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Judge or love, there is no middle way

Maitreya Rael – Raelian Gathering, January 7, 78 aH (2024), Okinawa, Japan

What is love? As you know, you have one very dangerous tool, you all have it, I am talking about the thinking brain. And, when you think, you cannot be.

For all occidental people, especially the French, thinking is considered the top. Maybe the Elohim choose somebody who was born in France for this reason. There is a very famous French sculpture, made by Rodin, “The Thinker”! Everybody on this planet - we are now eight billion - everybody believes thinking is the best use of one’s brain.

Thinking is like using the cat’s litter. You make a deep gap then you cover. Think about it. Actually, don’t think about it. If you think about it, you make another shit. Everybody believes thinking is amazing! They even have exercises, training, to be more powerful at thinking. It should be the opposite! But that, nobody can understand. Because, for everybody, understanding is thinking. Understanding is no thinking. You understand the universe. If you think about it, you understand nothing.

It’s infinite! Feel it.

When you feel, you become the supreme intelligence. Intelligence means connecting things. You can go outside, now, and try to see the stars. You cannot. The sky is blue. Is it really? The sky is not blue! We see it blue. And that’s how stupid human beings are. When you reach supraconsciousness, you see the stars at noon when the sky is blue. I see the stars. I don’t use my eyes; I see them while being.

Can you see love? We say, “Oh! I love you!” Can you see it? We cannot see it. “I am” with you; “you are” with me. Again, “I am” with you. I am not saying, “I am with you.” “I am”... with you. But you have to put the separation. Are you? [We are] I am not saying, “Are you with me?” I am saying, “Are you” with me.”

And that’s what makes you attend on Sunday morning. To be. Not to listen to the old white-bearded man. What I say doesn’t matter. Are you more when you are with me? [Yes!] Yes, yes! “Are” you more? To “be” more. And that’s very interesting to become the Buddha you are, because you are all Buddhas. I don’t see fifty Raelians, I see fifty Buddhas. You are. You can have two images in your house: Jesus on the cross or Buddha laughing. Which one do you choose? It’s you! And what you look at, what you witness, makes you who you are. So, witness what’s happening. The first step in becoming you is to see, to feel, to become aware of what is around you. That’s consciousness, but it isn’t supraconsciousness.

I see you, right? You see me. But that’s not me. That’s not me. You can hear me but that’s not me. I can hear you. So, the senses - sight, hearing, everything - are limited. Witnessing at the first level, it’s just using consciousness. I see you, “Hello!” but it’s not you, it’s a body, a beautiful body, a beautiful hairstyle, a beautiful make-up. What is make-up? It’s the image you want people to see. Is that you? It isn’t you. You can wear a wig, you can make a crazy make-up, put on a red nose like a clown, it isn’t you. So, what is you? It’s something else.

What is it? I am not what I see. I can witness. For example, I can see a blue sky and no stars. But the stars are here. So, my eyes are lying to me. There is a beautiful sentence, “I could not believe my eyes.” It means that, when you look, there is a vision but you have to believe your eyes.

A blue sky with no stars, do you believe your eyes? The stars are there! So, these eyes are lying to you. It’s called, “optical illusion”. We all love rainbows, there are no rainbows. It doesn’t exist! You used to see one rainbow here, another this side; you believed your eyes. They are optical illusions. Whether you are here, or one kilometer further, the rainbow will be at a different place. Can you believe your eyes then? Of course, not!

It is the same with hearing. There are a lot of sounds here but if we stop talking, we are supposed to have silence. Is it silence? Not at all. Recently, I was watching a TV program on animals and the scientist was surprised that they have recorded the sound of every animal but the giraffe. There was no recorded sound for the giraffe. So, scientists really started to explore why giraffe made no sound. They actually do, we just needed to use some special technology to be able to record the sound of the giraffe. But with our limited abilities, we cannot hear it.

You all have a telephone; a lot of sounds go through it. Are they here? You cannot hear them. Radio, television: if you don’t have a tool, you cannot hear it. Even more advanced, the Earth emits a sound, a special vibration, the sun has a sound, our galaxy has a sound, but we cannot feel or hear them. We are in a bath of sounds but with the illusion of silence.

Silence is always an illusion in the same way that the blue sky, or the rainbow, is an illusion. We live in a world of illusions!

What about thinking? Thinking is an illusion! When you speak with other people, who is speaking? The thinking brain is speaking. Every time two people are talking together, they don’t listen. When somebody speaks, immediately your brain, the thinking brain, starts to say, “What will I reply?” and you focus your attention not on understanding

what the other person says but on what reaction you will have. And that's like deaf people talking to each other. That's why everybody wants to be right and argues.

That's a dialogue of the deaf. You are not listening to what people say; your brain, your thinking brain, immediately prepares an answer. And that's particularly clear with people who cut other people off. We all know people who cut us off. You didn't finish explaining what you wanted to say; they're already talking. And everybody does that. I then say, "Wait a minute, I am not finished. Wait that I finish speaking before answering."

There was a very popular and funny TV show, in France, in which the journalist, who was also a great comedian, was interviewing very famous politicians. He was always speaking and asking a question that was not a question. But the politician, after listening to the first five or six words, had already prepared the answer.



For example, imagine a question about unemployment in Japan. The politician prepares his answer but the question is, "Blah-blah-blah." No problem, the politician answers, "About unemployment..." He knows what to answer, but there was no question asked, only a mumbling sound. "About Fukushima, blah-blah-blah." And the politician answers, "Ah yes, it's a big problem we should have thought about before." He answers no question. It's so funny! A few words and your brain prepares the answer, but there is no question.

That's why we need to wait for the question. Very few awoken politicians say, "What is the question?" They listen but, "What is the question?"

And it happens to me constantly. During the Happiness Academy, there is sometimes a question period during which people talk, “Blah-blah-blah, Elohim, blah-blah-blah...” “What is the question?” When you don’t know the question, ask what the question is.

People want to prove that they are intelligent. They need to show that they understand what cannot be understood. They understand the question even if there is no question. You have to have a question to give an answer. That’s why I often answer to people who ask me some question, journalists also sometimes, “What is the question?” The most intelligent people realize when there is no question. People speak, “Blah-blah-blah, blah-blah-blah, blah-blah-blah...” It’s a beautiful music but what is the question? When you ask, you focus people on their thinking brain.

The thinking brain’s favorite activity is to create illusions, especially the politicians’ thinking brains. They are so good at creating illusions for every subject. But, to be practical, how can you use it in an everyday activity? You! “Which part of my brain am I using, the thinking brain or supraconsciousness?” It’s a simple choice. When in supraconsciousness, there is no question. When using the thinking brain, there is an illusion of question; a question leading to more and more questions. It’s not clear questions but the most stupid questions like, “What is infinity?” That’s the stupidest question.

But there is even more stupid than that: answering. By answering them, you cannot be more stupid. What is infinity? What is the right answer to that question? Stay in silence or say, “It is.” It is! What is infinity? It is. Like Buddha answered when asked, “Who are you? Are you a teacher? Are you from a university? Are you a doctor? Who are you?” And, Buddha answered, “I am.” That’s all. “I am.”

Are you? You are. Be you!

Inside yourself, you have all the answers; and the most important answer is infinity! Raelians are privileged to have the highest possible philosophy: infinity! It cannot be higher than that, nothing can be bigger, nothing can be smaller; it’s infinity. You are, we are, you have been; you are and you will be. You have been in infinity before being born and you will be after dying, forever! That’s infinity and it’s the middle of the symbol, which represents eternity. And, when you feel that, you start, little by little, to use supraconsciousness. But you need to train every day, every second!

What happens when we interact with other people? “Hello, I’m so happy to see you!” That’s beautiful; and then, we start to interact. “Ah! I know this person.” And we judge. Judging is thinking; loving is no thinking, no judging. You always have the choice between judging or loving. Loving is supraconsciousness, judging is thinking.

When you think, you limit yourself; you put yourself in a box. If you think about other people, if you have a thought about their make-up, their clothes, their behavior, its judgment; and judging destroys love. I am Korean, you are Chinese, we are enemies. That’s thinking! It doesn’t exist. Like the blue sky, there is no blue sky. You can take a rocket, fly high in the sky and when it goes out of the atmosphere, it’s all black. In the same way our illusion creates a blue sky, our illusion also creates a judgment on others.

Love is the only answer, the only way to create peace and to have a peaceful humanity.

It's so funny, it happens even among the Raelians. We are supposed to be the religion of love but there is so much judgment! Here, between you! Don't say no, it happens, "Oh! Him! No!" And, "He is like that, she is like this..." Judging or loving, there is no middle way.

Then, you reach another illusion, the language. And I will refer you to my favorite painter, Magritte. He made a painting of a pipe, and under the painting it was written: "This is not a pipe." Normal thinking people usually say, "Why? Of course, it's a pipe!" And they start to think. Only people in supraconsciousness immediately laugh. Indeed, it isn't a pipe, it's a painting! For thinking people, "Why isn't it a pipe? I see a pipe."

It's the problem for prophets. What is that? A finger. But when Jesus showed the stars, people said, "What a beautiful finger!" I do it also, but I use another finger (showing the middle finger). What is that? A finger! Okay? That's the illusion of language. So, when you realize it, you realize that everything is an illusion except one thing, infinity; and love because infinity is love.

The love particle, a new revelation

Maitreya Rael – Raelian Gathering, January 7, 78 aH (2024), Okinawa, Japan

I will now make a revelation. Scientists will soon discover new particles that they don't know about yet. In the same way you cannot see the photons that make light, you cannot see these particles.

In this universe, everything revolves around something else. It is true within your atoms but also with the earth that turns around the sun, and the sun that turns around the center of the galaxy. What makes all these things move in such a way? They call it attraction.

Newton discovered something that was there, but he didn't know why the apple falls. He called it gravity. Anything you hold and let go will fall wherever you are on the Earth. Nobody knows why. It's a particle that is responsible for it. We can call it "graviton". Nobody knows about that; I am making a revelation. Soon, they will talk about this discovery. The whole universe is full of gravitons, which attract everything everywhere. Without gravitons, your body would disintegrate. The elements composing your hand would not stay together; they would separate.

But what is that particle really? Love! It is Love. And love is infinity. The same rules apply in the infinitely large and in the infinitely small. And that's love. We can give it new scientific names, it's just love. You can do this experiment; you put two drops of oil on water and they will come together. It is the same with human beings. It's natural to try to be together. It's a cosmic law. It isn't, "Oh, love! Please, love each other!" No!

Be you. Being you is loving. When you hug someone, that's two drops of oil joining each other, and you feel it. You feel it!

Love is being together. I am with you, are you with me?

I love us

Maitreya Rael – Raelian Gathering, January 14, 78 aH (2024), Okinawa, Japan

Wonderful contact! The image of being a bottle of champagne is amazing. Amazing! Feel like a bottle of champagne. You are not the bottle; you are the champagne! Feel the bubbles inside your head. It's fantastic. This is a wonderful meditation to do every day.

We are in the most holy place in the universe. Is it because it's Okinawa? No! Is it because it's the Earth? No! It's because it is where "I am". Not only where I am, but also where "you are". The highest place in the universe is where "you are". Because you are; you are the children of the Elohim, you are the light of the Elohim wherever you are. I almost said, "on Earth". No! Anywhere you are, you are the light of the Elohim. If you are on another planet, you still are the light of the Elohim. So, the holiest place is where "you are". Because you are holy persons. You are not just something alive, like an earthworm, like a piece of earth. "You are", and you carry it with you wherever you are. You can go underground in a cave, you can go deep under the ocean, you can go to other planets, "you are" the light of the Elohim!

So, wherever you are, it becomes the holiest place in infinity, because "you are"! But you have "to be", of course; you have to feel, not to think. When you are, you feel the Elohim alive inside you, like the bubbles in a bottle of champagne.

So many bottles of champagne! It's not a joke, we can be drunk from infinity. Infinity is much more powerful than any alcohol or drug. If you really "are", witnessing the infinity expressing itself through you, no sake has the same power, no cocaine, nothing. Be, be infinity, and there is no need for sake. Drink infinity! Smoke infinity! Sniff infinity! It's here, and there is no side effect. The only side effect is you! Start to be who you are, feeling infinity. If you don't feel drunk, you don't feel it. If you really feel infinity, you will automatically feel drunk. It's the most powerful drug in the universe, and it's not dangerous, because it's you. It's a kind of masturbation: when you feel infinity, you feel yourself, because you are infinity. So, it's a kind of masturbation.

Be careful not to separate yourself. That's why I use and explain this magic sentence during the Happiness Academy. "Are you?" I am. This is it. I am what? When you really say, "I am", you are infinity. Infinity is expressing itself through you. It's incredibly powerful if you really feel it. You touch yourself, "Oh, I touch my hand. Good feeling." No, you touch infinity! Whatever part you touch, including your sexual organs, you touch infinity. When you look at yourself in the mirror, you see infinity. When you have an orgasm, it's infinity.

So, when you feel "one" with everything, you don't separate yourselves to look at things, you "are". But the mental disease of human beings, a true mental disease, is that they separate themselves. When you say, "I am", you are "all" and "nothing" at the same time. Because "all" and "nothing" is the same thing. You feel it. Automatically, the thinking disappears. But if you think about infinity, you cannot be it. Thinking is something that cuts you from infinity.

"I am French." "I am Korean." "I am Japanese." Automatically, if you put something after "I am", you are not. Even if you say, "I am happy", you are not happy. You say, "I am" and automatically you are everything! It includes everything and nothing. Being a "nothing king"! A play on words in English: "nothing king", "no thinking".

“Be”! Your eyes must not separate you from things. It’s a tool for beginners, for example, with this beautiful place. I love to see the sunrise, but never am I like, “Wow!!!” Never. “I am” the sunrise. The sun rising is watching me. Because if you watch, if you watch something, you separate yourself from what you watch. It’s the same with love. You look at someone you love, “I love you.” When you say, “I love you”, I is ego, it’s separation.” “I love us”, that’s better. “I love us”!



“ Drink infinity! Smoke infinity! Sniff infinity!. Infinity is much more powerful than any alcohol or drug. If you really ARE, witnessing the infinity expressing itself through you, no sake can have that amount of power, no cocaine, nothing. Be, be infinity, and there is no need for sake.

Handwritten signature or mark.

So, be careful even in love. When you say, “I love you”, you create a distance. “I am” and “you are”, and “we are” at the same time, and we are “one”! It’s beautiful!

I don’t wish you a beautiful day, because whether the day is beautiful or not, it depends on you! Be the champagne inside the bottle and break the bottle. When you shake the champagne - after a car race, when you win, you shake

the champagne - it's similar to masturbation! The sperm is a kind of champagne from our balls. Celebrate! Be the champagne! Don't be like dead sake, be like champagne! Feel it. Your body, your mind, is a nice bottle. Shake it! You have it all forever. But I don't wish this to you. My wish has no effect on you, it all comes from you. Your happiness doesn't come from me, it doesn't come from the Elohim, it comes from you. It's fantastic! Don't be like soy sauce, be like champagne! Will you celebrate something with soy sauce? Champagne! I want to see the bubbles everywhere. Champagne is a beautiful image, because it comes from inside. You have everything inside you to suddenly have an explosion of bubbles. Do it!

And I love us! Not "I love you". You are a part of me; I am a part of you. If I say, "I love you", I betray my teaching. "I love us"!

Love is the total absence of judgment

Maitreya Rael – Raelian Gathering, January 21, 78 aH (2024), Okinawa, Japan

"For the rest of your life", that's a beautiful phrase. The rest of your life, how long is it? Ten years? One year? One month? One minute? No one knows. So, what is important is Now!

And that's the beauty of our philosophy. The beauty of our philosophy is that it is not a philosophy, it is! It is the same with love. You can think about love, study the philosophy of love, but you won't know love. Love is!

"Who are you Buddha?" – "I am." That's the answer you must give to yourself. We all wake up but, as long as we don't open or awaken the supraconsciousness, we return to the three fundamental questions, and especially, "Who am I?" We all ask ourselves, "Who am I?" "Why am I here?" And the answer is "nothing". Nothing! If you give an answer, you start thinking. If you start thinking, you are not.

This is what I explained during the Happiness Academy, the image of "to be". In the Western world, there is this beautiful, but totally stupid, sentence: "I think, therefore I am." While the truth is: "I don't think, therefore I am." So, it's completely the opposite! The more you think, the less you are. In every field. Einstein, trying to find solutions in complex mathematical problems, sweated and nothing came. Then he would go to play the piano or the violin, and the solution came.

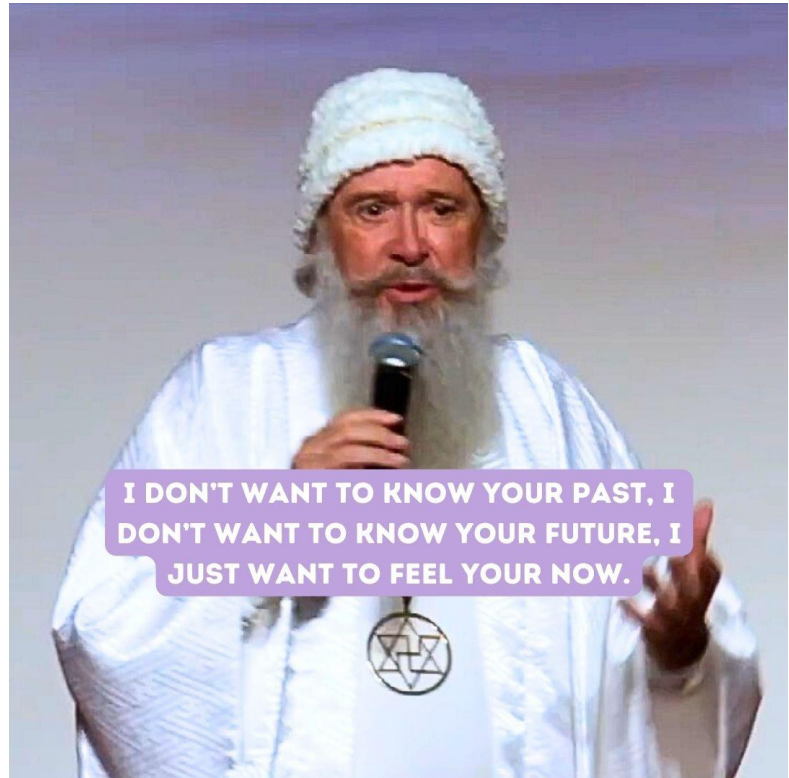
When you don't think, you are. When you are, you are what? Infinity! What is infinity? Love! "Love is the key". Love is the key, remember that. It's the opposite of "I think", and of "The Thinker"; Rodin's famous sculpture. And under the trees, here, you have a Buddha, and he is laughing like crazy; absolutely no thinking.

Any question is thinking. Any answer is thinking. So, it's very difficult for human beings. We have a computer, a supercomputer that is programmed to think. A tiny little part of it, which is the supraconsciousness, is programmed not to think, but to be. It's so funny. Of course, when we use a maximum of neurons, we feel very intelligent. Intelligence is the opposite of being. The Hiroshima bomb? Very intelligent, a lot of science, of research, of calculations were involved, and it's terrible! Intelligence is what may end humanity. In other words, humanity can be destroyed by intelligence, and saved by being.

Normal people look at you while you are sitting on the street with our slogan “Meditate with us, 1 minute for peace”, and they think, “This is totally stupid.” But it’s the only way to save humanity. Or you can go to the best university, become a rocket scientist, an Einstein, and destroy humanity. Thinking or Being. It’s another way to say, “You always have the choice between judging or loving.”

Judging is thinking! “Oh, this person is like this” and then hatred comes. While loving is, “I don’t know who you are, I don’t want to know who you are, I don’t want to know your level of education, your science resume, your job, how much money you have. I don’t want to know; I want to feel who you are.” I look in your eyes without thinking. If you look in the eyes of people while thinking, judgment comes. Feel it! We all do it. When you don’t use supraconsciousness, you look at people, new or not new, and you start judging. And then there is no more love.

Love is the total absence of judgment: you are, I am, we are; and then there is love. I don’t want to , I don’t want to know your future, I just want to feel your Now. And it’s so beautiful! When you look at other people Now, look at the beauty. And when you look, just look, without judgment, it’s what Buddha was calling “witnessing”. I don’t want to look at you; I want to witness you, and you to witness me. And then we are. We don’t say what. If we say, “We are happy”, we are not. We just say, “We are.” That’s why I always ask this question, “Are you?”



Are you? [I am] Yes. That’s great. “I am” is automatically Now. “I was”, it’s all your past, your story, your education! “I will be”, it’s all your projects, your thinking, your mental construction. “I am”, it’s the absolute Now. It’s very interesting to “feel” now, not to “think” about now. If you think about now, you are not now. Feel now!

What is now? Is it ten minutes before? Two minutes later? No, it’s now! And even the most advanced mathematicians cannot formulate it mathematically. Like when I explain about infinity, people who discover awakening say, “Happiness is here and now.” They don’t describe what is here and now. Is happiness here? No. And “now”? Yes! But “here and now” does not exist. Here, again, where am I? Right here? There is nothing. Am I on the right foot? Left foot? In the cross between? There is no “here”.

Where are you? In Okinawa? No! In Nanjo? No! You are! Are you under your ass or under your feet? “I am where my brain is.” But where is your brain? On the left side, on the right side, in the middle? There is no “here”; there is infinity. When I say, “I am”, I say it with supraconsciousness, and when I say it, my anus is also talking, it’s there. There was a very interesting sentence linked to science. When life develops in the womb, there is one cell that starts

to multiply, by dividing. It's understandable: "divide to multiply". And what is the first part of the body that is created? The anus. And some humorist said, "Some people never go further than this level. We call them assholes." It's an image but if you don't reach supraconsciousness, you definitely are an asshole for the rest of your life: "I am" an asshole!" This is a fact. And when you are an asshole, what do you make? Shit! This is very simple.

And people feel it and they say, "My life is shit." Who makes it? You! Because you are not here and now. So, if you try to define exactly what is "here" One centimeter? One millimeter? One thousandth of a millimeter? One atom? An atom is made of smallest particles. That's why "here" doesn't exist; it's an illusion. And "now"? What time is it now? It's 11:26 am. Really? It's 11:26 and three seconds. Really? It's past already! So, you cannot pinpoint "now", because "here" and "now" are infinity. We are. The symbol. This is fantastic, it's us. And what is infinity? Love! We are love.

And when you think, you are not love. But when you are, automatically you are love. And I would like you to focus on developing this feeling. The biggest happiness of your life is not tomorrow, it's not yesterday, it's not the last hour, it's not when you were coming to the gathering, it's Now! It's the best moment of your life. Feel it! This moment, this very moment is the best time of your life. If you feel it, you fly. And you can look at the eyes of people you love, and we are.

So, please, fly!

Your connection with the Elohim is a love story

Maitreya Rael – Raelian Gathering, January 28, 78 aH (2024), Okinawa, Japan

Each of you is a treasure. I don't say that to make you happy. You really, really are a treasure! Each of you. Do you realize that without the Elohim we wouldn't know each other? Each of you wouldn't be here. "Ah, we are with Maitreya!" Yes! But why are you here? Because one day you read the Message.

Always keep this link with the original event that brought you here today! Remember your feeling the first time you read the book; maybe you couldn't sleep. It isn't so important to remember the details of the Message, but to remember what you felt, what your feeling was then. Try to remember where you were. Were you in your room? How did you get this book? Did you read it immediately? Did you wait until the end of the day? Remember holding the book; maybe you wanted to read it immediately, but you couldn't because you were busy. Where were you when you opened the first page? Or maybe you understood by first receiving the Message from a TV show. Maybe you saw this strange Frenchman talking about UFOs, "Oh, he looks strange." And while listening, some part of what he was saying got your attention, and you wanted to know more. And maybe you went to a public speech, maybe you saw a poster on the street.

It's very important to remember all the steps that brought you to finally read the book.

Do you know what your connection with the Elohim is? It's a love story!

It's exactly like when you pretend to be in love with someone, sometimes with time we get used to it. The greatest enemy of love is the habit. We pay attention when we meet somebody; and people say, "We fell in love." I don't like

these words, “to fall in love”. We don’t fall, we rise in love. And we pay attention to every detail. We meet someone, we don’t get enough of looking in his or her eyes, the lips, every detail, the voice. We are flying, we feel like on a cloud. When we eat, we think about love. We cannot fall asleep because we want to be with this lover. The love story with the Elohim it’s exactly the same, exactly the same! And with time everything fades away if you don’t use supraconsciousness. Supraconsciousness is even more important in love stories.

When you are in supraconsciousness, there is no habit because you are in the now. Why should I fall in love with one person, and after one year, two years, say, “Good morning!” At the beginning, you want to jump on the other person, you want to touch them, you want to kiss them every second. Why is it that after one year, or two years, or seven years, suddenly, it’s just a habit? You all know this feeling. Does it take consciousness? No! Supraconsciousness! To be every morning in the same state as on the first day. Why could I have been in love at the beginning, be amazed by the personality, thinking constantly of this person, and suddenly, “What did you cook for lunch? Bring me my slippers.” That’s the effect of time and, be careful, it’s the same with the Elohim.

You are Raelians. When you discovered the Message, you were in love, completely in love with the Elohim, totally in love with the Elohim. If you could have contacted Maitreya and he said to you, “Come, we need to go to this mountain, they will come”, you would have jumped in your car. You couldn’t wait to meet me! You would have been excited all the way in your car, excited at the gate of the property, “Where is Maitreya? Maybe if I go to the gathering at 11 am, maybe a UFO will come.” You were excited, in the same way as the first meeting with your lover. And this feeling is still inside you, but you don’t pay attention to it anymore. You say, “Okay, let’s go to the gathering!” No! There is no more of this excitement. What is it? When you were feeling in love after reading the Message, you were ready to jump, to dance. You couldn’t sleep; you looked at the sky constantly. You went outside at night to look at the stars, “Maybe I will see a UFO!” You were like that. You were like that even before discovering the Message.

When you were a little girl or a little boy, you were different from other people. You were dreaming, looking at the stars, “Are we alone? Are there other people living in the stars?” Remember! That was you, each of you! You were incredibly dreaming and you had difficulty fitting in with normal people. Normal people don’t look up, they look down. But Raelians were all looking up, because you were dreaming before receiving the Message, you were dreaming of receiving it. And when you discovered the Message, it was not really a discovery, it was something like, “I knew it!” Remember your feeling, “That’s it, I was sure!”

Most true Raelians were not surprised by the Message. It’s more like the opposite. They said, “I knew it. That’s it!” Remember! And this happiness, this joy of, “Yes, that’s what I felt”, you have to keep it. Don’t let it disappear, make this love story eternal.

When I wake up with Sky, every morning I want to look like if it’s the first time. I don’t want to be less excited day after day. I want that to happen forever. I don’t know if we will be together forever, I don’t know. But forever I want to have this feeling of love. And we look at each other and we cry, without any words.

And I have the same feeling when I look at you. I remember the first time I met you. Each of you. You can have a love story with the other Raelians. It’s a love story!

One day I will die, like all of us, and I will have the same feeling thinking about your eyes. That’s why I say you are very special people. The amount of love in your eyes is incredible. Feel it! Feel it radiating from you. Every time you

meet somebody new, make it unforgettable; each of you and to each other. Why? Because of the Elohim! And you are here because of them.

We must always, always say, “Thank you, Elohim!”

No thinking or the right thought?

Maitreya Rael – Raelian Gathering, February 11, 78 aH (2024), Okinawa, Japan

To reach supraconsciousness there are two sides to it. On one side there is no-thinking, and on the other side, the teachings of Buddha, which says, “Wisdom is to have the right thought, the right speech, and the right action.” So, some people could believe that no-thinking and the right thought is a contradiction. To understand this deep teaching, let’s go back to what teachers in Zen Buddhism teach.

You remember, when a new student came to the monastery and told the leader of the monks, “I want to learn meditation.” And the monk said, “Sit down.” A simple answer, “Sit down.” And usually, the beginners think that this is the first step; that next will come some teaching. The brain becomes very active, “What will he teach me?” Sometimes they ask, “I have been sitting for ten minutes, so what can I do?” – “Sit down.” One hour, three hours, and then they change; they switch on the other buttock. “What will we do now?” – “Sit down. That’s all.” It’s bringing the body not to be active at all. People who are nervous, unbalanced, not in supraconsciousness, are very physically active, moving, scratching, shifting legs.

You need to be totally idle, to stop moving. “What can I do?” – “Sit down.” You can be in a Zen monastery for one month, and you will be sitting down. Not in front of a beautiful ocean, in front of a white wall, and you don’t even notice that it’s white. If you notice that it’s white, you are not in meditation. It’s a wall, but you don’t even notice it’s a wall. It is nothing, without even the word “nothing”. That’s nothingness! Because if you think about “not thinking”, you are thinking! “Think about it!” No, don’t think about it!

So, the first easiest step to reach a higher level is to stop the body. And there is a progression for the meditation students, because after a few hours, or a few days, they start to worry, “What am I doing?” So, some teachers, bad teachers will say, “Focus on your breathing.” So, you think about breathing. And it’s thinking! So, you focus on your breathing, you verify your position, then the position of your hands; all that is thinking. “Which side is better?” And you think.

And then you reach the second level, which is the right speech. What is the right speech? No talking, silence! It’s very difficult for people, we want to talk. When there is silence, we always feel we destroy the silence by talking; with other people, or even alone. Many people talk to themselves. There is nobody else in the room, only you, and you talk! Why? Silence! And then silence reaches another level. Then, you can more easily reach the right thought. What is the right thought? No thought! So, you stop the body, you stop the tongue, and then you can stop the brain.

The same way you are in front of a white wall, without noticing the color, you are in front of a blank, white without white, brain. Blank means “nothing”. And then the snail of supraconsciousness can suddenly come out of the shell, very slowly. But as soon as you move one foot, as soon as you say to yourself, “Ah, what will I cook for lunch? Which restaurant will I go to?”, it’s back inside the shell. I remember my mother, she never stopped talking, Ah, I

will cook some potatoes for lunch”, saying it to herself. Why say it? “Ah, maybe I will add a little bit of salt. Maybe sauté on the pan will make the potatoes better.” Talking non-stop! It was terrible for me, because I always loved silence. When I was a child, one of the most suffering aspects of school was the other children talking.



We have a computer, a super computer which is programmed to think. Only a tiny little part of it, which is the Supraconsciousness, is programmed not to think, but to be. It's so funny.

To stop the tongue is difficult. There are many people who talk because they have something to say. And some people talk because they have nothing to say. Both are bad. Of course, it's a little bit better if you talk because you have something to say. But the worst is talking because you have nothing to say. It's the same for thinking. Normal people who are in consciousness, not in supraconsciousness, think because they have something to think about. But other people, the worst of all, think because they have nothing to think about.

Witness yourselves! This little computer here (the brain), how do I use it? What for? You have the most powerful supercomputer of the universe, and you use it to say, or to think, “What will I cook for lunch?” It’s such a waste. If you use it to feel infinity, the little snail comes out. But if you think about what you will cook for lunch, it goes back into the shell. So, start to make it easier by idling the body, and idling the tongue; and then, that’s most difficult, idling the brain. What are you thinking? Right now, right now, here, sitting on your chair. How do you use this fabulous supercomputer? You know, only you will know, nobody can see what you are thinking about. What are you thinking about now? Take the time to feel it, not to think about it, “What am I thinking?”

When there is a subject, there is a subject. But now there is no subject, just an old prophet talking. But at the same time, you watch, you look at me and listen to me, you are thinking. You should not! You should be in a complete state of meditation. Do you listen to me with your thinking brain, or with the supraconsciousness? Who is listening to me now, you or the real you, the little snail? Only you know the answer. And by feeling it, you can then reach supraconsciousness. Enjoy!

Feel the body, the tongue, and the brain! And I say again, don’t think about it, feel it!

Thank you, Elohim, for the most beautiful teaching of the history of humanity!

Do you remember I was saying, “The Elohim are watching us”? But, are the Elohim thinking about us? No! They are feeling us! That’s why you must do the same. Should you think about the Elohim? No! Feel the Elohim! When you feel the Elohim, they are inside you. When you think about them, you separate yourself from them. It’s the same for infinity. Don’t think about infinity, feel infinity!

I see you; I watch you. I don’t want to see; I want to feel. In each of your eyes, I feel infinity.

Being is an act of kindness

Maitreya Rael – Raelian Gathering, February 18, 78 aH (2024), Okinawa, Japan

We all are a creation of the Elohim. And the most beautiful teaching they give us, is “to be”. How to be? By being in supraconsciousness. To be is not enough. If you really “are”, automatically you are in supraconsciousness.

Many people ask to themselves, “What is the purpose of my life? Why am I alive?” Everybody, at a certain age, goes through these questions. Some people constantly ask themselves these questions. Usually, they end up in a psychiatric hospital. I spoke a little bit about it, in the Netflix series, “Why are we alive? To be happy!” There is no other purpose, the only goal of being alive is to be happy; and, of course, to make other people happy. But, if you are not happy, you cannot make other people happy. If I exaggerate a little bit, “Oh, I feel sad, I feel depressed. Oh, my life is terrible, but I want to make you happy.” It doesn’t work!

If you are happy, you don’t even have to say to people, “I want to make you happy.” In your , in your laughter, there is your teaching. In the silence of Buddha, there is more information than in a thousand words from a fool.

How can you describe a smile with words? You cannot! Is it possible to describe laughing with words? No! And when you laugh, everybody around you feels happy, it’s contagious. When you smile, everybody wants to smile. There

is no need to say, “I want to make you happy... and blah-blah-blah.” People were coming just to see Buddha’s laughter and smile. That’s the most beautiful teaching. That’s again the Zen Buddhist monk saying, “Sit down. That’s all.” And when you sit down and stop the process of having the right thought, the right speech and the right posture, naturally you are happy.

You have to destroy the illusion, the illusion of the right thought. Again, what is the right thought? No thought! What is the right speech? No talking! You look very intelligent when you don’t talk. The problem is when you open your mouth. Many people seem very intelligent when they don’t speak. Every human being looks like a Buddha, as long as they don’t talk. Ah, when they talk, suddenly it’s the true being that is shown. The right speech is silence. And what is the right position? This way? I am very relaxed. And people try to correct, like this. And others say, “No, no, that way.” And you think, “Which position is the right one? Should a Buddha be like this or like that?” There is no right position. Perfection doesn’t exist.

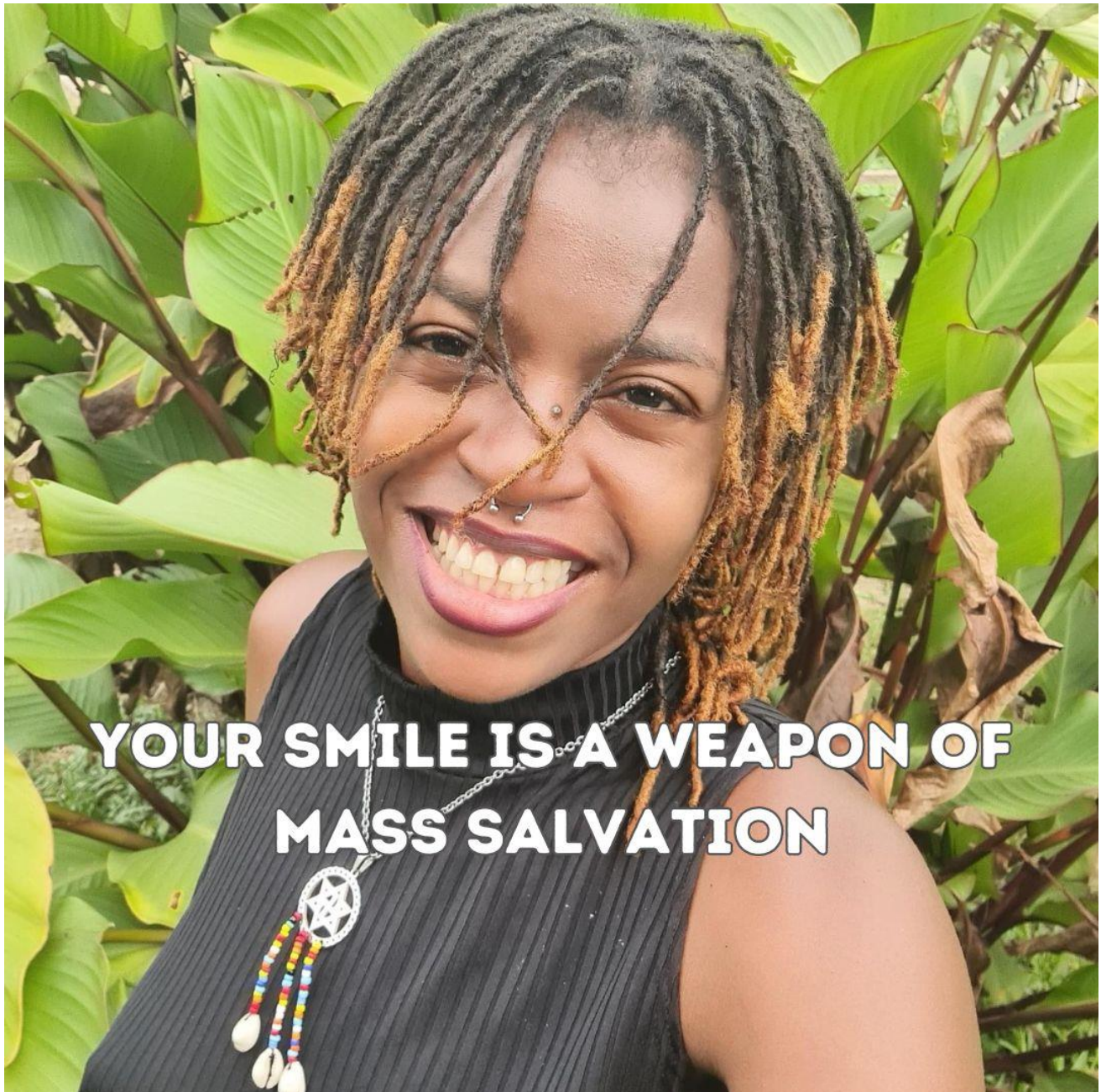
What I love about Buddhism is the statues of Buddha lying down. You saw these statues; it’s Buddha. But you also have Buddha in other positions. It’s not only in such or such position. To be a Buddha, you just have to be; to be you, to be! You can do differently every day. Someday, you can be in a specific position. Some other day, you can be in a different one. Why not? Is one more harmonious than the other? Not at all. You can be like that (showing a specific position); it’s good, I use it a lot to feel the wind. I teach you how to feel in which direction the wind is blowing. You feel cool when facing where the wind comes from. You can use any finger, not the “serious” finger. This one (showing his finger) you cannot use, because it’s mine. Nobody can use this one; it’s mine. That removes from your brain any concept of perfection.

Nothing is perfect. I am not perfect. Yahweh is not perfect. Infinity is the only thing that is perfect. Infinity is perfect, because there is no criterion. Infinity is. Nobody could say, “Oh, this infinity is better than this one.” Supraconsciousness is never perfect, except when you reach the level where your supraconsciousness is infinity. Then it becomes perfect, because infinity is perfect; perfectly infinite in time and in space. That’s the only way to be perfect. But with our little body, our little head, we can never be perfect. So, this handicap of trying to be perfect separates you from infinity.

One of the teachings of Buddha is similar to our teaching, “In the universe nothing is constant.” Everything is constantly changing: the Earth is changing, rivers are changing, our body is changing, everything is changing. Nothing stays the same, it’s called “impermanence”. Permanent means “forever”. Impermanent means “not permanent”. Nothing is permanent! Our beauty, beautiful girls with beautiful breasts, when we get older the breasts go down. It’s coming, even for the cutest among you! It’s the same with the penis, you know, with age. It’s the same with wrinkles; for everything, including our inner beauty.

So, we have to enjoy “being”. When you are, automatically, any concept of perfection disappears. And you feel it. You don’t have to improve yourself. Imagine twins: one is going to the best universities of the world, and the other one is living in the forest. After twenty, thirty, forty years, there is no difference. There is a difference; the one who is in the forest has more chances to be happy. If at twenty years old you hug trees, at sixty you keep hugging trees. If you go to the best universities, you develop a lot of illusions, like most people do; except the real geniuses. At first, they think, “We know, we know everything.” And the more they learn, the more they change to, “We know a little bit.” And when they study a long time, they say, “We know nothing.” But if you hug trees, if you talk to the trees, the first advantage is that they never argue with you, they always agree; and you feel love. Do it!

Some people go into the forest and give love to the trees. If you do it, you will feel love from the trees, because they are alive, they feel you. Some people recorded the sounds of the trees. They feel you coming close to them, but when you walk by, you just say, "Ah, a tree!" This is very important to feel the oneness. Oneness also destroys the myth of perfection. I am you; you are me. No one is superior. I am not superior to you; Yahweh is not superior to you. And when you stop being, you then start to be inferior. Being is infinity. Nothing is superior to infinity. But if we try to be superior, we stop being. You can meet Mozart, Einstein, Yahweh, Buddha; if you are, you are at the same level. That's very interesting. People think, "I want to meet Yahweh. Wow!" No, you meet Yahweh and you are at the same level. Some knowledge can be bigger, but knowledge brings you to the fact that the more you learn, the less you know; the more you learn, the more you explore infinity, the closer you get to infinity. And when you realize that you are infinity, you are.



Yahweh feels infinity, he is infinity, and you are infinity, you are at the same level. My infinity is not bigger than yours. The infinity of Yahweh is not superior to your infinity. Feel it, realize the privilege you have. If you are, nobody can be superior to you, and nobody is inferior, you are. Are you?

Poetry is one of the most important arts. You use vibrations to generate feelings, and the most important feeling is love; it's kindness, being kind. One of the vehicles of love is tenderness. It's the opposite of being macho, of being tough. The number one reason why this planet, this humanity, is in danger, it's because there is no kindness, no tenderness, "tendresse" in French. We need to be soft, to be as soft as possible. There is a beautiful image, the comparison between rocks and water. What is stronger? Rocks or water? Water! Slowly, water, passing over the stones, sculpts the stones, modifies the stones; but stones can never modify water. Being soft, tender and kind is strength.

We have to remember that, we have to teach it to everybody. But everything in the world is made to toughen people, and that's the problem. Tender, tenderness, "la tendresse" in French. In Japanese? "Yawarakasa".

Be kind to everybody. The world is eager for kindness, it's not only between us. Look at the first person you see in your day, it can be the bus driver, somebody walking on the road, and think, "What kind of action can I undertake to show kindness?" We did this exercise in Montreal many years ago. I asked all of the five hundred Raelians who were attending the Happiness Academy to go in the city and try to show kindness, to give love to somebody they didn't know. The easiest example is helping somebody to cross the street. But there are so many other ways. And you set your brain on exploring. Instead of moving faster than others and being in competition, the brain creates connections. It's easy to find a way to help somebody. It can be as simple as a smile, it can be just sitting beside somebody who is alone, not even smiling, not talking, just being. And the person will feel you being.

Being is an act of kindness. No need to say, "I love you." Many people say, "I love you", and they don't care. You can give more love by being silent than by talking. But this is when you are love. When I was traveling, I remember people in the airport coming to me, "Who are you?" – "I am." Because by my presence, my being, they felt something. Be, be a light. When you are, you are love, and you bring that to the world.

Thank you, Elohim!

Be unforgettable

Maitreya Rael – Raelian Gathering, February 25, 78 aH (2024), Okinawa, Japan

Here we have a new Raelian at the contact (a cat showed up). This cat is Raelian. Animals feel, they feel love. Trees, as everything around us, are able to feel love. The only ones who don't feel love are the stupid people. There are many, but they don't have a life. They barely exist, but they are not alive. To be alive is to feel. If you feel nothing, you are not alive. Better being dead than being alive and feeling nothing. If it's just to exist, eat, sleep, work, what's the point of being alive?

Being alive is feeling, it is to love, to give. Not to expect love, but to wake up every morning wondering, "Who will I give love to today? How?" It must be an obsession when you wake up. Most people wake up and think, "What will I do today? What will I get today? How will I satisfy my ego? What can I take from other people? What can I take from the Earth?" But not the Raelians. We wake up and think, "Whom can I love?" Not only one, please. I want to give love to hundreds of people every day. Even if you don't have anybody in your life, when you go to shops, give love. When you go to a restaurant, give love. When you drive your car, give love. That's something I love in Japan. When I go from my little walk, sometimes cars are coming behind me. They never honk; they just get by slowly, never using the horn. We move and let them pass. That's so beautiful. You cannot see that in France. In France, if you walk on a small road and a car is coming, three hundred meters ahead, they will honk. "Move away, this is my road."

I love watching crossing roads in Japan. It's so beautiful! People in their cars stop and say, "You first!" – "No, you first!" That's love! Some people make the mistake of believing it's just being polite. But what is being polite? Politeness is love. I remember, at the beginning of my stay in Japan, entering a shop in Tokyo. There was a cute girl near the door, an employee, "Irasshaimase!" (welcome). I knew what it meant. So, I got out of the shop and I walked in again. And again, she said, "Irasshaimase!" She started to smile, because she was acting like a robot, to every customer entering, saying, "Irasshaimase!" She just had no feeling. So, I got out again, a third time, and again she said, "Irasshaimase!" And looking at her, she started to laugh a little. Five times I did it. At the end, she was laughing so much. That's love! I wanted to make her feel "now", not being a robot: "Irasshaimase!" And she was alone in her head; I could feel it. This was a beautiful moment of consciousness. I changed her day. I stayed a little bit in the shop; more customers were coming. She kept saying, "Irasshaimase!", but I could see her smile, feeling that this "welcome" was love. A very different way for Japanese people to say, "Irasshaimase!" They can say it robotically. Everything you do can be robotic, but if you can also pay attention, witness what you are doing. What is "irasshaimase"? It's giving love! Instead of saying, "Irasshaimase!" (like a robot), it's looking at the eyes of people with a little smile. And the clients feel more welcomed. Because the customers entering the shop are also not happy. They are not, but suddenly somebody says, with love, a sincere "Irasshaimase!", and they start to be different.

And this love is contagious. I changed the day of this woman, I'm sure that the full day was different for her, maybe the full week. She had probably been working in this shop for ten or twenty years, and no one ever did that; every five times coming back. I wasn't going far away, I was just at the door, five steps away only. If farther, it wouldn't have been as powerful. [Maitreya shows the action of what he did]... "Irasshaimase". Good. And that was powerful because she realized that I was doing it to make her happy, to make her laugh and smile. So, feel it!

We Raelians, we change the lives of people, like the girl who was preparing to kill herself on the beach, and I saved her life. But I didn't want to save her life and then have her do it the next day. I wanted to change her life forever. That was very important to make her feel "now". It was on the beach, right here. I was in meditation and I saw this girl, very elegantly dressed, slowly entering the water. When she reached a certain distance, I came closer to her. It was winter, it was cold, and I said, "The water is cold, right?" I didn't talk about happiness, because I just wanted to bring her to feeling "now". So, I wouldn't say, "Don't kill yourself, life is beautiful", that's too much blah-blah-blah. Gently, I said, "The water is cold, right?" She turned and said, "Yes!" Feeling "now": what do you feel? The water is cold. Then I replied, "You'd better come on the beach, it's less cold." And she started to laugh.



Wherever you are, it becomes the holiest place in infinity, because "you are"! But you have "to be", of course; you have to feel, not to think.

Maitreya Rael

Changing the life of people goes through small details, just make them witness themselves. It's not trying to dig in the intelligent thinking of the brain, just giving love, "The water is cold?" Focus suddenly not on thinking, because

she was flooded with thoughts. When you want to kill yourself, the brain is thinking, overthinking. That's why you kill yourself, because when you are depressed, you cannot stop thinking; usually in a loop. The same thinking comes again, and again, and again. When you have to deal with a depressed person, don't do it alone, because they will bring you down. You need at least to be three friends, because alone they bring you down; you will also jump the bridge. "Oh, my life is terrible, my girlfriend left me, I have no money", and you start to cry with them, "Oh, poor you!" This is the mistake friends do, which are supposed to be friends but they are not friendly at all. For example, you could say, "Oh, your boyfriend left you. What a terrible man" and you go deep into negative.

So, what is the good reaction?

Here is a true story. In Los Angeles, in a public park, a man was sitting on a bench and an old woman came and sat beside him. The man was crying, crying, and crying. The old woman burst laughing and said, "Look! There are so many girls here, there are thousands of beautiful girls. Why are you crying for one?" As the old woman was laughing, it changed the man's focus. If she had asked, "Whom have you lost? What is your problem? Oh, poor you!", then the guy would have been more depressed. She said, "Look at all the girls here! Why are you crying for one?" She shifted his attention, "Look at the girls"; the brain stops thinking and is completely surprised.

Surprise people around you! To make people happy you need to surprise them. Divert attention! Some people are focused on one dark thought, divert their attention so it isn't on this thought, but suddenly on something else. This is your mission: to bring love. Bringing love to other people is good, "How can I make other people happy? How can I make people I don't know happy?" Not your partner. Of course, you want to make your partner happy, but that's a piece of cake. You look at your partner, "Is she Happy? Okay, she is happy." Make somebody you don't know happy. The gas station attendant, what is he thinking? The policeman, the bank employee where you go, people you don't know, these are interesting people to bring love to, to change the planet.

Having a partner, a girlfriend or a boyfriend, is making you forget other people. The couple is like a prison. You are in the prison of love, "That's my wife... my husband... my family. Everybody else can die." And that's terrible! It's "my"; the "my" that is ego, "May I introduce my partner?" "My": don't touch, it's mine. You create a bubble that separates you from humanity. And our goal is not to be prisoners of a bubble, but to give love. "Love your neighbor like yourself", that's not good. Love your neighbor more than yourselves. This Christian saying, to love your neighbor, to love people beside you, it's not good. Love people who are far away and go to them. Love is about reaching out. Think about it!

If you walk on the beach where there are happy people together with a guitar, and one person alone looking at the ocean, where do you go? Of course, we feel like going toward people dancing, playing guitar, and having fun together. But if you go to the person alone, bringing a cup of coffee, or just sitting beside and talk about the ocean, that's love; that's reaching to other people.

"Irasshaimase!" Five times! Five times for ten seconds to make this person happy and laughing. I am sure after that, when she is saying, "Irasshaimase!", she will remember it forever. That's love, that's giving.

Make yourself unforgettable. Do you want to finish your life on Earth? When you die, because you will all die, nobody will remember you, except the people who discovered love thanks to you. That's why you have to become somebody special. Not to become, to be; to be whom you are, because you are very special. Show it! Be unforgettable. This

“irasshaimase” girl, she will remember me for a long time, I’m sure. And she will be talking to her friends about it, I’m sure, for a long time. Be unforgettable, because of love.

Unforgettable, that’s what you are!

You are really unforgettable, all of you. All of you... so special. There is only one person like you, only one. You are unique! So, be you, be like who you are. You are unforgettable. Show it!

One of my favorite animals is the peacock. They have long tails, near the ground; they are not so beautiful, but suddenly, they open their tail, they show their beauty to everybody.

Show your beauty! Open your tail, by love.

Meditation is a preparation for eternal life

Maitreya Rael – Raelian Gathering, March 10, 78 aH (2024), Okinawa, Japan

Meditation. You do it every day; you are doing it now. But if you are in supraconsciousness, you are constantly in a meditative state, including when you go to the toilet! It’s a perfect position! The toilet is a perfect place for meditation, and you can flush the thinking. Because thinking sometimes smells worse than shit. That’s why you have to stay away from people with negative thoughts or people who just think too much, they really smell bad!

We say in French, I don’t know in Japanese: shit thinking. We say that. Do you say that? “Des pensées de merde”, we say it in French, because that’s what it is.

Is there a big difference between “shit thinking” and thinking? No! They are all shit! When you think, you are not in meditation, you are not in supraconsciousness. So, like I said, “Sit down.” Now everybody is sitting, and that’s enough. Don’t think about meditation. If you think about meditation, you are not in meditation. That’s very interesting. Don’t think about it. If you think about it, you are not in meditation anymore. Just feel it; feel without thinking. Why is sitting idle so important? When you think, you stress yourself, even if it’s positive thinking.

You know, one of the places where heart attacks are the highest is at the casino. There are many heart attacks there, because people win. It’s a stress! Imagine that you win one million dollars this morning; it’s a big stress! You learn you have cancer; it’s a big stress! You can have a lower stress learning you have cancer than winning the lottery; it depends on how you feel. You can have a heart attack when you win in a casino in Las Vegas, it’s not a joke, it’s real. The percentage of people having a heart attack after winning is huge.

I like slot machines, it’s a little bit like “pachinko”. If you play that for hours, you lose everything. I sometimes saw people sleeping on these machines. And suddenly, you win! Revolution! Your heart accelerates, your breathing changes, you’re sweating; it’s a huge stress. If you have a new partner, a new sexual partner, it’s also a big stress. So, stress is not only coming from negative things, it can come from very positive things. When we will be around the Embassy and you will see the UFO of the Elohim coming, it could be a big stress! Maybe some people will have a heart attack, it’s possible! But if you sit down, like I teach you, then you are in supraconsciousness; all your body

becomes in a state of supraconsciousness, not only the brain, the heart also. You can have a stable heartbeat, stable whatever happens.

Most people die because their heart stops. But in any case, the only reason for death is that the heart stops. We say, "Oh, how did he die? What caused his death?" The answer is: the heart stopped. "He died of cancer?" No! The heart stopped! We always die because the heart stops.

But when you are sick or in a state of weakness, you can create your own death. If you are afraid to die, you will die much faster. Do you want to survive a little? Because we are all in survival mode, old or young, the clock is ticking: tick-tock, tick-tock, tick-tock. It's coming, for the youngest, for the oldest, we don't know when. It can be now. It will happen that people die at the Sunday contact; it would be a beautiful death! But you may have one month, one year to live. And if you are not in supraconsciousness, if you stress yourself with the fear of death, then you die quicker. It can happen now, that's why I always say that in order to have a beautiful successful life, you have to think all the time about death. By being sure that you will die, you appreciate every second; not only when you wake up. I woke up this morning, "Wow, I'm still alive!", sincerely surprised, not a joke. I'm 77 years old. Most of my friends, from the time I was singing or racing, are dead. I'm alive, now! In one minute, I don't know. Nobody knows, but by being constantly aware of death, life is much happier. Feel it!

Your survival is not guaranteed, don't think you'll reach 70; it can be next month. There is no guarantee that next Sunday you will be at the contact. There is no guarantee you will be able to even have lunch today! Every second it can happen, every second. Thump thump, thump thump, the heart is beating, thump thump, thump thump; and then no more "thump thump"! Every second, every beat, may be the last. You should always keep this in mind, and this way all your life becomes a treasure. Each breathing is a treasure, it may be the last. Each looking in the eyes, it may be the last. Look at your brothers and sisters, it may be the last time, it's possible!

So, when you think about this, life is much more fantastic. You look at the ocean, you look at the moon at night, "Ah, tonight the moon is nice." No! "It may be the last time." And when death is constantly on your mind, life becomes a treasure. Everything you do become precious. When you sit down, your heart sits down and its beat is stable, calm. If you are afraid of death, suddenly, the heart beats very quickly; and that kills you. So, by sitting in supraconsciousness, all your cells are in supraconsciousness, the heart, the lungs, the intestines. When the heart beats quickly, you can create diarrhea. When you sit down and become idle, idling the brain, idling the tongue, idling everything in your body, then happiness is in your life. If you're having a successful life, what a pity if you don't have a successful death. Imagine that you want to die in meditation, your last breath is then harmony. "When will be my last breath? Do I want to have a panicked last breath or a peaceful one?" Always have that in mind.

Imagine dying in panic. Most of people die in panic, they think and they say, "I don't want to die!" What a terrible moment. Or you die, like when you sit down, full of love, dying in supraconsciousness, preparing yourself for a big trip, and waking up on the Elohim's planet. A beautiful trip!

Are you ready? You wake up on the Elohim's planet in the same state of meditation, no stress. Imagine if you wake up on the Elohim's planet in panic! That would be terrible! You wake up, "Oh, the Elohim, eternal life" oops, heart attack and dead! What for? You can be eternally panicked, or eternally in supraconsciousness and laughing forever. Prepare yourself for eternity.

Meditation is a preparation for eternal life. Prepare yourself to die and prepare yourself for eternal life. If you are stressed, you don't want eternal life. It's a torture to be eternally stressed. But if you are like Buddha, eternally laughing, "Welcome on my planet!" So, train yourself, laugh; train yourself to laugh. And then you will die laughing. Why not?

For myself, I have two dreams: dying during an orgasm, or dying laughing. Maybe both. I'm very unusual, many of my partners were afraid with me, because I'm very unusual; I'm not completely human. When I have an orgasm, I laugh like crazy. Some girls are surprised. Laugh! Some people have very serious orgasms. What a pity! "Oh, oh!" They calm down and relax! It's just an orgasm. It's very interesting to see how people react when they have an orgasm. Watch, witness your orgasm! The way you react to your orgasm will probably be the same you will have to your death. Maybe that's why in French we call orgasm, "the little death". Very interesting!

Are you ready? The supreme orgasm is coming!

Once, a journalist told me, "You know, there was some cult where they killed themselves together, you know, those collective suicides." There were, some years ago, people who killed themselves together. And one journalist asked me, "Is it possible, one day, that the Raelians could suicide together?" That was a good question. I was thinking of organizing a big public speech in Montreal: "The Raelians invite you to a collective suicide by laughter!" In French, as in English, we say, "mourir de rire"; to laugh yourself to death. Imagine organizing a big conference in Tokyo: "The Raelians invite you to laugh yourself to death." You like the idea? Let's do it!

Prepare yourself for the biggest laugh of your life!

Love is when you attach more importance to the happiness of others than to your own happiness

Maitreya Rael – Raelian Gathering, March 17, 78 aH (2024), Okinawa, Japan

What is love? That's a big question, a funny question. As long as we need to ask, we don't know what love is. When you are love, asking is so stupid, because when you are love, you don't ask what is love. As long as you are not love, you need to ask, "What is love?" Is love sexual? You can desire a woman or a man and have sex with her or him. But if you rape this person, it's not love. It's hormonal love. I see a person who turns me on and my penis goes up. Very good, but it's not love. So, what is love?

Love is when you attach more importance to the happiness of others than to your own happiness. Of course, you can have sex with this person if it makes her happy, but the goal is to make other people happier than you are, putting others higher than your ego. It doesn't need to be sexual at all. It can be helping an old person to cross a street. The happiness of this person is my happiness. It can be bringing a cup of coffee to somebody who looks lonely on a bridge. You don't expect anything; it happens when you give without expecting a single thing in return. If you expect something, it's not love, it's trading. Trade is beautiful, "I give you my body, and you give me money in return." It's called prostitution. It's not bad. You can give your hands to a boss and work in a factory, and you receive money in return for the work of your hands. Trade is beautiful. There is no difference between trading hands and sex; you are simply trading a different part of your body. It can be intellectual. If you are a teacher, you teach children, you trade

your brain and you receive a salary. It's another form of prostitution. As soon as there is a trade, we can call it "prostitution". But if you give without expecting anything in return, then it's love!

If you go to poor countries to give food to poor people, that's love. If you teach for free how to be happy, that's what I do, I don't receive any salary. The Raelians sometimes offer me gifts. I welcome them, but I'm not expecting anything. I would give the same amount of teaching and love even if I received nothing. That's the Buddhist monk and Buddha himself. It's very important: sitting on the street – if you want to meditate, you sit down – sitting on the street with an empty bowl. Your empty bowl is just next to you, not in front of you like a beggar. It's very important. It's not asking, it's not begging people, "Please, give me rice." The bowl is just next to you, on the side, and people can give or not, giving to somebody who is not expecting to receive anything.



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When you expect anything, there is no love. It's very important. When you expect, when you hope to receive anything, physical or spiritual, it's "expectation". It means, "I wish to receive something in return for the love I give." "I invite a beautiful girl to a restaurant, and after I hope she comes to my bed to make love with me." This cannot be love. "I give my teaching and I expect rice." That's not love. I give, I will give the same way, even if nobody ever gives me something in return. This notion of giving without expectation is very important in order to understand what love is. It can be spiritual. Many people go to church and pray. They expect to go to heaven after death, and they pretend to love God, "I love you, but give me heaven!" That's not love, that's expectation. It can be sex, it can be money, it can be a spiritual reward after death. All of this is trade. Beautiful. Trade is beautiful, but it's not love.

As soon as there is trade, it's not love. I give you my smile, I do that often at the airport, in the street, everywhere. Sometimes on the road, I see someone passing by car and I smile at them. Of course, I don't expect anything from the person in the car, but a simple smile can change the life of people. A smile is free, it costs you nothing! You don't need to search your pockets for a wallet of smiles. And you make people happy.

Usually, you start a huge questioning in people's mind. When you smile at someone, if it's not someone you know, what is the usual reaction? Smiling to your friends is not important. Smiling at people you don't know, that's love! And what happens? The first question they ask, "Do I know you?" And this reaction is immediate, like if you needed to know people to smile at them. Some people, in some violent countries, like France, almost become angry when you smile at them, "Do you want to fight with me? Why are you smiling at me? Do you want money? Do you want my wallet?" That's the way in aggressive countries. Many times, it has happened to me in my too long life on Earth, in airports, in hotels, everywhere, "Why do you smile at me?" What is the answer? "To give you love!" – "Why do you want to give me love?" That's an interesting start to open a little path to supraconsciousness.

On this planet, millions of people are suffering. Don't think only about people in hospital or prison. Everybody is suffering, except some few enlightened people, very few, like 0.001%. Everybody is suffering. When you walk in Tokyo, or in Seoul, or in any big city with millions of people, no one smiles. They walk in the street like robots. I call them sleepwalkers. They are sleepwalkers but you just smile, and they wake up! Something is happening. Do it, do it in Naha, do it in the place where you walk. A simple smile changes the life of people. It's easy! Why not give it? A simple smile and their brain suddenly shift, they wake up, "Why is this person smiling at me?" Don't do it to sexy girls. No! Because for sexy girls, men are always smiling at them because they hope to have sex. Do it to people who are not expecting you to do anything, to the gas station attendant, to the cashier at the supermarket.

Please remember my story entering a shop when I arrived in Tokyo. There was a sleepwalker woman, near the door, "Irasshaimase!" (welcome). I went in, and then went back out immediately, just ten meters, and I entered back again. Suddenly, she looked at me, she saw that I went out and came back, but because of her job, she had to say again, "Irasshaimase!" As soon as I heard it, I went out again. Five times! After the third time, she started to smile, "What kind of funny foreigner is that?" Wonderful, she smiled! And after smiling, she even got to the next step: she started laughing! In Japanese style, with the hand over the mouth, but laughing. I could feel she was laughing. Five times, until we made eye contact; and then she understood. She didn't understand everything, but she understood that I was making her consciously do something that she was doing in a sleepwalker mode. The first time, it was, "Irasshaimase!" not really caring, and the last time, it was, "Irasshaimase!" but with a smile. She couldn't stop laughing! So, suddenly, she was conscious of what she was doing. It changed her life, because I'm sure that after, every normal customer – I'm not normal, I don't want to be normal – but every customer, after, when she was doing,

“Irasshaimase!”, I’m sure she was doing it remembering me. That’s how you spread love. She was not cute, I was not expecting to take her to my bed, she was a common person. But to be a common person is to be a human being.

Don’t mix people’s function with who they are. The gas station attendant is not only somebody putting gasoline in your car; he has a personality, dreams, hopes, sadness, sometimes deep depression. Remember Robin Williams, one of my favorite actors. He was at a party, making everybody laugh, being the funniest person in the place. And the following day, he killed himself. Nobody paid attention, people just watched the funny things, but they didn’t try to reach the person, to feel what was happening inside this person. You pass on a bridge; you see a person alone looking at the water. Is that all? No, you can bring a cup of coffee, you can reach this person; and you are looking for the same reaction the “Irasshaimase” girl had, “Other people are interested in me, someone is looking at who I am”, because normally nobody cares. We are in a world of sleepwalkers; nobody pays attention to others.

So, what is love? Paying attention to others! Giving others your attention. The first step is just a smile. A smile is like an atomic bomb of love. You can think it’s nothing; it’s just a smile. It’s not just a smile. You have here a weapon of “mass salvation”, a tool to save people. Normally, we talk about the atomic bomb as a weapon of mass destruction. But the smile is a weapon of mass salvation; just a smile! We don’t know what happens, we don’t know, on the street, how many people are thinking of killing themselves. Hundreds. Japan is the number one country for the number of suicides. But everybody looks happy. That’s not happiness. It’s not true. Every Japanese knows that when other people talk, even if you don’t participate in the discussion, you need to conform, trying to look normal.

Paying attention or using the weapons of mass salvation: a smile, offering a glass of water - or a cup of coffee - a place to sit; these are the three gifts of Buddha. Paying attention can be, “I notice that you exist and I want you to be happier than me.” Do you wish other people to be happier than you? Ask yourself this question, all the time, whoever you meet. I constantly do it. My goal, by speaking to you, is just that: to make you happier than me. It’s my only goal. If not, I keep my mouth shut. Why talk if it’s not to make other people happier? Is it just to show how beautiful you are? That would be like the sleepwalkers. They talk to be admired, “blah-blah-blah”, for nothing; it’s just blowing air. But try to make people you talk to a little bit happier when you leave them. Ask yourself this question when you meet somebody, “Will this person be happier after talking with me?” If the answer is no, remain silent! It’s better not to talk, because many people are making others feel depressed when they talk. Some people have problems for any solution. Because, normally, people have solutions for every problem; that’s positive people, but most people have problems for any solution. You say, “Ah, what a beautiful day!” – “Oh, yes, but there is global warming! There is a typhoon coming.” They bring other people down.

When you talk to people, when you leave them, are they happier? That’s a simple question. And one of the best ways to do so is by using the weapon of mass salvation: the smile. That’s all.

I hope, after being with me this morning, that you are happier than before. I hope, I don’t expect, but I hope you are.

Statements about the Netflix series

January 78 aH

A new series about me is about to be released on Netflix. Have no fear about it! The more people are talking about us, the better it is. Don't have expectations about people talking nicely about us. Some Raelians are saying that we need to defend ourselves, they think I could be anxious. Not at all!

Maitreya mentioned two quotes:

“If you hate me, I am in your brain. If you love me, I am in your heart.”

“You can say good things about me, I don't care. You can say bad things about me, I don't care. But I don't like when you don't speak about me.”

I never expect anything about journalists.

I enter in the heart of people who love me and I enter in the brain of people who hate me. A media talking about us will be good, whatever they say. Our goal isn't to convert a planet to Raelism but to make sure that everybody hears about us, good or bad. I want everybody to know about us, that's our mission. Don't be afraid to be judged. I want the public to talk about the Raelians. Whether it is good or bad, I don't care as long as they talk about us.

You meditate every day. Meditation is your armor; it makes you invincible.

February 25, 78 aH (2024), Okinawa, Japan

We just had Netflix on television, and millions of people are thinking about us, in a good or bad way, we don't care. What is important is that they are thinking about us. Probably four or five million people. That's wonderful! Imagine the number of leaflets you would have to give in the street, to suddenly have five million people thinking about us. The Internet published the numbers; a few days ago, it was already three million. So, it's probably five now. And it keeps going and going. It's easier than handing leaflets.

I am very proud of you all, of your actions, because, after watching Netflix, people check on the Internet. Visits on our website went up, there is not only rael.org. There is Elohim Embassy... and others...