have a Sunday contact at 11am, without me. I will be back with the Elohim. Imagine this day. I imagine this day.

Will you come to the contact? And how will you feel, will you cry, will you dance and be happy? Both I hope.

Be happy because I will be back with my father, I understand if you cry because you miss me, that's normal, but don't feel guilty about it, that's love.

I will miss you also.

I will be with the Elohim and I will say: "ah, they have contact," and I will miss being with you.

Now you have the big privilege to be with Maitreya, but Maitreya has the big privilege to be with you. Each of you is so special for me.

Yes there is only one Maitreya, but there is only one you.

You are not inferior. We are same.

My mission is different, but each of you is very important for me.

Very important for the Elohim, each one of you.

Feel it.

That's something I want you to be amazed about everyday. Be amazed of everything.

I told you before, be amazed when you wake up, because every morning some people don't wake up. They are just dead.

So you wake up, be thankful to wake up.

Wow, I am alive, I can feel, I can touch, I can love, I can have sex, I can eat, I can see this beauty around me. Be amazed of simple things.

I said before but everyday I am amazed to touch a button and have electricity.

Think about it, many people still in Africa, in many countries they don't

have electricity.

They just have little candles and it's difficult to make electricity, they don't have it.

Every time I touch an electric button, I think about them.

And I go to the bathroom, I touch the faucet, the tap and see the water coming.

I have been in Africa, I have seen Raelian village with no water.

They don't know what that is. Everyday they have to walk 1, 2 or 5 km to go to the well to bring water. Here we touch and here is water.

Be amazed of that, it's really a meditation for me.

And another one, hot water! You know, you have it. Cold, hot.

These Raelians in Africa, they walk 10 Km to bring the water, hours of walking and it's cold. Then they have to make a fire under the pot to have warm water.

We just turn on the tap.

Think about it everyday.

You all have your cell phone, do you?

You talk, immediately communicate with everybody on the planet.

And people are depressed and negative with all these things, all this is a miracle.

The telephone itself is shit, it's nothing, but the possibility to be connected with everybody, that's beautiful.

You are in a village in Africa, no music. The beautiful music of the wind, the birds, but no music.

What do you do here? you touch a button and "ploom" there is music. You have 100-200 musicians in your bedroom. This is amazing.

How can you not be amazed, everyday.

Will you have lunch, after, everybody? You are lucky.

In Africa, many people will not have lunch. Nothing. They don't know when they will eat. You, you are sure. Nobody here thinks: "I don't know if I will be eating".

You are thirsty, you need some clean water, you sure you will have it, in Africa, No! And not only in Africa but also our ancestors, very recently, 100 years ago, they had no electricity, no water, no cell phone, no music anytime they wished.

So we are living a time, which is a miracle time. Be thankful,

You are sick? You have pain in your stomach? You go to the hospital.

In Africa, there are so few of them.

You are so lucky.

Life is like a miracle.

Be thankful for your life, for the privilege you have to live with all this comfort.

And especially in Okinawa where you have the privilege to have this beauty around you, the trees, the ocean, the flowers, look at that, I look at the green, look. This green is good for you brain.

Scientists discovered that the green of the leaves helps fix depression.

When you feel a little bit sad, look at the green of the leaves, and you can even hug the trees.

They will give you lots of energy, you will feel it and the trees will feel you also.

So enjoy, everything, be amazed of everything you see around you.

And now, you are breathing aren't you? We are all breathing. It's amazing, how many times in your life you can breathe?

A limited number of time.

Every time you breathe is one less, maybe in your life you have 10 billion of breathing, you know like a countdown, 10-9-8. It's the same for breathing, each time you breathe you are closer to the last one and one day it will be the last one, maybe now?

So enjoy. It's a miracle!
Every time you breathe, every time your heart beats,
you don't think about it and one day, it's finished.
So now enjoy. These things are fantastic. How can
people be depressed and sad?

Just breathing is amazing.

But before all, hugging friends, having friends.

Looking at these people, and loving each other.

There is only one Tony. So happy ... Tony. There is
only one Miki, so happy to be with you.

We are family, we must be amazed of the eyes and
smiles of each of you.

Look at James with his camera, see his smile. There is
only one Kumiko, her smile like a little girl.

This is so important, enjoy the smile of each other.

The warm feeling and friendship, you should be
thankful for that.

Maybe you all think "Thank you Maitreya for your
speech" maybe you think, maybe I don't know,
"Thank you Maitreya for being with us", but I think
also: Thank you for being in my life, thank you for
your love.



Clitoraid

38 women operated on in Burkina Faso

Hundreds of women were there on March 7 on the door steps of the Pleasure Hospital, expressing their support for Clitoraid as well as their anger because the last minute decision of the Health Minister not to grant Clitoraid the permit for its Hospital despite the repeated assurance that they would do so.

After 8 years of dedication, Banemanie, the President of the women's association AVFE, the local partner of Clitoraid, Lamane who supervised the construction and Yael the Doctor in charge of the hospital were all stunned when on February 28, one week before the official opening, the Health Minister announced that our hospital would not be allowed to open its doors at the promised date. Their lame excuse was to say that we didn't file the proper documents. In reality, these documents had been filed 2 years prior, they had been strangely 'lost' by their administration and had been re-filed by us. Yet, they completely ignored all this while our American doctors and nurses were about to arrive on March 3rd.

In a private meeting with a member of the AVFE, the Health Minister clearly said that we had strong enemies. The First Lady, who was scheduled to inaugurate the hospital, cancelled her official appearance right after that meeting without giving any explanation. The intention to hurt Clitoraid was further confirmed when we received on March 7th a letter from the Board of Doctors (Ordre des

Médecins) revoking the licenses of the American doctors who had come to operate on more than 80 women gathered in Bobo Dioulasso and anxiously waiting to be repaired. No reason was given as to why these licenses had been revoked.

Strangely enough, our enemies turned out to be very different from those we expected. We knew that some people from the Burkinabe community were still strong supporters of FGM, despite the law banning it. However, the attack didn't come from them but from a local Gynecologist who is a strange mix of greedy Catholic and French colonial loyalist. He is a member of the Order of Malta and presided over the induction of the Burkina President in that same order. He is also a proud recipient of the French 'Légion d'Honneur', a medal given to those who defend the interests of France...

It must also be known that this Gynecologist, Dr. Charlemagne Ouedrago, offers the clitoral repair in his clinic for \$500 and it so happens that he was running a free promotional campaign for the surgery at the very same time that Clitoraid was going to have its humanitarian mission!

... To preserve his business and show loyalty to his strong French and Catholic connections, Dr. Charlemagne went on a strong lobbying and openly defamatory crusade against us. He proceeded to state his hatred of the Raelian philosophy in an email sent to all the gynecologists of the country where he detailed his vile lobbyist actions aimed at preventing our opening.

Clitoraid immediately hired a lawyer to sue Dr. Charlemagne. In the past weeks, Charlemagne was served a subpoena summoning him to appear in Court on June 2nd. On June 30th, he was condemned to pay a fine, the whole cost of the trial and give 1 million FCFA to the Raelian Movement of Burkina Faso.

Our lawyer, known in Ouagadougou as "the incorruptible", is also working to sue the Board of Doctors "Ordre des Médecins" that revoked the licenses of all 4 of our American volunteer Doctors *without ever giving any explanation*. These doctors traveled to Burkina Faso at their expense for this humanitarian mission. Yael strongly feels that the Board of Doctors must be legally apprehended for their blunt abuse of power that caused hardship both to over 40 patients who were prevented from having their surgery though they had traveled large distances to seek treatment and to our volunteer surgeons who had cleared their busy patient schedule in the US to go to Burkina Faso. For Yael, it is crucial to set a legal precedent so the Board Of Doctors doesn't decide to sabotage future humanitarian missions!

This month, the Health Ministry of Burkina Faso is back in touch with Clitoraid and our dedicated AVFE/Clitoraid team in Ouagadougou and Bobo is painstakingly going through the permit process once again. The permit for our Pleasure hospital may have been temporarily turned down, but

from the say of the local experts, it is one of the best hospitals in Burkina Faso, a country that is in such dire need of these medical facilities.... It isn't hard to understand why these women were crying when they learned that even our volunteer doctors lost their license to operate. Luckily, Dr Bowers and Dr Henning were given access to the clinic of a friend of Yael and managed to operate on 29 women in the 5 days preceding the revoking of their license. They were also able to train the friend doctor who had kindly hosted Clitoraid's surgeries. He

was able to continue performing Clitoral repair operations under their supervision during their week's stay.

In total, 38 women had their clitoris repaired. Some came from as far as Sierra Leone, Senegal, Kenya and even Qatar....

Today, all of the women have healed and some took part in Banemanie's informative sexuality presentation at the Pleasure Hospital during Clitoral Awareness Week.

During our first humanitarian mission in March, several international media were present to report the event

such as the BBC, Reuters Foundation, CBC (ChinaTv) and many others who could witness the blatant discrimination and more importantly how these women who had been hurt in the past in the name of tradition and religion were hurt once more by the same hateful prejudice. Our March campaign may not have helped as many women as we had hoped but it definitely helped bring awareness to what the Raelians fight for, a world where womanhood is praised and respected, a world free from corruption and religious prejudice.





Asian Happiness Academy



For the first time ever in Taiwan, the Asian Happiness Academy counted 120 new participants among the 450 participants. The teachings of Maitreya brought amazement, laughter, love and a simple deep happiness that is unique to the Happiness Academies... don't miss the next ones in Croatia for Europe in August, in Burkina Faso for Kama in August as well and a brand new place for South America, in Peru, this coming February!!!



