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The most beautiful day

Maitreya Rael – Celebration of the first Sunday of April, April 7, 78 aH (2024), Okinawa, Japan

I love December 13, it’s a good memory, right? Suddenly, I became somebody else. The opposite of what I teach. I teach you to be you, and the Elohim come and say, “Be somebody else.” Just the opposite! And I like, also, August 6th, the beautiful day of entering in a new era of science. I like October 7th, beautiful, another good memory of traveling and being, one more time, the opposite of what I am; that is a tourist. I was a tourist on another planet. And it was a great feeling, you know, like “Club Med”; “Club Meto”. You have that in Japan, “Club Meto”? Ah, “Club Meto” (holiday resort) on another planet. But it was, for me, exactly like, again, being a tourist. My hands are not big enough to describe the size of my eyes. Because my eyes were wide open, “Oh! Oh! Oh!” It is exceptional and, first of all, beautiful. We love beauty. We have beauty everywhere. We have the beautiful Angels on Earth. For me, it’s the most beautiful piece of art that exists. I see, when I see a woman, I’m not a normal man, I’m sorry. I was. When I was younger, I was looking at girls and the testosterone was speaking. Aging fixes it. There is less testosterone but I feel the beauty, the outer beauty; and even more, the inner beauty. Before, when I was looking at a woman, like all of us, my eyes were going down at this level and I was saying, “You have beautiful eyes!” But it was not the eyes. But now, it’s the eyes. Now, I look at the beauty of the Elohim in the eyes of women. I still love tits but I look at the eyes, at the inner beauty, at the femininity, the refinement, the vibration of femininity in women and men; but more in women.

And that day [referring to the memory of 7 October 1975], wow, beauty was everywhere! I cannot describe it. Every plant, every tree, every

animal; it was like a movie. My feeling was, "It's not real." Too much beauty! So, I love the memory of October 7th but all of this is nothing compared to today, the anniversary of the creation, by the Elohim, of everything, of all the beauty you see on Earth. You are very lucky, you have the Internet, you have YouTube, Instagram, and so on. Internet is full of videos of the beauty of the creation. Maybe you don't look at it enough. Contrary to the Raelians, normal people wake up and do two moves: stop the alarm clock and grab the telephone. To see what? Remember my teaching... everybody pointing fingers! The most important moment of the day is when you wake up. You shift from unconscious activity to conscious activity and the first thinking, the first thought you have command and organize all your day. The first thought.



“ How much love did you give during the short time that is life? Give love, and the best way to do so is to help people simply be. Be yourself, allowing you to feel just how fantastic you truly are.

It's very interesting, you wake up, you turn off the alarm and grab your cell phone. No! This meditation moment is the most important of the day! Do you want a happy brain or a depressed brain? You decide. You are 100% responsible for the state and the level of happiness of your brain. Don't blame other people: Ukraine, Palestine. Don't blame anything.

“How can I be happy with what's happening? War in Ukraine, Palestine! How can I be happy?” This is shit! You wake up and you start with a new brain; every day new! Today, your brain is totally different from yesterday. So, when you wake up, it's so important to see it, to feel it, to be it! Japan has a sad record, it's the first country in the world regarding the percentage of suicide deaths. How do you say “suicide” in Japanese? [Jisatsu] Jisatsu (suicide). Why? Why? You have everything. You have food, a lot of sushi, everywhere, everybody has a house. When I walk in Tokyo, or Naha, I see very few people sleeping in the street. Almost nobody. In some places, like in the park in Tokyo, I saw some but everybody knows tomorrow you will eat, you will have food.

Who is not sure to have food tomorrow? That's basic, fundamental happiness, we need food. You have food for today, you have food for tomorrow, you have a fridge and freezer, you have frozen food for next week, you have food for next month, how can you be depressed? The first thing Africans... I love Africa, African people. When French or American people meet someone new, the first question they ask is, “How are you?” Not Africans. The first question they ask is, “Did you eat?” Because many people don't eat! We forget that. “Did you eat?” Me, I always ask this question because it's so important. Without eating, there is no consciousness, there is no supraconsciousness, there is nothing. The computer that is this brain turns off. You can be fasting one day, one week, a few weeks. Yes, you can but at the end, if you don't eat you die. Very simple. The engine stops. So, to feel being, to use consciousness or supraconsciousness, you need food.

Being a Buddha is beautiful. Everybody wants to be a Buddha, which is why almost nobody is because when you want to be a Buddha, you cannot be a Buddha. To be, you must stop wishing to be. “Oh! I want to meditate.” If you want to meditate, you never meditate. There is no intention in meditation. Do you want to be happy? So, you are not happy. If you want to be happy, you are not happy! So, stop wishing for the future to give you something. No expectations. Are you happy? That's a good question. “Am I happy?” That's a very good question. Now, in the now, in the permanent now, are you happy? Are you awake? In the morning, you wake up, “Am I awake?” Me, I ask myself this question every morning, because I am 77 years old now. When I wake up, I ask myself, “Am I alive?” You know, six years ago, I had a stroke. I went to hospital and they put me in coma. Coma? [Konsui] Konsui (coma). And when I woke up from the coma, “Where am I? Am I on Earth or on the Elohim's planet?” I was not sure. And I saw some nurses so I said to myself, “Ah! I'm still on Earth.” Because there are no nurses on the Elohim's planet. It's simple! There are no doctors, no hospital; you are. And you are because you are now.

Recently, somebody sent me a question on Facebook, “I attended your Happiness Academy for many years but I very often feel depressed. Will it be possible for me to have eternal life on the Elohim's planet if I'm depressed?” Good question, “Will I be eternally depressed?” It's terrible! The love of the Elohim is to live on Earth. What is a life on Earth? It's the preparation for eternal life. It would be very sadistic from the Elohim to give eternal life to people who are depressed, “You are depressed? You are not happy in your life? Welcome to eternal life!” That's not love!

That's why there is this filter. Life on Earth is a filter because you also don't want yourself to suffer forever. What's happening in the head of somebody who kills himself? Why do you kill yourself? Not because you don't like the future, not because you are afraid of the future, not because you regret the past, but because the next minute is

impossible to live. It's not the future, it's the now that becomes impossible to live. The more you are away from now – now, the unique now – the more you want to die. But if you are fully in the now, the unique and eternal now... What is now? Now. Only now! And the now of ten minutes ago is not now; and tomorrow's now is not now. It's just now. That's being a Buddha. Stop the time, now is happiness.

So, the first thought of the day, just before turning on the camera – meaning before opening your eyes – the brain starts thinking. It's very, very, very, very... very, very important to choose the first thought! You can use the three magical questions and say, "Where am I? Why am I here? Who is with me?" Today, for example, where are you? Why are you here? And who is with you? The simple answer is, "Maitreya." Millions of people around the Earth would love, would dream to be here today! They are thinking about us, now. Some are traveling to be here. You are now in an unforgettable now. And this now, the first thinking you have, will create what will happen in your brain during the day. If you think about war, Ukraine, Palestine, all day will be dark. If you think about beauty, happiness, who you are, then all your day will be like a garden of roses, or a garden of "sakura" (cherry blossoms). For the Japanese, "sakura" is better than roses, right? It's all your creation.

Fear or happiness. To be a Buddha... You love instant coffee in Japan? Insutantokōhī (instant coffee). Everybody: instant coffee, instant noodles. Instant happiness, why not? It's possible! You don't need to go to Lawson [Japanese convenience store], the shop is here. Instant happiness or instant depression. It's amazing the power of this little box. And if you start your day this way, you see beauty everywhere. In my bathroom, I'm lucky, I have a beautiful toilet, a Japanese toilet: "Toto" (toilet brand). I love the Washlet. "Oh! So good!" You push and some water comes to clean your anus. No, no, it's not just: push the button, clean the anus. No! Me, I imagine a beautiful girl blowing water. And you feel so good! And in front of me, I am lucky, I have a bidet. I love bidet where you wash your sex, for example. The design of the bidet is so beautiful. It's not just, "Oh, it's a bidet, it's a sink." No! Somebody designed it and some engineer made it possible to be built in the factory. When you live in Africa, you go to the river; if there is a river. If you live in the desert, there is no river. It's even written in the Bible. When your sex is dirty, you clean it with sand; it cleans. I prefer the Washlet. I prefer the bidet. But sand cleans, it removes the dirt and you make the ants happy. They get food. Beauty is everywhere.

And I spend a long-time meditating, looking at the bidet, at its shape. It's beautiful. Then, I move to the sink and I see the most beautiful piece of art of the universe, me. Everybody. You don't know where to see beauty? Look in the mirror and spend time. Not, "Oh! I'm tired today." No, no, no! In your eyes are the eyes of the Elohim. In your eyes are clouds of galaxies. Smile to yourself. Many people never smile to themselves. They look in the mirror and they just see, "Ah, there is a pimple." No! We are beautiful, we are the children of the Elohim. Many people say, "Oh! I want to see the Elohim!" Look in the mirror! Your eyes: I see the Elohim in your eyes. But take time until the smile naturally come. Smile to yourself. You cannot love other people if you don't love yourself. Young, old, beautiful, not beautiful, love yourself.

I love flowers. My favorite flower is the rose, "bara" (rose), "o hana bara" (rose blossom), and I also love orchids. Naha is the orchid paradise. And you can see, in my garden, there are roses and orchids; and many people give me orchids. When the flowers fall, don't put it in the garbage! Attach it to the tree and next spring, new flowers will come. Very simple. They are alive and for a long time. We are. But let's imagine they can talk together. They do but we don't understand. "Who is the most beautiful of the garden?" The rose says, "It's me!" The orchid says, "No, no, no, it's me!" That will never happen. Each has its own beauty. Who is more beautiful, Kayo or Hany? Me, me, me, eh? No! You have a different beauty. Like the orchid and the rose. You cannot compare; they are what they are. They

don't need a mirror; you need a mirror. You need a mirror to see how beautiful you are. I'm aging, my beard is whiter and whiter, my belly becomes bigger; but I look in the mirror and I say, "Wow! 77 years old! I love myself." Do the same! You are lucky to be young and sexy, but you are. All of you, look in the mirror. Fall in love with yourself. Whatever physical handicap you can have, you are the roses and the orchids of the Elohim.



We are dreamers, we want a planet of peace and love. There is war, suffering everywhere. What can we do? Spread the Message, spread love, being dreamers, hoping that our Message will slowly, slowly make human beings HUMAN.

And that, you can only see it if you select your thoughts, your first thought of the day, "Where am I? Why am I here?" Why am I here in Okinawa? Without the Elohim, I would never come here. I am with you thanks to the Elohim! You are with me thanks to the Elohim. Everything. That's why this anniversary day, the celebration of the

creation, by the Elohim, is the most beautiful day possible. And let's say, "Thank you, Elohim, for so much beauty inside and outside."

Respect the progress of people

Maitreya Rael – Raelian gathering, June 16, 78 aH (2024), Okinawa, Japan

Remember your emotions the day you discovered the Message. Remember your feelings, your questions. Maybe you believed in God before, maybe you believed in different things, and suddenly the Message arrives, and everything becomes clear. Do you remember the very day you discovered it? Try to remember where you were, what time of the day. Maybe it's ten years ago, twenty years ago, thirty years ago, forty years ago, or more? Try to remember exactly where you were. Some discovered it from a very young age. But today, right now, there are some people who are discovering the Message. Now! Think about them.

Remember your feeling, your emotion, "Wow! I want to go; I want to meet Maitreya." Or maybe not. But remember this feeling. For most people it's, "Finally, there is a group who thinks like me! I'm not alone." Because most of the Raelians, before discovering the Movement and the Message, felt very lonely. Their family, their friends were saying, "You have crazy ideas." Today, now, it's happening to some people in Africa, in Australia, in America, in Japan. I receive so many messages on social media. It's happening now. Some people woke up this morning saying, "I want to meet Maitreya."

Now you are here, you are with me. But for some people, it's a dream. Deep in Africa, in some little villages, "How can I go to Japan to meet Maitreya?" They save money for one year, two years, three years, to come here. And you are here with me. Feeling their joy helps you return to who you are. Because I didn't change you. Nobody suddenly reads the Message and says, "Now I understand", and becomes Raelian. Before reading the Message, you already thought about it. I didn't change you. You were looking at the stars trying to see UFOs, reading things about UFOs. I didn't brainwash you! You were ready. And that's why we are together.

And many people on this planet are ready, but they don't know; they don't know yet. And they will know thanks to you. When you give a leaflet to someone, think about it. You are not changing other people; you are giving something they are already waiting for. When you received the leaflet, remember your joy, your emotion, "Is it true?" You had every possible doubt. And now you are here!

So, when you spread the Message, don't feel some kind of guilt, "I am spreading, like every cult member does, something to convert people." You are not. People are waiting for it; and you see that in their eyes, before talking with them. Raelians who don't know they are Raelians yet, they are different. You see it in their eyes, they are searching, they want to find the truth.

When I was travelling, many times in the airport, people obviously noticed that I am a little bit different. In the airplane or in the airport, I sat down and I smiled at people. And people came to me, they were not Raelians, they didn't know who I was, they asked, "Who are you? You look so different!" I was not there talking about it, no, no, no! No blah blah about the Message. No! They are hungry, I see it in their eyes. Before I speak to them, I feel they are eager to know, "What is this symbol?" Nothing, no blah blah, I give the leaflet.

I remember, a long time ago, in Montreal, we were in a restaurant with this wonderful Guide who was a fantastic eye doctor, a genius, but talking so much that everybody was afraid. So, there was a table with other customers, in this restaurant, and they looked at us. They looked at me and I felt they wanted to know who we were. So, I smiled at them and I asked one of the Raelians to give them a leaflet; no talking, just handing a leaflet politely and back to the table. They were very interested. So, the eye doctor stood up and literally ran to their table. In one minute, he explained everything: the brother of Jesus; the Elohim created life; the Embassy; everything, in one minute! And I could feel people pulling back and losing interest, completely. We have to let people who are hungry become hungrier. It's like when you try to find a new boyfriend or a new girlfriend, you don't go to a possible partner opening your pants right away. You let the desire grow slowly.

So, remember that there is a real hunger for truth. People really hope every day. They look at the sky and say, "Please, give me a sign!" Many people look at the sky and say, "I want to see a UFO, please come!" Maybe you were like that. But keep this desire. And when you give the leaflet, don't talk. You give a leaflet; you see the people's reaction; they open it and they read. It's no time to blah blah because otherwise they stop reading. Let them read and go away. And if they want to know more, they will contact you. But don't rape them! The philosophical rape is to suddenly meet somebody and declare that, "He is Raelian." It may be true, but not yet.

I remember, in one Happiness Academy, a guy came up and said, "Ten years ago, someone gave me a leaflet, but I was so disturbed that I didn't read it. But seven years later, by myself, I saw the book and I bought it." This guy was seven years away from us just because he felt "raped" by a Raelian. Respect the progress of people.

And that's what I wanted to explain to you today. Today, some people are discovering the Message. They are hungry for it, they dream of being here with you, they start to save money to come after two or three years. It's happening now. Wonderful! And they send me messages, "I want to come but I am a poor African, I don't have money." Thousands of people, and you are here with me. Appreciate it!

Thank you for being you. Thank you, Elohim!

I love us.

Write your thoughts of the day until you have a blank page

Maitreya Rael – Raelian gathering, June 23, 78 aH (2024), Okinawa, Japan

Beautiful silence. Beautiful! Remember this sentence, always: “If what you have to say is less beautiful than the silence, don’t speak.” And it helps you grow. You can ask yourself what thoughts are coming. With time, you can reach the level where there are no more thoughts coming. Beginners usually sit down and a lot of thoughts are coming, “How long will we be in silence?” Thinking, not being. If you are, this question never arrives. Still, if you ask yourself, “How long will this meditation be?”, you’ll never meditate.

Meditation is outside of time. If you go into deep meditation, you don’t know if it’s five minutes, one hour, or ten hours. There is no more time. Time is thinking, and meditation is to stop thinking. Many beginners say, “Maitreya, what is the best thing I have to think about to go into deep meditation?” Interesting question. And the answer is: nothing! If you are thinking about something, you are not in meditation. Don’t forget, the thinking brain is what makes meditation impossible. Don’t think that the brain can be a tool to meditate; it’s the opposite! The brain wants to stop you from meditating! So, it creates thoughts, “Oh, another thought. Oh, another one.” And that way, there is no meditation.

Some people go to the high mountains of the Himalayas to meditate. Other people go to the beach. Real meditating people sit in front of a white wall. You don’t need a mountain; you don’t need the ocean; you just need to stop this machine (the brain). And this machine is very powerful. This machine, this poison to meditation, is very powerful. Because if you are thirty, forty, or fifty years old, you have thirty, forty, or fifty years of training in thinking. From a little child, thinking, thinking, thinking. Very strong! But if you calculate the time, you spend having meditation, it’s tiny. So, of course, it’s easy to think!

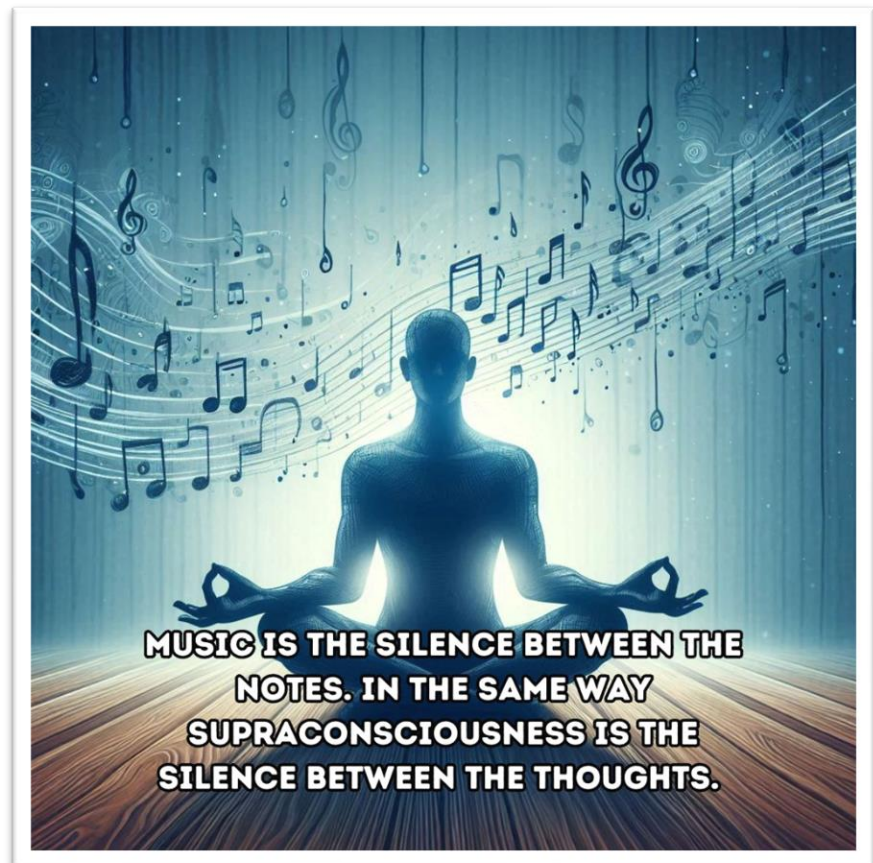
It’s very easy to be intelligent. Everybody wants to be intelligent; thinking, thinking, and thinking more. When people learn something new, they often say, “Think about it!”, encouraging to think more. Everybody wants to be intelligent; nobody wants to meditate. Meditation is to be as stupid as possible, no thinking. Very difficult! The whole brain, all the neurons are creating thoughts, and you are like a guard, “Stop! Don’t think about that. Don’t think about this”, but they come, they come, they come; unstoppable!

One trick is to say, “Okay, I cannot stop thinking. What will be my next thought?” Then you focus the brain on the next thought, and the thinking stops. Not completely, because the goal is to stop it completely, to be empty of thoughts, to become the king that you are: the Nothing King [no thinking], emptiness. If you think too much, you become depressed. You know, if you go to psychiatric hospitals, you’ll see intelligent people, geniuses, but they are mentally sick because they cannot stop thinking. You too. To become mentally healthy, remember the gardener; what is the number one tool of the gardener? The cutter. It isn’t about planting seeds, it’s to cut, like a movie director. The talent of a movie director is not to organize, not to put actors at the right place saying the right things, no. The best directors know how to cut. There are a lot of people making movies, and the director says, “Cut!” That’s the talent; not cutting too early, not cutting too late. And you must be the director of your brain: cut! Witness your thoughts, honestly, “What am I thinking now?” Constantly, “What am I thinking?”

You can be studying, reading books, watching television, and thinking; thoughts that have absolutely no connection with what's happening around. This is like a bad movie director, who puts more and more images, more and more. Like a bad gardener who puts more and more flowers, more and more. A good gardener puts one flower at the right place; that's Zen. French people put flowers, roses, arrangements of roses, thousands of them. Beautiful. But you enter in a Zen temple, you have one pot, one, with one rose; not two, not three, one! It is the same in the brain of a good director.

If you can have only one thought, you are on the way to having absolutely none. It's a good way to start with, "Okay, I will have only one thought." Try for five minutes. One hour: fantastic! Only one thought for one hour: you are good! How many thoughts do you have in one hour? You can write it: thousands! It's like an avalanche. It's not you who decides, you never decide for your thoughts; it's falling and falling like the Niagara Falls. And you think that you think. But, if you select one thought, you start to witness. Many arts are good for that. Singing is a very good technique because there are an infinite number of possible sounds. You choose one, and you want to make it right. Bad artists want to make many sounds at the same time; with the piano, for example, so many notes. Mozart, the greatest composer of all times, explained it so well, he said, "Music is not the notes; music is the silence between the notes." That's the genius of composers.

Music is the silence between the notes in the same way supraconsciousness is the silence between the thoughts.



For most people there is never silence. The easiest way to recognize people who have this problem, everybody knows it, they suffer from insomnia. They cannot sleep. Buddha was saying it, "Sleeping is the purest form of meditation." No thinking. If you think, you cannot sleep, "Oh, tomorrow I will do that; yesterday I did that", and suddenly the sun rises. Don't think in bed; the bed is a holy place! If you want to think about something, go to your office, go to the garden. But in bed, the moment you set your ass in the bed, nothing! Because insomnia is exactly the problem of thinking.

So, I recommend you to do this exercise, a very funny exercise. Take a little piece of paper, or a little notebook, and write down every thought you have during the day. "What will I eat for lunch?", that's one thought. "Sashimi", that's

one thought. Write everything. You will be surprised. And when you reach the level of Buddha, you'll have a blank page! Or maybe one word: nothing! If you succeed at having only one word, you reached the highest level of meditation.

Be as stupid as a carrot, not a genius, not Einstein. Be a carrot! Carrots are beautiful, they are very good for health. I love carrots. This is your goal, to be a carrot. But everybody wants to be a genius, to be Einstein, and everybody has insomnia. Everybody has problems and, at one point, cannot meditate. So, you know what to do, be as stupid as possible! You know, people want to be intelligent. Can you be more intelligent than you are? Of course, you can. We are born intelligent but we want to do exercise to be more intelligent. There is nothing but you are making the thinking brain boil. When you meditate, everything cools down. You breathe, at the beginning, the basic meditation of Buddhism, sit down and breathe. It's very difficult. That's all. If you can do it for one hour, you start to feel good; three hours, everything becomes beautiful; one full day, I guarantee that after you can sleep like a baby. Do it!

Thank you, Elohim!

Supraconsciousness, the key to peace and love

Maitreya Rael – Raelian gathering, June 30, 78 aH (2024), Okinawa, Japan

We cannot reach supraconsciousness by thinking, but by feeling. On Sunday, every Sunday at 11 am, sometimes the Raelians think that we gather to think about the Elohim. No! We gather to feel, not to think, but to feel the Elohim! If you think about the Elohim, you have an image; maybe a face, maybe a UFO, something. But when feeling, there are no images, nothing, just feeling. And what is wonderful on Sunday at 11 am, is that the Elohim are feeling us, each of us. They don't think about you, they feel, they feel your feeling; and that's love.

Love between two human beings isn't about thinking about the other person. I hope you all have had this experience of feeling someone else; looking in the eyes of someone and feeling. It requires a lot of attention to stop thinking and to feel. For infinity, it's the same. If you think about infinity, you may become crazy, and you don't feel anything. But you can feel infinity. It's the same as "I am". Where is infinity? It is! You can believe in it or not, it doesn't matter, it is. And you can feel it, without thinking.

If you think about infinity, you disconnect yourself from infinity. But if you feel infinity, you connect yourself to infinity. And automatically, a smile comes, even laughter, like Buddha. It is. Infinity is really funny! But if you think about it, it's not funny at all, it's boring. But if you feel it, you cannot avoid laughing.

I am you; you are me; we are one. If you think about it, it's boring; but if you feel it, you cannot stop laughing. You look at these beautiful eyes, all around this place, sitting; naturally, a beautiful smile comes. You are back to who you are; a child, a child of infinity. That's what we are. But when we use the thinking brain, we are something: Japanese, French, engineer, teacher, prophet, everything that separates us from infinity. But when you are, everything is included, no need to add something after. When you feel someone, you love, you don't need to say it. Of course, we can say, "I love you", but already it is a separation: I – love – you = separation. You look in the eyes and you feel love. There is no "I" because "I" is the ego; there is no "you", which is a separation; there is only oneness. The Elohim, don't love them, feel them! "Elohim, I love you" = I – love – you. No, no, no! I love us! We are one.



“ Infinity is really funny! However if you think about it, it’s not funny at all, it’s boring. But if you feel it, you cannot avoid laughing.

Right now, the Elohim are feeling you, and that’s the magic of the 11 am contact. The same way you put your eyes in the eyes of someone else, and you feel oneness, you feel the Elohim. They are not in the sky somewhere, “I’m here, you are up there.” No! We are one. “Elohim, where are you?” Inside me, inside each of you. Feel the Elohim! Your DNA, your cells, were created by the Elohim. Do you want to admire the Elohim? Look in the mirror! You are. And then you can look in the mirror and say, “I am.” Don’t forget to do it every morning. Immediately, you look in the mirror; naturally a smile will come. And if you really look carefully, laughter will come. Because it’s so funny, so funny to be alive!

Before the Elohim came to Earth, we were marble, stone, minerals. At the time of the creation of life on Earth, all the matter that makes your body now was already dead. There was a little part of your body on the Earth; and now we are. Are you? Yes! The stone cannot say that, the marble cannot say it, but you can say, "I am." It's magic! It's so easy to disappear, in one second, and to be back to the ground. It's very short! People sometimes think, "Life is long." No, it's very short! You were born on Earth, and very quickly you have a white beard, like me, and you go back to the ground. So, enjoy this short time! And when you enjoy the short time, you are alive. By thinking about death, you appreciate it even more. To think about death is a step to develop supraconsciousness. From the moment you are conceived, the spermatozoon and egg going together, you are preparing to die. You have been all your life preparing to die. Don't think about it, feel it! "I am not eternal"; this body is not eternal. Then it becomes even more precious. Whatever little problem happens to you, you're alive. I am close to 78, every morning I say, "Wow, I am alive!" Feel it, don't think about it; feel how lucky you are not to be in the stone where you will go anyway. That also helps destroy what stupid people have in common, which is: the fear of death.

Like a good philosopher said, "Many people fear death, but when the fetus is in the uterus of the mother, it actually fears life." No need to fear death. Fear of life, yes! Life on Earth is very difficult, full of blood, violence everywhere. For thousands of years, people were starving. Now, now in Palestine and in Ukraine, people are dying. Dying is not a problem, but suffering, bleeding; you have millions of people in hospitals, millions of people in prisons. Life is frightening! Very interesting question: imagine being in the womb of your mother and somebody shows you everything happening on Earth, all the wars, all the starvation, all the violence. You are a little fetus and someone asks you, "Do you want to be born?" Think about it, what would you say? Personally, I would say, "No!" No. From childhood, I didn't accept this world, I always felt like an extraterrestrial, "What am I doing here?" I constantly ask the Elohim, "What am I doing here?" We are dreamers, we want a planet of peace and love. There is not! Everywhere: war, suffering. What can we do? Spread the Message, spread love, be dreamers, hoping that our Message will slowly, slowly make human beings "human". That is not pleasant. What a world!

So, meditation helps us feel what the world should be, a world of love, a world of peace, a world where everybody looks in the eyes of other people and feels them. How can you have a gun, look in the eyes of somebody and shoot? How can people do that? Imagine yourself: somebody looks in your eyes and you can shoot. And people do it, they do it! It's happening now. And the Elohim are watching. And Satan is laughing, "I told you; they are a mistake!" And Yahweh says, "No, slowly they will reach supraconsciousness." Consciousness wants to kill other consciousnesses. Supraconsciousness feels one with other supraconsciousness.

So, supraconsciousness is the key to peace and love. When I look into your eyes, I'm not interested in your consciousness, I'm interested in your supraconsciousness; because that's what you are. It's beautiful to cry, to cry of love, and when we cry, it's the supraconsciousness that expresses itself. When we cry and when we laugh, it's pure beauty of emotion. So, let the tears go down on your cheeks.

It's so funny, when people cry, they quickly remove the tears. I stop people and say, "Let them come down. Are you afraid they will reach your clothes? Let them go down and feel them." What are tears? It's supraconsciousness feeling the world; it's an ejaculation of supraconsciousness. Feel it! It's an orgasm. Or you can think, it's your choice. And when we think about the Elohim, we are not one with them; but when we feel the Elohim, then we become one.

I love “us”! I don’t love “you”; I love us. Do you love us? Say it, “I love us!” Express it, cry it. It is love. Especially here in Japan where you have this education of not showing emotion. Do the opposite! Emotion is wonderful; when it’s the emotion of love.

Thank you, Elohim!

The Elohim created us to laugh

Maitreya Rael – Raelian gathering, July 7, 78 aH (2024), Okinawa, Japan

Good morning, everybody!

We are one; those who are in this room, and those who are not yet in this room. Love of the Elohim, our love. Of course, we love the Raelians, but we love non-Raelians at the same level. I’m not here to save only the Raelians, I have a small mission, very small: to save humanity! That includes people who love me. I think you love me, don’t you? – [Yes!] – Really? – [Yes!] - I was afraid of the wait. And also, those who don’t love me. The love of the Elohim, they love the Raelians, but they also love the others, even those who hate me. Many people hate me, many people wish me to die, no kidding! Many. I received many letters from people saying, “I will kill you!” Welcome! I would not move one centimeter if somebody came up with a gun. Because I know what is coming after. These people have religions, they believe in God, but they are afraid to die. They teach about paradise, eternal life, but they say, “Please, don’t kill me!” Please kill me, I know where I go after. Don’t be afraid of death, we will all die, okay? And you will say, “The prophet of death; brainwashing.” You will all die, laughing. That’s the difference between others and us; we will die laughing! Because we know what is coming after. Why be afraid? If you are afraid, you don’t believe in the Elohim, you doubt. If you doubt, you are afraid.

Love is trust. I trust you; you trust me. It’s been fifty years now! Fifty years! Half a century. And I remember the newspapers in France, “Rael will collect all the money from the Raelians and he will retire on an island in the Pacific.” It’s true, I am on an island in the Pacific. Okinawa is an island in the Pacific. Yes, I did it! But I didn’t take all the money; not even one cent. Everything is for the Embassy of the Elohim. And the Message I spread is still the same, I didn’t change one sentence. You know it because you have been with me for a long time. In fact, I am some kind of parrot. I have repeated the same things for fifty years, and you know it because you have been with me from the beginning. Again, and again, and again; and I will continue because the truth is the truth. The Elohim: no change. They came on Earth, they created life, and they love us; no change. And we will make an Embassy to welcome them: no change. Fifty years the same story!

Sometimes, journalists come to me and say, “Can you please tell me the story of the encounter with the Elohim?” – “Read the book!” They want me to repeat the same things. People still ask me questions about the encounter with the Elohim; even this morning! I received a message – you have no idea of the messages, of the questions people ask, how “baka” (stupid) they are, “totemo baka” (completely stupid). I remember forty-eight years ago, somebody asking me, you will not believe it, “What is the color of the socks of the Elohim?” No kidding! Somebody, during a conference with two thousand people, “Rael what is the color of the socks of the Elohim?” Wow! That’s the level of this baka Earth. And this morning, I couldn’t stop laughing, “Who is taller, Muhammad or Jesus?” – “Let me check!” I could not imagine. Every day I have more stupid questions, and I love it. I always wonder, “What will they

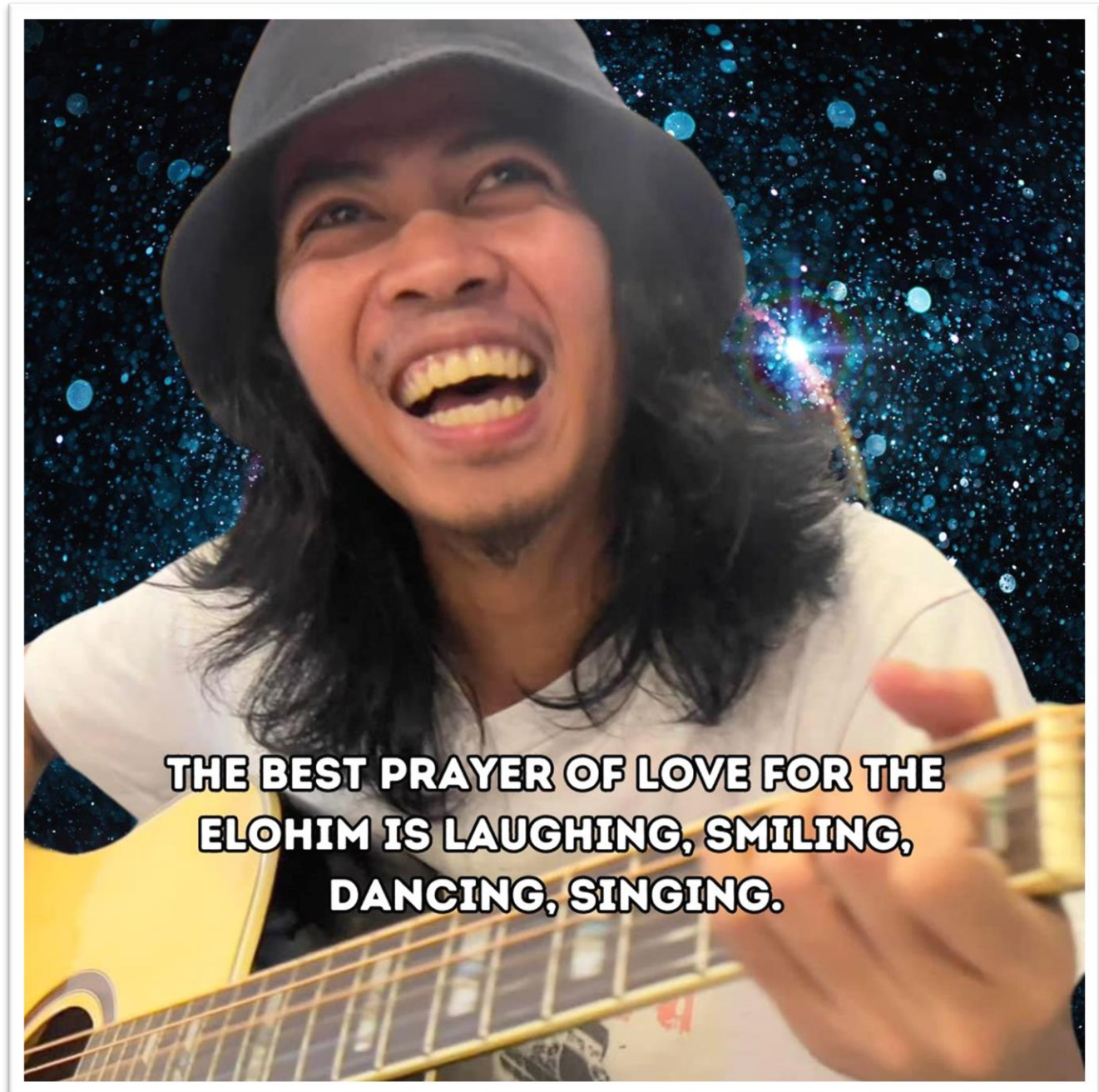
find, what will they create to make me laugh?" Please, don't hold yourself; ask me, I love stupid questions. I don't like stupid answers, but the stupid questions are so much fun, "Life is made for what, why am I on Earth?" This is a question asked by many journalists, "Why are we alive?" Hundreds of journalists asked me this question, "What is the purpose of life?" Very deep question: "Why are we alive?" And you have, you know, the French statue "The Thinker", "Le Penseur" by Rodin. Auguste Rodin was a famous sculptor; he made this image of thinking! We are not born to think; we are born to love, to feel. Yes! Not to think.

I love the image of Buddha, he was laughing like crazy, with his big belly. This is the image of higher supraconsciousness in Asia; you are so lucky. I was raised in France; I don't know why the Elohim chose France, maybe it was a mistake. Why? Many times, I asked myself, "Why France?" There are images of Jesus bleeding, everywhere, suffering. And in Asia, you have the laughing Buddha. We didn't choose. When you were in the womb of your mother, nobody came to you saying, "Where do you want to be born?" If I could have chosen, it would be Asia, probably Japan; I love Japan. I don't say that to make you happy; I love Japan for many reasons. I wanted to be born in Japan. Why? It's about my life and all my childhood. With my wonderful grandmother, who was very Christian, I had to see all these images of Jesus on the cross. I was very small, "Why? Why?" – "He died for us." I didn't ask for it. Did you ask for Jesus to die for everybody? So, a man who died two thousand years ago is supposed to have died for you! Think, five minutes, think about it; two thousand years ago! I was raised with that, "Jesus died to clean your sins!" Which sins? What did I do? What did I break? But he died for my sins. Thank you very much! Where is love? And the goal, "Jesus watches you constantly." Eight billion human beings on Earth, eight billion; and he is watching you! He checks if you masturbate in bed. That's the problem!

Children dying in Palestine, no problem. Ukraine, no problem. If you masturbate, "Oh! You will die and go to hell, where you will burn forever." You know, if you take a candle, it burns for three hours. A piece of wood burns ten hours. Everything has duration for burning. The strongest matter burns for two days, three days. Nothing burns forever. But you, you will burn forever; forever! But God loves you. He loves you. He burns you forever but he loves you. That's where I was raised!

I didn't know about Asia, and then I came to Japan. I didn't know what "Okinawa" was, if it was something to eat, maybe a Japanese food. And here I am. I discovered the beauty of the Japanese gardens, Japanese kimonos, so much more beautiful than French fashion. The beauty of Japanese music: wow! It's another universe. The beauty of Japanese food. I'm sure you have all seen French food, steak and French fries; so ugly, so ugly! You can search "French food", the best: beef bourguignon; so ugly, it looks like something that was eaten three days ago and vomited. And here, the sushi, the colors. And they have these little boxes, I forgot the name, "bento". When I go to a restaurant, each time it's a very long meal for me. I know Japanese people go and eat fast. Not me. I look first, sometimes ten, fifteen minutes; just looking at the beauty. You forgot it. Everything is so beautiful. "Otoro" (tuna) is my favorite, so beautiful. I have difficulty to eat because I want to look; it's shining, so beautiful. "Tempura", I have difficulty starting to eat; you destroy beauty, and the next day it's shit. In France, you eat French food, it's almost the same color, it's similar. There is a French dish that is blood sausage; I love it but it's a long brown sausage, and the next day it looks the same.

You know, in France, if you have been to France – I don't wish to go – when you arrive in France – now I know – from the airport it looks like if everybody wants to fight you, push you; no “hello”, no “sorry”, no “thank you”, nothing! I remember going to a restaurant in Paris, I sat, I waited five minutes, ten minutes, nobody came, nobody! After fifteen minutes, I called saying, “Do you bring food or not?” I said, “I want to talk to the manager.” And I asked, “Do I disturb you if I eat in your restaurant?” That's France! And I remember another restaurant; I entered and the waiter threw the food on the table. And in Japan, I enter any shop, any restaurant, everybody bows and says, “Irasshaimase” (welcome). Did I do something wrong? After I said, “I'm dreaming!” I know now that's “welcome”.



The first time, I was very surprised, really, “Irasshaimase” – “No, no, no, I just want to eat. I’m not attacking you”, and then I learned. And I was so surprised; I went to a restaurant in Tokyo, many people were eating, five or six waiters, when I entered everybody said, “Irasshaimase.” It was a dream, it’s a dream. It’s just normal; it’s just love, respect, politeness. In France no! Everybody, “Me, me, me”; nobody else is important. “Give me your money.” Another example, in New York, my first time in New York. I spoke English very badly; still but now a little bit better. I took a taxi to go where I was supposed to give a public speech; very difficult to understand. At the end, I asked the taxi driver, “How much?” – “Twenty dollars.” I paid, opened the door and the guy screamed at me. “Tip! Hey, you forgot the tip!” In France no, you pay the taxi, in Tokyo also. So, I didn’t know. I took my wallet, I found one dollar, gave it, got out of the car and closed the door. The taxi driver threw the money on the sidewalk, one dollar was too small. Can you imagine? That’s the world. In Japan, when I enter a taxi in Tokyo, lace, flowers, drivers are polite; it’s another world. You don’t know how lucky you are to have this politeness, this respect.

What is to be polite? To be polite is to think of others. They make fun of Japan in France, “Yes, that’s Japanese, they are stupid, they are too polite.” That’s love. Three simple things my grandmother taught me when I was very young, three: please, sorry, thank you! That’s so simple! In France, nobody says, “please”, “sorry”, “thank you”; nobody. Somebody hits you on the sidewalk, no “sorry”, no looking, nothing. In Japan, I dream because Japan is similar to the Elohim’s planet. Recently, I read something about war. War now is: killing everybody, extermination, genocide. Gaza, thousands of bombs killing everybody.

Four hundred years ago, there was a war between England and France, two armies on the battlefield, the French army and the British army, facing each other, at the beginning of the guns, and on the site, there were the kings. And the French general talked to the English general, and said, “Please, shoot first!” – “You shoot first! And we will shoot after.” A completely different planet. Now it’s “bam, bam”, everybody dies. Polite even in war. Look at the news every day. When you enter a room, you say, “You first!” In France no, everybody wants to be first, immediately. I love Japanese roads, you get at the intersection, to the road crossing, everybody stops and says, “You first!” Every day I go walking on the beach, small roads, I hear a car coming behind, and I move away and let the car pass. In France, five hundred meters before, the car honks at you, “Go away, it’s my road!” All cars want to be first. It’s another planet! Japan is the planet of love, respect. Maybe I’m blind, maybe I don’t see everything, but remember how lucky you are. The most beautiful word in Japan: “Irasshaimase” (welcome). I still remember the first time I went to a shop, the girl said, “Irasshaimase”. I began to know what it meant. I went out trying, looking; same “Irasshaimase”. So beautiful. I went out four times, because she started laughing. And for me that’s my treasure. This poor Japanese woman suddenly laughed. I’m sure she remembered for weeks and weeks the foreigner who came three times, four times; entering to make her laugh!

The most beautiful proof of love is to make people laugh. You know, six years ago, I had a stroke, a blood vessel in my brain exploded. I went to the hospital. When I woke up, there were many nurses. Poor women. Nurses have a terrible job; they clean the shit of people. There are not so many jobs as nurses cleaning shit, helping people who suffer. Nobody cares about them; you should have to call the nurse. The first thing when I woke up, I made them laugh. It helped them and it helped me because laughing is a medicine. And after a few days, there were nurses all around my bed, it was a show, everybody wanted to see the funny French man, “Are you okay?” Always wondering about my head, “Are you okay?” This is my goal, it’s so simple: a smile. Smile like that; smile, laugh. If you die – we

will die, I said it, we will all die – I want my last breath to be a joke, making people laugh. I'm thinking about many jokes, I'm preparing; I'm alive. That's why we are on Earth.

Journalists ask me, "What is the purpose of life?" Deep question. "Laughing!" Laughing! Why are we alive on Earth? To laugh! Everything is funny; simple things. You go on the beach, you see crabs. All animals walk straight, crabs no, they walk sideways. In life, the Elohim put funny things everywhere. Many jokes, everywhere. So, don't be serious. What is the point to be serious all life? "Baka" (stupid). You laugh, make other people laugh. When you smile, you make everybody happy. In the street, when I walk in Naha or Tokyo, everywhere, I give smiles. And everybody becomes happy and starts smiling; except in France. In France, it happened to me many times, I smile, "Why are you smiling at me?" Because I want you to be happy. They are ready to fight. "You are making fun of me!" Not at all, I just want to give you happiness. "Why are you laughing?" For no reason! If you need a reason to laugh, you live a very sad life. People don't laugh without reason. If you have a reason to laugh, for example somebody hits the window, that's not love, or falls in the stairs, that's not love. But if there is no reason, you just laugh because you feel happiness and love. Do it, for you!

This famous sentence, you know: "Dance as if nobody is watching you." No! Dance as if everybody is watching you. I'm not good at it but I love dancing, without caring for the eyes of people; I want the pleasure. I dance because I enjoy dancing, for me, not for others. Dance for yourself; sing for yourself. People naturally do it in their shower. In the morning, everybody sings in the shower. No, it's the opposite; sing when there are more people. Everybody is happy when you sing, they don't need a reason. "Why am I singing?" I'm happy! It's your freedom and your right to be happy. No policeman can come and say, "Hey!" Some people would like to make a law like that. Enjoy this. Remember another sentence: "The Elohim created us to laugh."

Shine! We are vibration

Maitreya Rael – Raelian gathering, July 14, 78 aH (2024), Okinawa, Japan

Bonjour à tous ! Good morning, everybody! I love us.

Who are we? Little dust in infinity. But a conscious, supraconscious little dust. That's what you have to feel. You "have to" is not a proper word; it's not a decision, like with meditation. Meditation is a key. But if you want to meditate, you cannot meditate. It is, or it is not. "Am I in meditation now?" That's the question you should ask yourself. Don't say, "I want to be in meditation" or, "I want to be happy." If you want to be happy, you are not happy. You are, or you are not. Meditation is the same: you are, or you are not.

Meditation cannot be a goal, a target; it is, or it is not. And the fundamental question: "Are you?" Ask yourself, "Am I?" If you want to be, you are not. "I want to be", so you are not! Are you supraconsciousness? It cannot be a goal or a target. Are you supraconsciousness? "Am I?" First question: "Am I?" And if I am not, there is no technique to reach this level. Teaching how to reach supraconsciousness is an illusion! You are, or you are not. "Am I?" Ask yourself. I ask myself, "Am I?"

The first Buddhists were asking Buddha, "Who are you?" And Buddha answered, "I am." That's all. And not "a teacher"; not "I am a teacher", not "I am a guide", not "I am a prophet", just "I am."

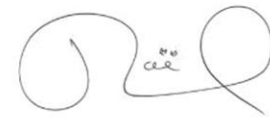
Many times, in my life, as I travelled around the world for fifty years, because of my clothes being always white, my strange beard, my looks, which are very different, often in hotels, in airports, everywhere, people see me and think, "Who is this man?" It happened several times and they ask me the question that was asked to Buddha, "Who are you?" Naturally! I am not doing anything; I just sit down and smile. Not smiling to other people, I am not trying to communicate, I am smiling to myself. And people ask, "Who are you?" A door opened in their brain; I don't open it; I am just me! And they feel something. "Who are you?" Sometimes it could be very aggressive, especially with French people, "Who are you? Why do you smile at me?" My mission is accomplished if people have questions. I don't necessarily reply, no need to reply. "Who are you?", how can I describe it? How long do I have to speak to say who I am? Five minutes? One hour? Not enough!

Not answering often is the best answer. "Who are you?" Very good! They continue to wonder who I am. If I feel it is useful, I say, "I am", but not necessarily. If people ask you, "Who are you?" because you have, with so many years with me, you have this light inside you, not only me. And I'm sure people can say, "Who are you?" to all of you. And the more you feel it, the more you shine. No "blah, blah", no need to describe. Every time you open your mouth, you can show how stupid you are. Never forget that! If you keep silent, at least people can have the illusion that you are intelligent. Good, keep this illusion! It's good to be surrounded by people who believe you are very intelligent. Very good feeling! But as soon as you open your mouth, you can prove that you are not. Very easy, very quick! It works 100% of the time.

That's why Buddha said, "Silence is the greatest teaching." You just take a Tibetan bowl; very intelligent sound, vibrations. You are not arguing with anybody, you just vibrate. When you shine, you vibrate. Anything, everything in the universe, is vibration. You are vibration, physically!



When you feel, you are nothing and
everything, you are Infinity.



You know, scientists, or so-called scientists, always explore the matter. It's not new. Thousands of years ago, the Greek philosophers were exploring what is matter. And they developed a concept – because there was no microscope at that time, there were no scientific tools – they developed the concept of the atom, which means, in Greek “atomos”, something you cannot cut. That's very deep. Human beings, with their brain, thinking brain, full of illusions, said, “Ah, I understand the secret of the universe. There is a small ball which you cannot cut, the atom.” Science came, real science, with tools, electronic microscopes, and they saw that the atom is made of smaller particles:

electrons, neutrons, and other particles. And they said, “That’s it, these are the smallest particles.” New illusion, and they believe it. And recently, they discovered that these small particles are made of the smaller particles. It was always like that: infinity!

You can use just a little part of your brain for a very simple question, “Is it possible that something which exists is made of nothing?” Just a simple question, you don’t need to be a scientist from the top universities. Do you know things that are not made of other things? To exist, everything must be made of something smaller. Men, women, everything is made of something smaller. Your shirt, your beautiful shirt, is made of something: cotton. Marble is made of something smaller. So, it’s a summit of stupidity to think something exists without being made of something smaller. If something is made of nothing, it doesn’t exist, including you! We know that we are made of cells; it’s a recent knowledge. Just a few hundred years ago, not a very long time ago, people believed that intelligence was in the stomach. Now we believe, we believe it’s in the brain. Another belief! Is it in the brain? Infinity!

Do you know where is the highest number of neurons in your body, apart from within the brain? Neurons are the cells of the brain; they communicate together, billions of neurons. When you think, when you feel, they communicate. When you say, “I am”, they communicate. Every thought, every feeling is communication between neurons; electric and chemical. Which organ in your body has the highest number of neurons, apart from the brain? The intestine! The highest number of neurons, outside the brain, is in the intestine. And they communicate with the brain. You know it! When you experience a big fear or panic, you have diarrhea. It’s obvious when something makes you panic. When you feel in love, your belly is also in love. We are one. But to be one, you need to be. And the fundamental question, “Are you?”; not the question, “Who are you?”, there’s one word too much. It’s not, “Who are you?” but, “Are you?” Flush the “who”. “Am I?”

Then, like Buddha, you can answer, “I am.” But it’s not “blah blah” with the tongue. When you say, “I am”, you say, “I am” with your belly. And that’s why Buddha had a big belly, “I am” [saying it with the belly]. So, this fundamental question, “Am I?”, feel it. Feel it! You shine, Maitreya is telling you. You shine. And how to change this planet, how to make this planet a planet of love? By being, by shining. Shine your being! You are born to shine. Your body is made of dust coming from the stars.

You know, the Earth is a few centimeters bigger every year, it’s a fact. Sometimes, at night, you see a shooting star; it falls, it burns and the particles and atoms fall on the ground. So, like Buddha, the Earth has a bigger and bigger belly; and it goes in the food, in the water you drink, in the tea, in sake. And you accumulate this stardust; you are made of stardust. How can you not shine? Look at other people with love! But you cannot give love to other people if you don’t shine. Make them feel the difference; shine!

Shining is in your DNA. Yes! You are made of light. If we focus on atoms, and the most recent science, which is very advanced, now, destroy the idea that the atom is a ball, like a football: atoms and electrons. Wrong! If you magnify with a special microscope, more advanced than the microscope, in what scientists now call “quantum physics”, there is no ball, there is dust. But for us it’s hard, just dust vibrating. Everything in the universe is vibration. So, vibrate! Shine your light! You are physically made of light. Feel it. And more importantly, make other people feel it. Your goal is that they open their mouths and say, “Who are you?” If it happens, say, “Yes!” Not necessarily aloud; but inside. When people ask who I am, I am. But you make other people feel that you are. Be you! There is only one you. Nine billion human beings on Earth, now. Nine billion and only one you! Be proud of being who you are. But

to be who you are, you have to be. Inside, this music made by the vibrations of your atoms and molecules, they sing, “I am.” I am what? No need to add anything, it’s infinity!

And when we communicate with the Elohim, on Sunday morning, we feel; we feel these vibrations because the Elohim are thinking of us. They are shining their light on Earth. Feel it. Raelians, you are very important for humanity. Only you can change the future of humanity. America, China, the United Nations, they can do nothing; they do nothing! People die in Palestine; they die in Ukraine; everybody talks about Ukraine and Palestine. One million children die every day in Africa of no food! Every day, thousands of children die of cancer; and people pray. They are not! Raelians, you shine your light, and you will make all humanity shine. The question from the Elohim to humanity, “Are you?” We are! When you say, “I am”, and if all humanity says, “I am”, automatically the future is peace and love. You are the key. Are you?

I love us. Do you? Say it. [I love us!] “Encore” (again). [I love us!] Thank you for your love, I feel it. And we are. Don’t forget, we are the saviors of humanity. If you wake up with this in mind, every day is like paradise. Will you help me to save humanity? [Yes!]

Always find new mistakes to make

Maitreya Rael – Raelian gathering, July 21, 78 aH (2024), Okinawa, Japan

What is the worst enemy of love? [Judgement.] Yes!

Judgement; it’s an automatic habit coming from education, to always judge everything and everybody. And when you judge, you don’t love. You cannot judge and love, you have to choose. You meet somebody new, the consciousness, not the supraconsciousness, the consciousness immediately judges. How? By comparing, “Oh, this person looks like somebody I met in the past. This situation looks like something in the past.” All judgements are based on the past; it’s not now. And you want to be in the now. The only way to be is to be now. And it’s a kind of autopilot for the brain, for the consciousness: to judge, to judge the look. From very far, from fifty meters away, you are ready to judge the person. There is no love! Even if you think, “Oh, I want to welcome these people, I want to give love to everybody.” But if there is judgment, there is no love. It’s like if you walk into a beautiful garden and you judge the flowers. We are flowers! You see a flower; do you judge it? “Ah, roses are more beautiful than hibiscus! Ah, this flower looks like a bad flower!” You don’t do that. You walk in a garden and you feel the beauty of the flowers; without judgement. And this judgmental thinking brain is the biggest handicap for love.

Love can only be unconditional. I love you! Not, if you do this, if you do that, if you behave like that. No! I love you! Every time I meet someone new, my first sentence is, “Be you!” People normally say, “I love you” to a girl or to a man, but they already want this person to fit in, look like, behave like their ideal partner. When you love someone, and we must love everybody, we accept – no, accept is not good – we love who they are; their beautiful aspects and their bad sides.

I welcome new Raelians unconditionally. If you are someone who gave love all your life, a genius, an artist, I welcome you. If you have been a criminal, if you killed ten people, I welcome you. I’m not interested by your past, I’m not interested by your future, “Ah, I will do this, I will do that. I will become an artist, an engineer.” I don’t care. Who

are you now? I would welcome someone – and it happened, I will not give you the name – but one Guide from Europe killed someone in the past. And I welcomed him like a pure angel. He was crying and saying, “But in the past I did this, I killed someone”, he wanted to explain. I cut him and said, “Stop, I’m not interested. I’m not interested in your past. I’m interested by who you are now.” That’s love, love without judgment. We can judge the past of people, it’s easy in such case, “You killed somebody, why? How?” You want to know everything. That’s not love. “When did it happen?” – “Ten years ago!” I’m not interested. Who you are now, that’s interesting. And this Guide was crying like a baby because for many, many years he was carrying the burden of the crime of his past. I’m not interested at all by your past. Whatever happened to you in the past doesn’t exist. Now! Who are you now? Not who are you; are you, now?

When people come to me, their thinking brain judges, “Oh, I will meet Maitreya. What does he look like? How does he speak?” And the judgment comes. People look at me and at the same time they are afraid, “Will he brainwash me?” Or, “Will he manipulate me? Will he force me to do things that I don’t like?” That’s the fear of everybody the first time they come to me, “Is he real? Is he a liar? Did he meet the Elohim? Did he create all this story?” And the judgment takes place; and this is not who you are; this not who I am.

Meeting the Elohim fifty years ago, it’s not so important. What is important is who I am now, what I bring to you,



what I teach you. You all saw the Netflix series, and they interviewed some Raelians, particularly Brigitte Boisselier. And the journalist said, “But if you suddenly learn that it’s all false, that it’s not true, what will you do?” And Brigitte answered, “I would laugh like crazy!” Because it’s past, it doesn’t exist anymore. I met the Elohim fifty years ago, but not now. Now, I’m with you. I am giving you all the love I can give. What is love? Be you! You don’t feel comfortable if you try to be someone else. The world is full of people who try, who pretend, to be somebody else; and they are not happy. You can only be happy if you are you!

False guides, there are many false guides, false prophets, false gurus, thousands. You can see them on the Internet. Usually, they have a common look; a long beard and all are not themselves. A false guide tries to make you follow him. A real guide tries to make you follow yourself. I don't want you to be like me; I want you to be you! I love you, who you are. But I cannot love you if you are not you, if you pretend to be something else. I could not love myself either. Fifty years looking in the mirror and looking at somebody who is not who he claims to be, that would be a nightmare! I could not look at myself in the mirror. I look at myself, and with humility I'm so proud to be me. But to be proud to be myself, I have to be myself. You cannot be proud of yourself if you are not yourself. Only by being you, can you love yourself.

It applies to you too. If you judge yourself, you cannot love yourself. The same things you do to other people apply to yourself. Do you judge yourself? Sadly, yes! Many people say, "Oh, I am bad; I made this mistake. I'm not what I would like to be." This is shit! "I am", I am me. Do I make mistakes? I love my mistakes. Be proud of your mistakes!

I will tell you a secret if you want to never make any mistakes, a big secret, very easy. If you want to be sure to never make any mistakes, do nothing! Ah, if you do nothing, you are sure that you will never make mistakes. But you want to do things, you want to live your life, you want to speak, you want to dance, you want to sing. Perfectly? No, not at all! If I want to be perfect, I stop singing completely. If I want to be perfect, I don't dance anymore. Be you! Meaning accepting – sorry, not accepting – loving the fact that you are not perfect. I am not perfect but I am me! People love me? Wonderful! They don't love me? I don't care. If you do things to be loved by others, you will never be yourself. You know the truth; you look in the mirror, you see yourself. For each mistake, you learn something. If you make the same mistake twice, you learn more. I love a sentence because some people say, "Make a mistake once but not twice the same mistake." That's what people say. I don't agree. When I make a mistake, maybe I will do it again, and again, to learn more. You make a mistake once; do it three times, you learn more! Don't block yourself, "Oh, I don't want to make mistakes, I do nothing!" Do, talk, be! "I don't want to be, I will make mistakes." Even if you don't want to, sorry, you are! You cannot stop being, except if you kill yourself. But, as long as you are alive, you are. And if you think you are a mistake, then you are paralyzed.

I prefer this sentence, which is more beautiful, "I made many mistakes in my life but I trust my imagination, I will always find new mistakes to make." Find new mistakes! Don't be afraid of mistakes. If you are afraid of mistakes, you do nothing; no business, no approaching another person for sexual activity, no joining any movement. Many Raelians would love to be here, many. Many people around here, they would love to join us, but they are afraid, "Maybe it's a mistake." And you, you come, "Let's do it! Let's wear the symbol!" – "Maybe Maitreya has never met the Elohim." You go in the street and meditate one minute for peace; you wear your symbol. Is it a mistake? You don't want to think about that. You do, you are, you dance. "Is it a mistake? Oh, I don't want to dance." You sing, some have talent, some are out of tune, it doesn't matter. "Oh, I cannot sing because I'm out of tune." I say, "Sing!" If it's out of tune, who cares? If it's really ugly, everybody will laugh, and it's good to make people laugh! When I dance, I love dancing, I know I am very bad but I will never stop dancing. Do you like it? Thank you very much! You don't like it? I don't care! I dance for me; I sing for me; I teach for me because it makes me incredibly happy to give happiness to others.

Why do I speak this morning? I could have stayed in front of my computer to keep playing my games. No, I come and I speak! Why? Because it's me. I am a teacher! So, I have to be me. Do you like it? Good! If you don't like it, the

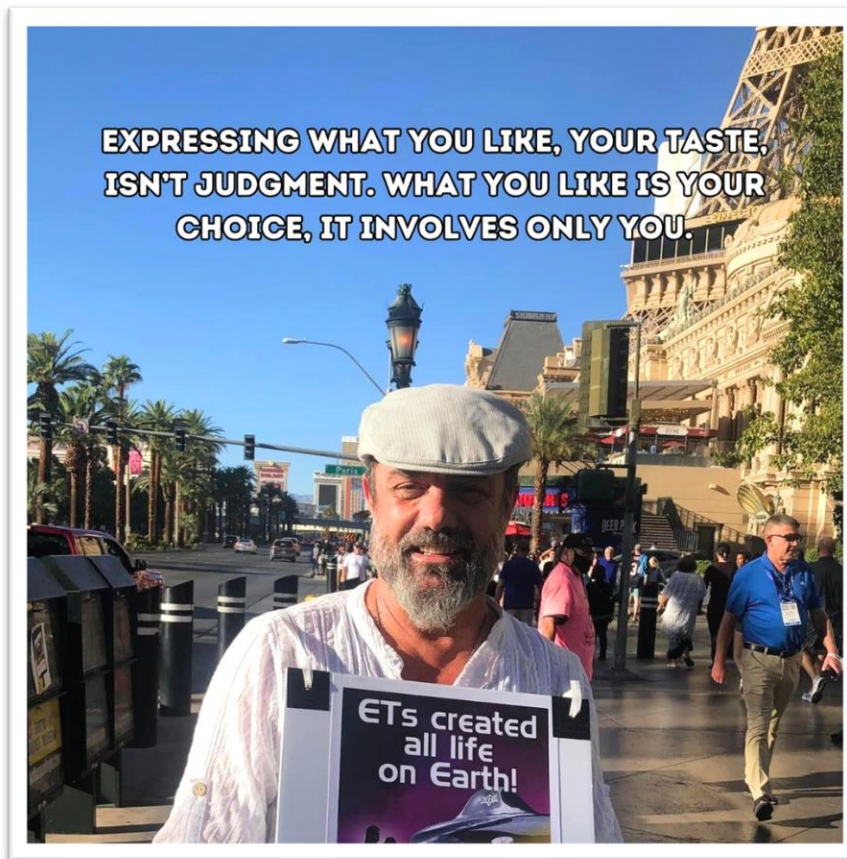
door is open. Very simple! But I will never stop being me. And I want you to be the same: be you! You love me, you hate me, it doesn't matter. Be you! And then you will have happiness in your life. Remember, be you!

Thank you, Elohim!

Judgement versus tastes

Maitreya Rael – Raelian gathering, July 21, 78 aH (2024), Okinawa, Japan

Question: Is there a difference between judging and expressing what you like?



Maitreya: Expressing what you like, your tastes, isn't judgment. What you like is your choice, it involves only you. But judging is to say someone is bad. It's not you; it's about somebody else. You may say, "This is what I don't like" in another person. It's your freedom, your choice. I love you all, but I will not have sex with everybody here. Because I'm not attracted physically to some people, it's my tastes. And that's your choice, your tastes. You like blue, somebody else likes pink; you cannot argue. You are you; I am me, but we are one; and with different colors we become a rainbow.

The color difference, the difference makes us richer. Imagine if we were all the same. That's what bad leaders, bad cults, and bad philosophers

teach: to be all the same. It's comfortable but boring. We love the differences; we love being in contact with people completely different from us. With judgment, we can't. If we judge, we reject. With love, we hug.

Question: To avoid the guilt of past mistakes, do we need to be forgiven by the victims?

Maitreya: Give me an example.

Audience: One man killed somebody and the victim's family is suffering all their life, and then they hate this criminal. So, this person who killed somebody also suffers all his life and feels guilty knowing that the victim's family is suffering.

Maitreya: That's his choice. If there is no past, there is no need for guilt. Be in the now! You may have killed one hundred people in the past, would being sorry fix it? No! The person you killed is dead, you are responsible now. No need to say sorry, you did it. You did it; it's past! But now, if this person were in front of you, would you kill this person? That's the question. If the answer is no, there is no room for guilt. Who you were in the past is not who you are now. So, guilt is completely useless. It's like having a knife and making hara-kiri constantly. It's terrible because it doesn't make you better. And the Message explains that very well. If you killed one hundred people, give love to one hundred people! And then, everything is clear. Feeling guilty about the past doesn't fix the problem. Now, today, what can you do to give love? Now! The past is dead, it doesn't exist anymore. "I killed a man ten years ago!" – "So what? If you apologize, cry on the floor, will it bring him back? No!" But if you devote your life to giving food to African children, then you give life. You cannot change the past. So, feeling sad, feeling guilty doesn't change the past. If it brought back the person, "Yes, feel guilty, do it!" But it doesn't work.

Many people died yesterday, millions of people died yesterday; not thousands, millions. They all wanted to do something today, but they died yesterday. It's happening every day. But today, you are alive; do it now. Do you kill or do you give love? To kill, you judge. If you love, you don't kill. So that removes any guilt; it's totally useless. Giving love, there is no need to think about the past, no need to think about the future. Now, look at your hands. Look at your hands! What will you do now with these hands? Now! That's your choice.

Thank you for the good question!

Question: You talked about judgment. Is judgment related to behaviors, or is it related to the person itself?

Maitreya: You answered, it's you. It's you! Do you judge the person, do you judge the behavior? Me, I never judge; I like. I like this color, this shirt; or another shirt I don't like, I will not say which one. It's my tastes. It is the same for people, I can like the behaviors of some people, or not like them. But it's not judgment, it's my taste. You have the right to have your own tastes, to have more pleasure, more attraction, to some people than others. Being without judgment doesn't mean you will have sex with everybody. It just means you have the right to have your tastes. I understand the depth of this question. Are my tastes a judgment? It's a judgment that involves only me. I may not like his shirt, but I will give love. That doesn't mean I want to have sex with him tonight. You have the right to have different tastes, like I explained before.

Tastes are a kind of judgment, but it's not a judgment that puts down other people; you express your tastes. I love "this". Someone else can say, "I prefer "that"." But "this" is my taste. And if the other person feels bad, "Oh, you don't like "that"?" It's their problem. So, having tastes is very important because you are you. And I know it's a problem in Japan where everybody wants to please everybody, and don't express their tastes. You can express your tastes with love, "I want to be me, and I want you to be you." It doesn't mean that I want to have sex with you. I will do everything in my power to help you to be more you! But I can still not love your dress; I can still not like your hairstyle, and other things. Love the fact of being you and helping others to be more themselves. If on Earth we all want to help others to be more, just to be, then Earth is a paradise. But everybody wants to control, to judge, not to accept that other people are different. In Japan, everybody must have black hair; you dye them. That's judgment. It's different than, "I don't like this color." But please do it if you like it. That's my tastes; is not a judgment, it's my tastes. Maybe I don't like Asian girls? Maybe I prefer European girls? It's my tastes. But I give love to everybody, I teach everybody to be themselves.

One journalist, one day – I will finish with this – asked me, “Do you have many followers?” People who follow you are called followers. I said, “No, zero!” I don’t want you to be my followers, I want you to walk beside me. I’m not superior to you; I am walking with you bringing peace on Earth together. So, please don’t follow me! I would prefer to follow you, I want to be your follower, show me the way. Really! Honestly! When one of you speaks and says things more beautiful than me, I’m so happy. It happened recently. I listened and said, “Wow!” You are a Guide, so please impress me! Be yourself, not a follower. In each of you, I see a Guide. If you doubt, if you have fear, you can’t be. But if you believe in yourself, you can be much better than me. Do it!

I love us.

Welcome depression, it will pass

Maitreya Rael – Raelian gathering, July 28, 78 aH (2024), Okinawa, Japan

Good life everybody! Why just “Good morning”? Good life!

I love us! Do you love us? Are you?

This morning, like always, I will try to increase the level of your happiness. You are very happy; I can see it on your face. It’s impossible to come here and not be happy. Impossible! If you are not happy when you come to see Maitreya, why coming? So, you are very happy, therefore I’m better not to speak because I can damage this happiness. It’s a joke; I love joking.

What is your level of happiness? If you are, how happy are you? Infinitely! Happiness is infinite or it is not. Like everything. We are infinity and whatever we do is connected to infinity. Like in my song, “Where do we come from? From infinity! Where are we? In infinity! Where do we go? In infinity!”

It’s so funny! When somebody dies, some people write on Facebook, “He is back to infinity.” He never left infinity! We are born in infinity; we live in infinity, and we die in infinity. Infinity is not affected by our birth, life, or death. We cannot escape infinity. We are prisoners of infinity, but a beautiful prison because it’s infinite! So, you cannot be freer than in the prison of infinity.

I am the Messenger of the Elohim, but I am a messenger of infinity because the Elohim are infinity. We are in the bath of infinity. Feel it, don’t think about it! And so, your happiness is infinite; you cannot be half-happy, or ten percent happy. No! It’s like a binary system, zero-one: not happy or happy. If happy, it’s infinity. Feel it. Don’t be a little bit happy; you are infinitely happy or not happy at all. Feel it. With the most common disease that is on Earth now: depression. It’s not a disease but we can call it a disease; people call it depression. Fifty percent of American people, probably the same in Japan, are in depression; and they take pills, they take medications to be happy. Think about it! This is so funny. You are depressed, you take a pill. Ah, wake up everybody! Are you awake? You are not happy; you take a pill [sigh of relief]. It’s “baka” (stupid), infinitely stupid. You can just do meditation and happiness will come from inside. You cannot be happy from outside, and certainly not from a pill.

They are now giving medicines for happiness; fifty percent of Americans! It’s not just a few people, it’s half the population. Not surprising there is war and genocide everywhere. Everybody is taking pills. Sit and meditate; there is

no need for any pill. But sometimes, for some moments, we are a little bit worried, or we regret the past, or we are afraid of the future. And this creates an uncomfortable feeling. Somebody you love dies and you cry. You miss the person and you have difficulty sleeping. All of this is normal. Don't look at depression as a disease, it's not a disease! Don't be afraid of depression; welcome depression! When you are depressed...

First of all, let me explain the word "depression": de-pression (*pression, in French, is, "pressure"*), meaning there was a pressure. People feel that it's normal to have pressure. Pressure with life; pressure with your job, your family, your communication with other people. Suddenly, *pression (pressure)* stops; it's de-pression. It's just normal. If you don't have pressure, you have no depression. When you welcome the black, you welcome the white; when you welcome the white, you welcome the black. No pressure means no depression. So, when it happens, welcome the depression! Don't say, "Oh, I am depressed, it's terrible!" No, depression is your friend. It's your body talking to you. It says, "You are not in the happiness." It's not normal not to be happy! So, you can take a pill or do meditation.

Medicines for depression always damage your body; they damage your brain and damage your body. Almost fifty percent of liver cancers are created by medicines, all medicines. I'm surprised, sometimes, at the restaurant, to see people who have a little box; it's beautiful like a rainbow, so many colors. Some people take ten, twenty pills at each meal. Because you start with a pill for depression, it has side effects. It can be the intestine, some diarrhea coming, so you take medicines for diarrhea. Then the liver is not happy, everything goes in the liver.

There is a fashionable trend on Facebook: detox. I'm sure you also saw that. There is no need for detox. What is the best detox? Your liver! Your liver is a detox machine. Whatever poison, heavy metal, any poison you take, the liver eliminates it. It's always the liver! But if it has too much work, then it gives up; and you take medicines for the liver, which make it sicker. You all know the damage that alcohol can create to the liver, too much alcohol damages the liver. There is a name for this disease: cirrhosis. The liver having too much work creates fat; that it cannot eliminate. And it puts all the bad things in the fat. Medicines have similar effects than alcohol on the liver. If you consult a good doctor, the first thing he will check is the size of your liver. A big liver means big problems. The liver must be small.

There is a French delicacy that I love: "foie gras". That's cirrhosis. How do you produce "foie gras"? You force the food inside the mouth of duck or goose. To my taste, duck tastes better. When we eat "foie gras", we eat cirrhosis, we eat a disease. Very simple! And you force-feed – I know it because I had a friend doing it – you push the food, with a tool, in the beak of the duck; very fat food, usually a mix of corn and oil. And you push, and you push. Imagine that you ate too much, you cannot anymore, and somebody pushes more inside your mouth, three times more. The poor ducks cannot walk, they have difficulty breathing. It's very painful to watch; and you do that for three weeks. For three weeks! Imagine, when you eat too much, the next day, normally, you skip lunch. But for three weeks, they force-feed so much that the ducks cannot move. It's very, very sad to watch them. Three weeks, not one day more. Why not? Because if you do it for twenty-two days instead of twenty-one, the duck dies and you cannot eat it anymore. So, you force-feed it for three weeks and you kill it just before it dies. You kill it the day before it would die. That's terrible!

But the same can happen with medicines. People you see with a big belly have a big liver. Some people can be very slim but have a big belly, that's the liver. It's the most important part of our body. But fifty percent of Americans take medicines for depression. And you can easily recognize Americans, they have a big belly, they are obese. It's so spectacular; they take medicines like they eat candies. Every medicine you take is a problem for your liver, any medicine. If you have a headache, you take aspirin, which damages the liver. If I have a headache, I meditate. It

passes. Headaches don't remain forever, but people want it to stop immediately, so they take pills. Don't do that; just breath, meditate, drink water, the headache will disappear. It's true for any kind of pain. Recently, I was in a hospital and the doctors gave me a lot of painkillers. I didn't take them; I managed. When I have pain, my body is talking to me. Welcome it; it will pass, like rain, like typhoons. It comes and goes away but people want immediate satisfaction.

So, don't poison your body! Depression is welcome. If you meditate, it can be very short. If you have a good training, in a few minutes you can shift from total depression to infinite happiness. It seems stupid, but it's spectacular; and you all know it. Sometimes we are not happy, it's a mistake, and the body is talking to us. What is the natural reaction of the body? [big sigh] You breathe! Do you know this [sigh]? When something creates too much pressure, too much stress, too many things [big sigh]. It's simple! But don't wait until the body creates this [sigh]. If you breathe by yourself with meditation, if there is pain, if somebody you love dies, whatever problem is happening, breathe regularly, sit down, breathe, and everything comes back to normal; happiness comes back. So, depression is something you must welcome, not fight. When you fight it, you create more pressure, "How is it possible? I am Raelian, I attended so many Happiness Academies, I see Maitreya every Sunday, how can I be depressed?" More pressure! I had this experience, like everybody, I had a big depression, more than everybody, because I was saying, "How can I be Maitreya, how can I be the prophet, the teacher, and be depressed?" That was so painful, but I immediately realized that I had to shift my brain to welcome it. For me, maybe because of a big training, but I just look outside, I look at the wind in the trees, and I ask myself, "Am I depressed?" And automatically it stops. Ask yourself, "Am I really depressed?" No! And it's spectacular because some people want to kill themselves, they are thinking of suicide, and with that, this simple exercise, suddenly happiness comes back.

Thinking of suicide is very healthy, very healthy, because you reach the limit; you cannot go lower than the feeling to kill yourself. Life is like swimming in the ocean; depression is you start drowning. I experienced this when I was young. When you drown in the ocean, what do you do? You fight, and fight, and you go deeper and deeper; and you die. I did that. I went to the bottom, gave a push with my feet and came back to the surface of the ocean. If you fight, you die. If you go to the bottom, the bottom of the ocean or the bottom of depression, naturally you come back to the surface. And what is very interesting in such an experience, almost dying from drowning, you are afraid of water for many years. I was afraid of water. As soon as the water was higher than my nipples, I would panic. And how did I fix it? Just by lying down on the water. When you lie down on the water, you don't sink; the body naturally floats. You never sink, and that changes everything; instead of fighting. If you fight, you sink. If you let go, let go, let pass, that relaxes you on the water; you are floating. It's a very good feeling.

I remember when I was in Italy, one Buddhist monk was there and he came with us. He didn't know how to swim, so I said, "Come, I will teach you!" He is teaching meditation. I said, "Lie down on your back, I will support you." But he panicked; you have no idea. I never saw anybody panicking like that. But I was so surprised for a Buddhist monk to panic. I said, "You are a Buddhist monk, trust me, trust your body." And finally, he could let go. But it was spectacular. And he was a Buddhist monk, imagine with normal people.

When you are sick with depression, you are drowning, not drowning in water, but drowning in life [...] and panic, and suicide. It's interesting to think about suicide, to go, I don't know, anyway, but to really go to the edge and be at this moment just before deciding to kill yourself; it's interesting what happens in your brain. When you are on a bridge and you want to jump; thinking about it is easy, but at the last moment, when you really have to make the last step before jumping, that's very interesting what happens in the brain. You are drowning, not in the ocean but drowning in your self-destructive emotions. Sit down, breathe, meditate, and you won't drown. The same way when

you lie down on your back on the water, you don't drown, you float, and you feel good. I'm sure you experienced lying down on the water; it feels so good. Instead of being a dangerous enemy, the ocean becomes a friend. The ocean, which is dangerous like a wolf ready to kill you, suddenly becomes your friend, it supports you. This is a wonderful feeling when you experience this feeling of floating on the ocean. Think about it in your life experiences. Life is like an ocean, some people surf, have fun on the water, some others drown and panic; it's the same ocean.



“ Welcome depression, it's just a typhoon passing. Everything passes. Like Buddha said: “The only thing which is permanent is change”. So, let the change happen.

A handwritten signature in black ink, consisting of a stylized 'R' followed by a flourish and a small mark.

Life is exactly the same. Do you wish to surf your life? There are waves, oh yes, there are waves. Waves of life are like the waves of the ocean; you can have typhoons in your life, but they pass. And you, you can stay alive and happy. You choose! Is the ocean your enemy or your friend? Is life your enemy or your friend? It depends on how you look at it. So, surf on your life! Big waves come, that's depression. Surf on it instead of drowning. The challenge of staying

on the waves is interesting. For those who use supraconsciousness, it's exciting! Big negative events happening can create pleasure. You lose everything, you lose your house, your girlfriend, and you are in the street, homeless. You can cry forever, or you can see it as a good challenge! It's your choice. Surf on life! Yes, there are big waves. How does a surfer look at the waves? You don't look at the waves like enemies. When big waves are coming your way, you don't think of dying. No. Big waves coming means pleasure. This is the same thing with the waves of life.

Yes, life is not only pink, some very negative events can happen; but use it to be happier. I have been thirteen years in Okinawa now. Every time a typhoon comes, I say, "Yes!" I love it, I love this experience. I have experienced many typhoons, every time it's a pleasure; a pleasure before, a pleasure during. I love the wind, I love seeing the trees flying, and I love being alive after. It's a good feeling, and you know that. Recently, there was a typhoon, and we are still alive. A good experience, better than a place where there is never any wind; boring. You never die; some people do but because they are afraid.

The most terrifying experience in my life is at the beginning of my stay in Quebec when I went to the forest and suddenly, there was forest everywhere; I got lost, "How do I get back to my house?" Panic! Panic came, I was running, throwing off my coat, throwing off my jacket, because they had become too much. Suddenly, I was freezing and I said to myself, "Wait a minute, if I am really lost, I need those, because I may need to spend a night in the forest." So, I walked back, picked up the jacket, picked up the coat, and okay, I sat down. I sat down, breathing, "Maybe I will spend the night in the forest", by minus fifteen degrees. Not so bad. The day I got lost in the forest; it was minus fifteen degrees. But the attitude: if you panic, there are many people who experienced this and panicked. With my supraconsciousness, I just said, "Wait a minute! Sit down! Do you want to kill yourself? Sit down and breathe; just sit down and feel." In 99.99% of the cases, when people say, "Okay!", they are still alive; they survived and they enjoy life. And they can become the happiest people in the world because when you experience fear, the bottom, you enjoy the summit even more. Most of the greatest artists, the greatest philosophers, the greatest gurus, experience depression. We love this illusion that prophets, guides, gurus, are always happy. It's an illusion! I cannot tell you how many times I wanted to kill myself. Me! But I'm still here, and I am infinitely happy.

Do the same! Welcome depression, it's just a typhoon passing. Everything passes. Like Buddha said, "The only thing that is permanent - which is forever - the only thing that is permanent is the change." So, let the change happen.

I love us!

Give your smile, your creativity

Maitreya Rael – Raelian gathering, August 4, 78 aH (2024), Okinawa, Japan

Good morning, everyone!

This planet needs happiness; happiness brings peace. If you are not happy, you are ready to fight. And happiness comes with love; real love, not sexual love, real love, which is “giving”. Giving is not a question of money. Giving: giving your smile, that’s a gift, giving your eyes, giving your time, giving your attention. That’s love. It’s very simple, no need to be rich, no need to be beautiful, no need for anything, just giving.

Buddha was talking about the three gifts: a glass of water, usually it’s free, but giving a glass of water is love; giving a smile, it’s free, you don’t lose any money when you smile. So why be selfish with your smile? Why not smile? Does it cost you anything? giving your attention, your eyes. Just looking in the eyes of other people is love; listening to them, and always asking yourself, “What can I give?” Not what can I take. Most people have this in mind, “What can I take?” And that’s why there are so many problems on Earth. Ask yourself, “What can I give?”, especially if you have nothing! It’s more interesting to give when you have nothing. If you are very rich, you can give many things; it doesn’t require supraconsciousness. You see poor people, homeless people, you have ten million in your bank account, and you give ten thousand yen. It’s not love, “I have ten million, I give ten thousand.” But when you have nothing, absolutely nothing, then it’s an exercise to muscle the supraconsciousness. What can you give when you have nothing? That’s interesting! You can give your time, you can give your body, you can give a kiss, it’s free! You don’t have to be a billionaire. You can give your attention, as in, “I am alive, you are alive, and I want my life to make your life better. I have nothing, but I give you everything.”

It’s very difficult for rich people because they have a lot, it’s, “I have a lot, I give a little.” That’s terrible! “I have nothing and I give everything.” How lucky you are because I know there are not many billionaires in this room; I know, most of the Raelians are very poor. The Bible says, “It’s easier for a camel to enter the eye of a needle than for a rich person to enter paradise.” The richer you are in terms of money, in terms of “having”, the less possibility you have to reach eternal life. But if you have nothing, then it’s easy because you give; you give what is important: your smile, your laughter, your singing voice, your attention, your hand to help people. “How can I help other people?”

When you die, even if you have billions of yen in your bank account, you bring nothing. What do you bring when you die? You bring what you gave! You are rich of what you give every day. Every day, when you wake up, ask yourself, “What can I give to the world today?” Every day. And then, your day is completely different. With millions of people who wake up saying, “What can I take, today?” – everybody – that’s why we have this kind of ; it’s called “rat race”, that’s the name in English. It’s easy to see. In the subway of Tokyo, everybody runs and runs, what for? To take more.

And when I went to Tokyo, in Shinjuku – I enjoy Shinjuku, sometimes, not often – there was a rat race everywhere; people walking as fast as they can, as if it was a race. Where do they go? To the office, to the bank, to some business; it’s a rat race. And there was one Buddhist monk, that was my best pleasure in Shinjuku, you all know because I showed it many times during our Happiness Academies. The monk was wearing a hat, and he was walking with a

little bell. Everybody was running all around; and he was in the “now”, he was not racing. He was giving so much because people were looking, everybody running, “Who is this crazy man? Why did he choose to walk slowly with a little bell while I’m running to the office, to work, to waste my life earning it?” Wasting our life earning it. In French, “On perd sa vie à la gagner”; you waste your life making money.

And there is this Buddhist monk, with a life, walking really, really slow, like a snail. Why? To make everybody realize, “Hey, what are you doing? What is your life?” He was offering his life. And I enjoyed going to Shinjuku, just for this man. And people were passing, passing. But what was wonderful is that sometimes, some of them would look. Sometimes, one of these businessmen, walking very fast, running, would turn his head; and you could feel the revolution in this head, “Why am I part of this rat race?” The monk was giving! He was just being himself. I was watching, I was the only one; because I am like that, looking. And I had the pleasure, sometimes, to walk behind him and feel. And I was dreaming because I am a dreamer; I wanted to call on everybody in the street, “Hey, come, follow us!” Imagine all Tokyo suddenly walking slowly.

That’s giving; giving your time, giving your life. This guy was probably very poor; and like Buddha, he had a bowl to receive rice. Real Buddhists always carry a bowl. Foreigners, in the streets of Tokyo, made me laugh so much. When they saw the man with the bowl, they made me laugh because they were putting money in it, which is very funny. For Buddhists, when you see a monk in the street, you put a spoon-full of rice in his bowl. That’s Buddhist love, just some rice; but it’s a lot. The right hand of Buddha is open, and the other one holds a bowl to receive rice. The meaning is to offer people the possibility to give because the one who gives is the one who receives. When you receive, you give. Do you want to give me your love? I know you want to give me your love, I accept it, I welcome it; because I could refuse it. It happened before; I did it sometimes. During one Happiness Academy, a very rich man came to me with a big stack of money. In front of all the Raelians, he wanted to show, “I give money to Maitreya.” I said, “No, thank you! When you come with humility, maybe I will accept it; because by accepting what you give me, I am giving you the opportunity to give.” So, to receive is giving. Receiving is giving!

Nothing is more terrible than refusing love from people. You love me, I feel it. I welcome your love, I love it. Here, I refuse nobody. I love when you give me your smiles, when you give me your hugs because I want to offer you the possibility to give me. So, remember, when you wake up, every day, ask yourself, “What can I give to the world, today?” That will change your life. And by doing that, the level of love increases on Earth.

The day is not over yet; it’s not too late. Even if you didn’t wake up just now, maybe you just woke up now. It’s possible some people are still sleeping. Ask yourself, “What can I give to the world now?” When you give to the world, you give to the Elohim. “Ah, I want to give to the Elohim”, yes, do it! Give to your brothers and sisters; a simple smile, a simple laughter.

On Facebook, there is a video of a man entering a subway car – maybe you saw it – and he starts laughing. People are looking, “Why is he laughing?” And he continues, alone, to laugh for no reason. As people look, they also start laughing; and slowly, more and more people look and laugh. After a few minutes, everybody in the subway car were laughing. That’s love! “Oh, I don’t want to laugh, people will think I’m crazy”, that’s what normal people think. Do you care if other people think you are crazy? Do you care? I want to look crazy; I try to look as crazy as possible with my funny hat, my huge medallion, as large as a Camembert cheese, and my crazy face. Yes, be as crazy as you can! Why not? Why not? Is there any law making it forbidden to look crazy? “No, no, I must look normal”; sad face,

serious, avoiding the eyes of others. “If somebody looks at me, I look at the other side”, that’s really crazy! If you smile at me, I smile back at you! If you laugh, I laugh with you. Let’s be crazy together. Let’s try! Okay? Ah, ah, ah! [laughing]. That’s love!

And the Elohim are watching you. When you laugh like that for no reason, you make them happy. Yes! The best prayer of love for the Elohim is laughing, smiling, dancing, singing. Give your creation, your creativity to the Elohim. But I don’t want to force you to say, “Ah”; it can be, “Oh”, or “Ih”, or “Uh.” What is important is to let go, to express some sound. Okay?

Thank you, Elohim!

Be the one hundredth monkey

Maitreya Rael – Raelian gathering, September 1st, 79 aH (2024), Okinawa, Japan

This morning, I will talk to you of monkeys. On an experiment created by scientists on a small island, they taught one monkey, and only one, to wash his food; and slowly, slowly, more and more monkeys were doing the same. But the majority of monkeys didn’t do it until there were one hundred monkeys washing their food. When there were only ninety-nine monkeys washing their food, there were only ninety-nine. But when they became one hundred, suddenly, all monkeys started washing their food. Ninety: no! Ninety-five: no! One hundred: they all washed their food.

We want peace on Earth. We need to reach a certain number of people in order to save humanity. And that’s what you are doing when you meditate one minute for peace. Yes! Everybody does it, I hope. In the street or online, “Meditate one minute for peace.” It’s very short, right? One minute! Who cannot give one minute, one minute to think about peace?

Be the one hundredth monkey. There is a certain number to reach before all humanity suddenly thinks about peace. We need to reach that number, and maybe you are the one hundredth. Feel this luck, this chance you have to be the one hundredth. It can be you. One morning, you sit down and you meditate for peace; and suddenly, all humanity becomes peaceful, thanks to you. You have this responsibility. So don’t think you are not important, “I do meditation for peace but it doesn’t change anything.” Or, “Maybe I don’t need to do it today because no one cares. Other Raelians will do it.” And then you keep watching TV.

Now! You on this chair here, you... can be the one hundredth monkey.

Monkeys don’t talk, but suddenly, when one hundred of them washed their food, all the monkeys on the island – they could have been kilometers away – all of them started washing their food. Scientists don’t understand how it works but it works; because we have here the most powerful transmitter, a telepathic transmitter. It’s very powerful; ten kilometers away and suddenly all the monkeys started washing their food. There was no contact with the scientists but when they reached one hundred, all the monkeys of the island started washing their food. One hundred is not exactly the number, but when a certain number of Raelians meditates for peace, thanks to you, the people in Africa, in Europe, will start to meditate for peace. They won’t wash their food. They suddenly will feel the need, the urge, to think about peace. So, think about it, feel it; the power you have. You can be the one hundredth monkey for peace

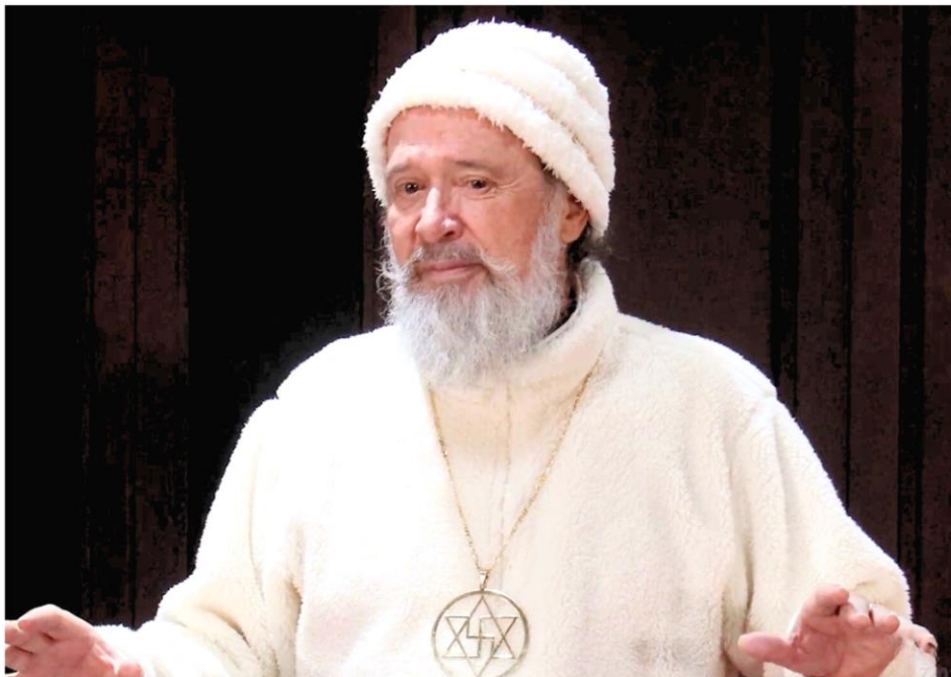
on Earth. So, get up, get out of bed, turn off the TV, and do the one-minute meditation. Remember, you can be the one hundredth monkey!

Supraconsciousness is stability

Maitreya Rael – Raelian gathering, August 18, 79 aH (2024), Okinawa, Japan

Feel how lucky we are to be alive today. What a privilege! From the beginning of humanity, more people are dead than alive. It's interesting. How many billions of people have been alive? I don't know if any scientists have the answer. Now, we know it's eight billion, but in the last twenty-five thousand years, how many people? Does anybody know? I'm not good at mathematics. More people are dead than alive. And who are lucky? Those who are alive now! Young, old, healthy, or sick, they are alive. That's what's important, to be able to talk, to stand up, to walk.

Every morning, when I wake up, and I recommend you to do the same, I feel lucky to be alive. And you know, in the Buddhist meditations, like in the Raelian ones, breathing is the most important part. You are born, and the first



Stability: that's how you recognize somebody who is using Supraconsciousness. Whatever happens around them or inside them, the heartbeat stays the same, and the breathing stays the same: calm and regular.

thing you do is breathe. In the womb of your mother, you don't breathe, you can't breathe, you are in liquid. If a baby were breathing in the womb of his mother, he would drown and die immediately. The mother is breathing for the baby. And you come out, and you have your first breath, suddenly. And if you don't do it, the doctor used to slap your butt to make you breathe. We all did. Our body remembers it, our thinking brain no, but our body remembers very well this first breath. And what is death? The last breath! So, birth is the first breathing in, and death is the last breathing out.

In between: enjoy! Be between the first and the last breath. Enjoy! That's why breathing is so important; it's life. And

because it's life, it's stimulation for the supraconsciousness. You cannot awaken the supraconsciousness if you don't breathe. If you don't breathe, you die.

Many people come to me, sometimes, saying, "Maitreya, I want to die. What is the best way to do it?" – "Stop breathing! Immediately!" When I say that to people, they immediately breathe deeply. It's the natural answer from the body. Sometimes, children, when they are angry after their parents, they say, "If you don't give me what I want I will stop breathing!" They can for a few minutes but after a while, they start breathing again. So, do you want to kill yourself? Stop breathing! Very simple, no need for pills, no need for a rope, no need for a knife, just stop breathing. But we don't want to. Life is making us breathe, in and out; very strong, very beautiful and very powerful. And people who are using – "using" is not the proper word – who are "letting" supraconsciousness be, breathe more than others. That's why for Buddhist monks, breathing is meditation.

There are eight billion people on Earth, everybody breathes, but very poorly. And you know that you don't breathe correctly. When stress or conflicts happen with other people, what is the natural reaction? A deep breath, naturally. When problems occur with your partner, with your parents, with your boss, you stress, and naturally you sigh. When somebody is talking to you and is boring, you yawn; that's the best answer! And you don't decide, there is no thinking, "Oh, I will yawn." No, no, it comes naturally. The body is talking through your breathing!

When you reach supraconsciousness, the breathing is regular, stable, healthy. When you are stressed, your breathing is irregular. You breathe fast even if you are not running; naturally, your breathing accelerates. Witness it, witness not only the breathing, but everything in your body. The breathing changes, the heartbeat changes. You know it; when you live emotions, the heart beats very fast. Many people die because the heart beats too fast; because of strong emotions, positive or negative. The highest rate of heart attacks is in the casinos when people win. When you lose, you sigh; you lost. But if suddenly you win ten million dollars, the emotion is so strong, the heart accelerates, people scream and die. Very simple!

So, stability: that's how you recognize somebody who is using supraconsciousness. Whatever happens around you or inside you, the heartbeat stays the same, and the breathing stays the same, calm and regular. As the people who have a high level of supraconsciousness, you decided you don't want anything from outside to change your body. But if you are not witnessing, it's happening; from outside or from inside. The best example is women giving birth. There's a lot of stress, a lot of pain, but some people teach non-painful birth. I don't know the proper word in English. In French, it's "accouchement sans douleurs" (*painless childbirth*). So, there is a technique taught by some people; what is it? Avoiding stress! The more afraid you are, the more you suffer. When you are afraid, all your muscles contract. There is a typhoon and a thunderstorm of emotions inside you; the heart beating very quickly. Many women giving birth are dying from a heart attack, because their heart beats too quickly. It happens unless you practice breathing meditation; because the basis of meditation is breathing. The Buddhist monks said, "Sit down", meaning, "stop your body movements." And when you stop your body movements, you stop your brain movements. The brain doesn't move like we walk, but it's moving from many electro-chemical reactions. And with some technologies, you can see the brain under a thunderstorm when you live emotions.

Train yourself to be emotionless; at the beginning, with simple things, like watching a scary movie on television. Some people would scream when they watch horror movies on television, a really big scream. You can also watch it without any change in your heartbeat, no change in your breathing. That doesn't mean you don't enjoy it. You enjoy it more because strong emotions cut you from what's happening, whether it is negative or positive. Sometimes, I

train people who come here; because we are lucky, we can see the sun rising just over that island. Beautiful! Every morning, it's like a dream. But if you look at it with amazement and say, "Wow", you cut yourself from what's happening and you feel it less. I love watching the sunrise, but it's, "I am the sun rising", I am the sun. When I watch the sun rising, I am the sun. When I look at the sky, I am the sky. When at night I look at the stars, I am the stars. I don't say, "Wow!" This separates you.

It's the same with love. Love is beautiful; when it's real love. When it's not pure, it's a hormonal reaction. People call love so many different things. You see somebody hungry; you give food; that's love. You see a girl's beautiful breast, your penis is erected, and people also call that "love". It is love also, but it's a body's reaction, it's the hormones reacting. When you are looking at the stars, or the sunrise, and if you are not amazed saying, "Wow", then you are watching it with supraconsciousness. Supraconsciousness is not watching, it is; it feels the sun, it doesn't watch. If you watch, you separate yourself; there is something you see, and there is you. When you use supraconsciousness, you are what you look at. When you sexually love a partner, a person, the same "Wow" of excitation can happen; or you can become one. When becoming one, love is supraconsciousness. If you use supraconsciousness, there is no "Wow". You only have the feeling of being one with everything and everybody, with people who are far away from you, or who are in your bed, there is no difference. It's just that I can touch when someone is near, and I cannot touch when someone is far, but the love is the same. I feel one with that person, even if she or he lives hundreds of kilometers away. Even when I will be on the Elohim planet, I will feel you.

You feel Yahweh, you feel the Elohim; you cannot touch them but you feel them. And that's love. It can be hormonal, that is an aspect of love; but if you mix both the hormonal and the supraconsciousness, you will then reach a level of orgasm you cannot even imagine. Orgasm is a pure physical reaction. For men, we rub this thing between our legs, some liquid comes out, we have an orgasm: "wow!" The "wow" is different. It's not "wow", it's "ahhh", sometimes; not for everybody, but it's physical. And when you use supraconsciousness in sexuality, you become the orgasm. You are not watching the sunrise, you are the sunrise; you are not watching your orgasm, you are the orgasm. And this is why, if you use supraconsciousness, you reach real happiness, which is stable.

Be the witness of your happiness! Or of your depression. When you are the witness, it becomes stable. By using supraconsciousness, when you have orgasm, your breathing is not faster, your heart doesn't beat faster, it's stable; stable but good. Because you become what you experienced instead of being a spectator. A great orgasm is, "Wow!" But with supraconsciousness, it becomes just an orgasm; it is. Like you; you are. You don't put a separation between the sun and you; you don't put a separation between the orgasm and you. And that's what I wish you all. How? By being.

Question: Are emotions connected to the thinking brain?

Maitreya: One hundred percent! Without thinking, there is no emotion. That's why you are responsible for your emotions. The supraconsciousness doesn't know any emotion. Every time you react, every time you scream watching a movie, that's the thinking brain! Emotion is thinking. So, you see a cockroach, or a rat, and you say, "Oh, how disgusting!" Your thinking brain imagines this animal is touching you, and you run away, or you climb on the table. That's the thinking brain. You imagine that this animal is climbing on you. That's thinking. The supraconsciousness only witnesses; no change, no emotions. And it's used in every field. For example, why are the best schools of martial arts Buddhists? All martial arts come from Buddhists: no emotions. If you fight martial arts with emotions, you lose

immediately. But if you are only witnessing, calm and stable, you can stop the attack, you feel it before the person in front acts.

So, to answer, to summarize, all emotions come from thinking. You stop thinking and there are no more emotions. Love must not be an emotion. If it's an emotion, it isn't real love. Emotion means reaction. Love must be an action,



not a reaction; not a reaction to cute nipples, not a reaction to anything, but an action. All your life, do you act or do you react? Real love is an action. I love you; I give you something. It's love. If it's because of your sexy legs, it's a reaction. If it's because of your ears that make you look like a rat, it's a reaction.

And that's how we can change this planet. Why is this planet like hell? Because it's flooded with reactions; Palestine, reaction; Korea-Japan, reaction. All the wars in the world were reactions. And peace comes from action; Gandhi, action, no reaction. And one of the most beautiful examples of Gandhi's teaching, for me, you know there was a lot of violence between Hindus and

Muslims in India. And one day, a Hindu man came to Gandhi and said, "A Muslim killed my son. I wish to kill a Muslim child! What would you do, Gandhi, in my place?" And Gandhi answered, "I would find a Muslim child who has no family and I would raise him like a Muslim. I would save him, raise him, give him food, send him to school, and teach him the Muslim religion." That's love. That's the opposite of, "I want to kill." Imagine if this planet was guided by real love. That's what we try to do. That's what you do with me, with the "Meditate one minute for peace" action, sitting on the sidewalk in your city. You don't ask people, "Are you Christian, Muslim, Buddhist?" It's just, "Meditate with me for peace." And that's love. Please help me!

Kama: time to get your groove on

Maitreya Rael – Raelian Happiness Academy in Kama, August 20, 79 aH (2024), Zoom from Okinawa, Japan

So, I will start talking to you because I have three messages for you. Today's first message is, "I love you." Today's second message is, "I love you.". And my third message is that I am very honored to speak to the people of Kama. Really, it's a huge emotion for me to speak to the people of Kama. I speak to people in America, Europe, everywhere, in Asia; but Kama is special. Why? Do you know why?

Remember!

The Elohim arrived on Earth, there were no countries, they made a continent. The Earth was entirely covered by water and thanks to highly advanced technologies that, if we were to use primitive words, could be compared to atomic bombs – but it's much more powerful than that – they created a continent. And on this continent, they chose a region; the most beautiful, of course. When you have a choice, you choose the most beautiful; and it's called Kama.

Visualize it well! They arrived from the sky and landed. They landed in Kama and set up the first laboratory to create life, to create all kinds of life forms that would live in the oceans; the animals, the plants. And in the end, they created the first humans: Adam and Eve. This is the absolute truth. I've said it before and I'll say it again, but with even greater pleasure when I speak to you, they were black. Adam and Eve had black skin; only the skin, because, well, differences are made.

There are racists who make differences for the dermis, the skin. Let me remind you, because it has to be said, these people are so narrow-minded that they don't realize that under the skin, we are all the same color. It's red because there's blood circulating. If you take off the skin of Blacks, Whites and Yellows, they're all the same color. There's a tiny layer of skin that makes some people black, some others yellow and some white. But it's like the skin on milk. When you boil it, there's a little skin; that's what it is, that's the skin. But inside, the brain, the heart, all the organs, we're all the same color.

And then, the Elohim arrived on the Promised Land; it's the Promised Land, it's the land. It's not a state, it's not a continent, it's the Promised Land. They arrived, set up laboratories and created Adam and Eve. There have been trials, there have been prototypes, but finally, perfection arrived: Adam and Eve. And they were the first Blacks.

That's something we have to understand: why did the Elohim, who have seven races among them, create Adam and Eve black? It's an interesting question. Why not white or yellow? Because they rediscovered the origin of the origin, so to speak. The first Elohim were also black. Later there were different races. But they had the happiness, the pleasure, the intense joy of recreating their history. And every time the Elohim go to create life elsewhere in the universe, it's the same thing; and we will do the same. We will do the same when we go to create life on another planet. If it's dominant white populations that go there, if that still exists, which is by no means certain, well, we will also create people resembling our origin. Where do we come from? Black people!

Recently, well, recently... a few years ago, a French journalist paid me a huge compliment; even though he was convinced he was insulting me. But for me, it was the greatest compliment anyone could ever pay me. He wrote in his big newspaper, "Rael, the white Negro". Wow! I was so proud of being called that name. I claim it. I want to be a white Negro. I want to be an Asian Negro, black, red, blue, green, all the colors, but inside, consciousness, well, it's

the same for all conscious people who use supraconsciousness. And if you're attending Happiness Academies, it's to learn how to use it because happiness isn't possible using consciousness alone, it's only possible using supraconsciousness.

Make sure you understand everything I'm telling you here. When you look, when you smell, when you touch, when you taste, that's consciousness. I'm conscious of my environment, I'm conscious of my smells, I'm conscious of the taste of the food I eat; that's consciousness. That's all very well, but it's extremely limited. Whereas supraconsciousness is infinite. It's infinity; it's the symbol you know. We are infinity that uses us to become conscious of itself.

Listen carefully. You can't become conscious of infinity unless you use supraconsciousness. It happens very quickly. It doesn't take years studying in universities. From the moment you look at yourself and think infinity, you stop thinking because if you think infinity, you're not in infinity; you stop thinking and you feel infinity inside you. Immediately, the thinking brain stops and supraconsciousness takes its place. The little snail I've often told you about emerges from its shell with its two little antennae. It comes out very gently, very slowly. It's very important to be slow in everything you do.

You need to be slow. To meditate, you need to be slow. To be supraconscious, you need to be as slow as possible. You need to be as lazy as possible. That's why the snail symbol is so wonderful. There's nothing lazier than a snail, it doesn't move, it can stay in its shell for months without coming out. That's supraconsciousness, that's "I am". Outside my shell, or not, I am. When a snail is in its shell, it is, but it doesn't come out. When it comes out, it's because it suddenly connects to infinity.

Well, that's what the Elohim did when they created your ancestors. It's worth rethinking this exceptional, magnificent history of humanity, in the first man created by the Elohim and in the first woman, because let's not forget it either, you were there, you were in them and they are in you. Adam and Eve are alive in you. You have genes, DNA, that come from Adam and Eve, who were black. There were mutations that made different colors, there were different creations, but Adam and Eve were black. And for me it's... I can't say a joy, words aren't strong enough to say what I feel when I talk to people of Kama. I feel more at home in Kama than in France, Japan or anywhere else on the Earth. I feel at home everywhere, because the land is the Promised Land, the whole land; not some little piece of land stolen from the Palestinians. This "Promised Land", by the way, we don't call it the promised country, it's the promised land.

I love swimming here; we have wonderful beaches in Okinawa. Every time I enter the ocean, I say to the Raelians around me, "Be conscious of what you are doing. You are in contact with all the world's oceans, and therefore with the whole planet", because humans have made separations: the Pacific Ocean, the Atlantic Ocean; but they touch each other everywhere. It's the same water, the same water. Whatever pollution we put into one ocean goes into the others, even the seas. It's all connected. The most beautiful way to be connected with the whole planet is to swim, to enter the water. Water is so important. Remember that water covered the entire Earth before the creation of the Elohim. We are water; our bodies are more than ninety-five percent water. Some say less, but it's around ninety-five percent; and even what isn't water contains water.

Let me explain. Bones contain water; everything contains water. Some physicians say you should drink lots of water. Yes, that's true, but our organs produce water. Few people know this, except very advanced doctors. Some of our organs produce water because we need water to be alive. Our brain, the seat of consciousness and especially of supraconsciousness, is not a diamond in the rough, it's water. Our brain is over ninety-five percent water. We have



a liquid brain. In fact, you can see this with some very advanced equipment, when you do... you could call it a kind of ultrasound, but it's more complex. We can see that the brain, when you turn your head, it also turns, but offset. And when you get a shock, the brain moves inside. That's why, in the event of a shock, a big shock, you can have what's called a brain trauma. But why? It's not the blow to the head that bruises, it's not that. It's inside the skull;

your brain would move; it would hit the bone and you'd get a brain bruise. Basically – it's an image – that's what a brain trauma is.

So, our brain, our consciousness, our supraconsciousness are liquid. It's interesting but it's one of the first things to dissolve when we die, and that's the brain, because it's liquid, we're water. We have to drink, yes; we have to pee too. We're water but conscious water that we need to make supraconscious. We are exactly like the Elohim; they are like us. They created us in their image, which means they too are made of water. Water is the most important element in the universe. Oxygen, hydrogen... scientists who deal with astronomy and physics know that the universe is water, and we're looking everywhere for water. We're looking. On Mars, there's water. On the Moon, there's water. But you have to go looking for it, you have to go deep down; it's the liquid, it's what makes life.

So, when the Elohim chose Earth, they chose a planet where there was a lot of water. You know, some people have had fun – you can find it on the Internet – making an image of the Earth with the image of a little ball containing all the water that exists on Earth. And the Earth is basically, you could say, a squash, a pumpkin, it's enormous! Well, the total quantity of water on Earth would be the equivalent of a cherry. It's not a lot, but it's very flat, very evenly distributed. So, if you group it all together, it's as big as a cherry, if the Earth is as big as a pumpkin. It's not much and we need it.

Our consciousness is liquid, and it's interesting to make the connection between water, consciousness, and supraconsciousness. People who think well are said to have a very fluid way of thinking; fluid is water, it's a fluid, something that flows like time. We pass through time like flowing water.

So, there's this emotion, in Kama, when you go there, when you set foot on the land; yes, I love going to Kama. But the Internet is the same. I don't need to set foot on Kama's soil because Kama's soil and Japanese's soil are the same! Underneath, it's all the same. It's the same soil in France, Alaska and Kama; it's the same soil. There are little layers of water, and then you take a little boat and go. I see presidents and heads of state bending down to kiss the ground of the countries they're going to. I've never done that and I never will. Why would I kiss the ground next to Abidjan when it's the same ground that's in Okinawa, or Tokyo, or Paris; it's the same ground!

The Earth is one. The Earth is the Earth. So, there are geographical and political separations. Politics, we'll talk about that later, that's the most important thing. But we're on a small ball of matter that travels in the universe, covered by a thin layer of water and another thin layer, the atmosphere. The atmosphere is what allows us to exist, to breathe, to be alive. And that's a very small thing. Because people think the atmosphere is big. No! When you're visualizing the Earth from a great distance, again, like when you boil milk, there's a little skin on the milk. We sometimes remove it because it's not pleasant to eat. The Earth's atmosphere is exactly like the little skin on the milk, it's very small.

And at night – I love the night – you look up at the stars; especially now, it's wonderful. August is wonderful. There's a lot of what we call shooting stars. What are shooting stars? It's meteors, bits of rock. There's an infinite number of them, and I mean infinite – you can't give a number in billions or millions of billions – an infinite number of them moving through space; cosmic dust. And when it touches the skin of milk, we call the atmosphere, the friction on the atmosphere, on the oxygen and hydrogen of the atmosphere, generates fire. In other words, it starts to burn. By the time meteorites hit the ground, they're usually completely burnt out. All that's left is a dust that gets into plants and animals, and that we eat.

And we are made of stardust. Every day, every day, the Earth's mass is increased by the fall of this stardust. It's everywhere. That's why sometimes you have to dig to find things because they've been covered up. The Earth is constantly covered, not just by pollution but naturally by cosmic dust. It's an extraordinary exchange. So that's why, "Kama, yes! Kama oooOOOh!" Yes, I agree, but Kama is a little artificial separation on this planet where we all are. But we need to get back to history. Why do we have to get back to history? And now I'm going to talk to you, to the people of Kama, to the Kamites. Be proud of who you are.

One of Kama's greatest handicaps is that its people and leaders have an infinite inferiority complex, skillfully disseminated, instilled, and orchestrated by the colonizers. But there is this feeling. I remember going to a village when I was in Africa, "Well, white people invented everything. We're just little Blacks, we'll never be able to match them." It's so funny to hear that. I used to die laughing when I heard little Africans say, "White people invented everything." It's absolutely not true.

Let's take things from the beginning, when there were the first black populations in Kama, black automatically. Well, they created a culture, religions, exceptional cultures, very advanced, that can be found just about everywhere in Africa. We always mention the Dogons with their sky map but it's not just that, it's everywhere. Now we're beginning to understand that the great Egyptian pharaohs were black. But that's nothing; all of Africa, all of Kama, was the center of the world. I say the center of the world because that's where all the philosophies, all the sciences, all the marvelous things were born. And then, the colonizers, it bothered them, it bothered them enormously, it undermined their superiority complex. So, in Africa, in Kama, an enormous inferiority complex was skillfully nurtured; and for the Whites, an infinite superiority complex.

How did they regard the black peoples when they came? As barbarians. What is a barbarian? It's interesting because you have to go back to the etymology of the words. In Greek "civilization", a barbarian was someone inferior; barbarian means inferior. The superiority complex is, "I'm superior to anyone who doesn't speak my language." "French culture, I'm not going to say French because culture is automatically French." "African culture, what are you talking about? There's no such thing as African culture." That's the language of the colonizers. The first to arrive saw empires and extraordinary architecture. They saw extraordinary religions, fantastic riches. And all of a sudden, their sense of superiority took a huge hit. There's nothing that shocks a colonizer more than to see those he wants to colonize being superior to him. That is simply unacceptable!

Think of that French general – poor fellow, I've forgotten his name, and I don't want to remember it – who colonized China; China! China, which now has two billion inhabitants, was colonized by a postage stamp called France. It's a postage stamp when you look at the world map. But it wasn't the only one: the Belgian postage stamp, the Spanish postage stamp. It's tiny; it's tiny on the world map. They arrived in Beijing with armies using gunpowder that the Chinese had invented. While the Chinese used it to make fireworks, the French used it to make cannons and rifles. And so, they colonized the world, the whole world, with this technological superiority they hadn't even invented.

So, the general arrived in Beijing. He saw the beauty of the city, the culture, the level of art. He was shown around the Emperor's Summer Palace. It took him a week to visit it; because in his mind, Versailles... Versailles is a doghouse compared to the Chinese Emperor's Summer Palace. It's a little castle. And he's self-assured, "Versailles, the French culture..." And then he took a week to visit the Chinese Emperor's Summer Palace. He couldn't stand it. It was unbearable. So, he asked the army to burn the place down. It burned for three weeks because it was so enormous that it couldn't burn in a single day. It took three weeks to burn because there was everything inside. There was

pottery, porcelain, silks, works of art, everything. It was overflowing with works of art, each one more beautiful than the last, making Versailles a veritable dog kennel. Nothing.

And that's what happened because he couldn't stand it, he who brought culture, civilization, to see a population of barbarians – because the Chinese were barbarians in the eyes of the French – have a culture, a refinement, architecture, art at such a level of beauty that are still found when you look at Chinese works of art. I love art; I love it very much. European works of art and Chinese works of art, I'm sorry but there's no comparison. I mean, it's so much more beautiful, so much more refined.

So, they began to love abstract art; cubes, brushstrokes left and right. But art, the real thing, the one that demands... you see it, you can see it on the Internet; sculptures in marble where the sculptor has represented a naked body, but he has also represented the transparent silk that covers the naked body; so, you see, in the sculpture, the body and the silk that covers it. This is art, not a brushstroke to the right and a brushstroke to the left. I once went to a modern art exhibition. There was a big wall with a red dot in the middle, and I was told, "This is art in all its essence." Yes! I went home, found a white wall, spat on it and said, "Ah, I'm an artist!" There's nothing when you compare. There were great artists in Europe, like these sculptors. If you look at Michelangelo, if you look at Leonardo da Vinci and so many others, there was great art, fantastic creators, but it's been overshadowed.

So, the Africans saw white men arriving with guns and cannons. And when the Whites arrived, they were one hundred percent convinced that they had arrived among barbarians. And their biggest surprise came in the Malian region. There was an emperor who's the richest man who ever lived on Earth, it's not Bill Gates or Elon Musk, it was this emperor, who was hundreds of times richer than the richest people today. That's history, that's the truth.

And so, the richness, the richness of art, African art, is quite extraordinary. Because when the Europeans arrived, they removed fantastic works of art, which represented the gods that the Africans had and replaced them with a cross. I make a cross on it! And get down on your knees and pray to your god; a cross. When you can't sign your name, what do you put on a piece of paper? A cross.

And Africa contained treasures of theology, true theology, that is, that which connects you to infinity. What is religion? "Religere", in Latin, that which connects you. What connects you to what? To the creators. Yes! I'm the messenger of the Elohim; that's not very interesting. I'm the messenger of infinity; here, I'm raising my arm. I'm here to be the messenger of infinity.

Infinity becomes conscious of itself through you; it uses you to become conscious of itself. The messenger of infinity brings an infinite message, and that's why you need to wear your symbol with pride everywhere, in high places and low places. You must always have this symbol on your body and, more importantly, in your brain. You are the treasure of humanity, the true chosen people. It's not the guardians of Israel, of the Old Testament; it's got nothing to do with that. You have to realize that the Jewish religion is one of mankind's greatest poisons. Yes, it contains the messages of the Elohim but around it, there's a gangue, in the literal, mineral sense of the word, that is, a layer covering it, which is appalling.

A people whose most revered prophet, whom they pray to every day, wanted to kill his son because he heard a voice in the sky telling him to kill him? Wait a minute! Wait a minute! If someone in your village wants to kill his son, where will he end up? In a psychiatric hospital, I hope quickly, before killing his son. Not only did he want to kill his son but he'd cut off his genitals first. No, but wait! If this happens to your neighbor, you call the police. And this is

Abraham, the Abrahamic religion revered by Christians, Muslims. Hold on! A sick person who, because he hears a voice, wants to kill, to slit his son's throat? Imagine a modern-day prophet, Maitreya Rael, who says, "Tomorrow, I'm going to kill my son because I heard the Elohim telling me to."



Infinity is our ten commandments.
Be, Be you, with your color, your culture and
your natural way to love other people.

A handwritten signature in black ink, appearing to be 'Maitreya Rael'.

The treasure we have, one of the greatest treasures of the Messages, is the phrase that says, "Never do anything that is against your conscience, even if it is God himself who asks you, even if it is Yahweh himself who asks you; you must say no." And the test that was done by the Elohim: they were arguing, Satan and Yahweh were arguing, "Do you think they're wise?" - "They're complete mental failures. Ask one of them to kill his son, he'll do it." Yahweh

said, “But never in a million years, they know. ‘Thou shalt not kill,’ I’ve told them over and over, they know.” And so, Satan replies, “He’s going to do it.” And Yahweh sends the message, he takes his knife, he’s ready to kill his son.

The Abraham test still exists today. It still exists today! There’re people stealing Palestinian territory, saying that God promised the land to them. Seventy-five percent of Israelis are atheists, but God gave them the land. How peculiar! “I don’t believe in God, but God gave me the country”, I don’t know how they sleep at night.

I remember an extraordinary video of an honest Jewish settler who has just robbed a Palestinian’s house, and a journalist said to him, “But this house, it belongs to Palestinians. How can you take it?” And he replied, “If I don’t take it, someone else will.” I must be delirious! I mean, what am I doing on this planet hearing that? And this is all the fruit of the Jewish religion, of the Old Testament, which contains the greatest wisdom in the world, Genesis, that the Elohim came to Earth, that they created life, that they created man in their image, which contains exceptional wisdom, which represents infinity, which represents everything that’s important, but which contains bullshit, I can’t say any other words than that, like, “If you walk down the street with your wife, she must be ten meters behind.” That was never part of the Old Testament. But it’s written because it was added.

There’s the origin, Genesis, which is the treasure of the Bible; and then there’s everything that’s been added. There’s, “When your wife has her period, you must use different tableware.” Jewish couples, when the woman has her period, she uses different plates and cutlery from the man; because she’s impure, the woman, when she has her period. This is a myth that continues to be widely circulated. There is no blood purer than menstrual blood, why? Because it’s the blood that’s made to nourish the baby; it’s basically made to nourish the baby that’s going to be born. So, to consider the blood of menstruating women as something impure is an insult to life. And I know that there are still tribes where the men have their house; then there are the pigs, and then, further down, there are the menstruating women. What am I doing here? I’m dreaming! Please, take me away.

And that there was a need, with all that’s in biblical Genesis, all the wisdom it contains, that there was a need for a prophet to say, “Thou shalt not kill”? I’m so proud that’s not in my message because to need to tell humans, “Thou shalt not kill,” means, “If we don’t tell them, they’re going to.” It means that there are people out there ready to kill others and say, “Oh really! I’m not supposed to kill? Okay!” Where are we? We’re on Earth; as one writer put it, a great mental asylum run by the most total delusion, the delusion that, “There is no God, but God gave me the country”; a delusion in every area of society. And it’s on this planet that we are; this planet that we Raelians have the privilege of helping to evolve. How extraordinary!

The chosen people, that’s you Raelians. We are the chosen people. And the Promised Land is our planet. That changes everything. And black, white, yellow, blue – we might find some – it has nothing to do with the truth. The truth is that we are one, we are infinity. (The lighting makes Rael’s symbol shine) I’ve managed to make it shine. It takes a lot of strength to make infinity shine! “Rael made infinity shine”, you have to repeat that! (Laughing)

It’s a chance, a privilege that we all have on Earth but more particularly, and this is why I’m moved to speak to the people of Kama, because that’s where it all began. Be proud of who you are, of what you represent. Through you are expressed not only generations of ancestors who suffered, who were treated as barbarians, who were exploited, but there’s also Adam and Eve. Adam and Eve are alive in you. So, it’s so important for you to be proud of whom you are and proud of the message you bring.

This is the first time in human history that a prophet and a religion has come along and said, “You can understand everything. Don’t get down on your knees in prayer” because the Catholic Church has, among other things, taught, “This science is too mysterious, don’t even think about it, it’s reserved for God.” We come along and say, “Everything that exists in infinity, in the universe, we can understand and we can reproduce.” You, or your children, will go out into space and create life elsewhere. You, the people of Kama, are going to create little Blacks elsewhere thanks to science, technology, and the mastery of deoxyribonucleic acid, DNA. It’s in you.

So, the exploitation and inferiority of you barbaric peoples are still in the minds of Europeans. It’s impossible, even when they’re not racists, for white people to look at black people and not say to themselves, “Yes, they dance well, they dance well, yes; they’re capable of becoming scientists, yes.” But deep down, they say, “They’re barbarians”, so absolutely in everything. For the Romans, barbarians were all those who didn’t speak the language of the Romans. If you came from northern or eastern Europe and didn’t speak the language of the Romans, you were then a barbarian. In Africa, the Berbers, barbarians, where did they come from? It’s interesting to know.

When you don’t understand a language, in French you say blah blah, “He does some blah blah.” Well, back in the day, they’d say, “Ba ba ba ba ba.” Someone who didn’t speak the language well, or who didn’t speak the language at all, would say, “Ba ba ba ba”; ba ba barbarian comes from that. It’s interesting to see the link with this delusion of superiority, which is responsible for every tragedy on Earth. Let me remind you that the Americans dropped a bomb on Hiroshima; they could have dropped it on Hitler’s Germany. No, no, no, these were Whites! They sent it on Hiroshima, they were Yellows, they were barbarians; Hiroshima, Nagasaki, barbarians! They conquered the whole planet. I remind you that not only was there the whole of Kama, the whole of Africa, which they shared out in Berlin, like cutting a birthday cake, “Well then, the French, you’re going to have this; the Spanish, you’re going to have this.” They cut the cake. The cake is your country, it’s your continent, and they’ve shared it out. But it’s not just a geographical, geopolitical division of a continent. All the wealth there was, they took it all.

I’ve just seen on television that there are several thousand tons of gold in France, in the French Central Bank. Several thousand tons of gold! There isn’t a single gold mine in France. Where does it come from? That’s easy to understand. It comes from looting; gold that came from Africa. It comes from the looting of the Incas, who had a lot of gold. All over the world, they went to look for gold. And you can see it in the works of art. The English are very proud of their museum, the British Museum, which contains works of art from every country in the world. They even took over the top of the most beautiful temples in Greece; they’re still there. And Greece says, “Give them back, there’s no more colonization!” - “No! It’s safer in England.” So, the English are keeping the gigantic fresco of that building in Greece. It’s still in London, of course, as are many works of art from Kama, America, everywhere, because barbarians populated the whole planet. It’s fascinating to see what this delusion of superiority can lead to.

Aborigines, aborigines! A bit like trees, people who live in trees. Aborigines were Australians, real Australians, who were herded into reserves. For Americans, it’s American Indians. They’re not Indians, it’s not India, it’s America; they’re the real Americans. Then there are all the immigrants from Europe who now call themselves “Americans” and say, “The country is for Americans only; the rest are illegal immigrants.” And then the Natives said, “Wait a minute, you’re illegal immigrants. This is our country you’ve taken by creating genocide.” There were over a hundred million Native Americans killed by Europeans.

But why? Because they were two-legged animals. They weren’t human beings, they were two-legged animals. In the writings of the time, you’ll find the emperor of the Roman Empire describing the inhabitants of northern Europe as two-legged animals. What do Israeli Jews say about Palestinians? They’re human animals. It’s the same thing; it’s

demeaning the other to the level of animals. It's not surprising that Hitler and the Jewish people met and that it made for a terrible drama because Hitler and the Nazis were convinced, they were the superior race; and so were the Jews. The chosen people: in the mind of a Jew, a real Jew, who is truly educated to be totally in his own little square, all non-Jews are made to be his slaves.

It's written down, I'm not rambling. Go and read the Torah, go and read Jewish religious writings, it's written, "Those who are not Jews are made to be our slaves." Oh, that's not Europeans talking about Africans. It's Jews talking about all non-Jews, and it's taught in schools. Not only is it taught in the schools but the children believe it. The result is people who grow up and, in the name of an imaginary country, Israel, kill all the Palestinians and drop bombs. All the bombs dropped on Gaza are far more powerful than the bomb on Hiroshima, but nobody talks about it. It's happening now. If you'd been alive in Hitler's time and someone had described to you what was happening in Auschwitz and the concentration camps, you'd have said, "This is appalling, we've got to do something", and you would have. But now, no one's lifting a finger. A few gentle, politically correct protests and it's all going on now.

So, we really must understand that this feeling of superiority of the white man over the black man, the Jew over the non-Jew, is the cancer of humanity. If we're all brothers and sisters, all equal, then love reigns on the Earth. With the other, there's the ego and the other. If ego is more important, all others are inferior to me. If the other is more important than me, the ego disappears, dissolves, and peace and love reign on the Earth. What did Jesus say? "Love thy neighbor as thyself." I go further and say, "Love your neighbor more than yourself." Because if you love yourself, it's important to love yourself, but you have to love others even more. If I have food at home and my neighbor hasn't eaten, I share. Otherwise, I eat and leave crumbs outside. That's not love, that's calculation, that's ego. Then I'll keep some in the fridge because I've got to eat tomorrow and the day after. And the neighbor, he'll manage.

Love means sharing, and we're a long way from that thanks to the universal plague of capitalism. Capitalism goes hand in hand with slavery, with the denial of the equality of others; and that's why the planet is dying. Not the planet – the planet's doing just fine – but humanity. Humanity is slowly dying out. It's quite simple.

So, Kama, love, the most important thing in the Messages of the Elohim, and you've understood it, you know it, it's love; love of differences, love of differences in skin color, you've lived through enough of that for centuries to understand it. But it's also about the love of sharing all the resources we have. How is it possible, on a small planet floating in the universe, for ten people to own more than five billion human beings? The ten richest people on Earth, right now, own more than five billion human beings. When you see this from the sky, you say to yourself, "They're not ready, we'll wait a little."

We will build the Embassy, we will build the Embassy to welcome them but it's very clearly explained in the Messages, it's not because we're building the Embassy tomorrow that they'll arrive tomorrow. We will need to start evolving, to stop creating racism; the greatest racism being that of capitalism, that is, "I have and it's normal that I have. And it's normal for you to have nothing." That's exactly what the Whites did when they colonized Africa, America, Australia, New Zealand, because it's going to take a long time. It's exactly this, "It's normal for me to have, it's normal for me to take everything, but it's normal for you to have nothing."

All the European power of this postage stamp – European countries versus China and India. Before England colonized India, remember, do some research, India was the richest country in the world. You can find it on the Internet, India was the richest country in the world. When the British came, they took everything. That's why Gandhi

said, “Wait a minute! It doesn’t work like that!” And in a non-violent way, he said, “It’s over, it doesn’t work anymore.”

Non-violence, which is an absolute value for us, one of the treasures, one of the diamonds of the Messages, of the Elohim, is, “If you’re told that by killing one man, you save all humanity, don’t do it.” There’s no other religion on Earth that says that. Every religion says, “If God commands us, Allahu Akbar, we will kill.” We’re the only ones, the only ones on the planet, who say, “Even if Yahweh comes himself and tells you that by killing this person, you’ll save all humanity, you must refuse.” Oh, now we’re talking man to man. Now, we can stand on our legs, as the Bible says, “Son of man, stand on your legs”, look at this universe, it’s yours. This universe is ours, as much as it is the Elohim’s. The Elohim don’t own the universe any more than we do. It’s extraordinary. All of a sudden, we have creators who treat us as equals.

I’m back, I shine it again, I’ve found the angle (laughing).

It’s the religion of religions, infinity.

So, before you begin your Happiness Academy, always keep this in mind, “I am!” That’s meditation. “I am!” “I am Adam and Eve.” Imagine you’re the first humans on Earth! What are you going to do with the planet? It’s time to get your groove on!

Raelism, Zionism, and other issues affecting society

By David Uzal, planetary leader of EloRev, the Raelian Revolutionary Cell

Raelians have the Messages in which they excel. Nobody masters the content of the Elohim’s teachings better than we do. But as soon as we leave this comfort zone, we lose this precious advantage and squander energy. We dilute our strengths and focus and create conditions for disagreements, sometimes even clashes that can be very damaging. The Israeli-Palestine conflict has often been the source of the aforementioned situations. Hereunder is an internal message, adapted and complemented, sent to the members of the Revolutionary Cell (EloRev) in order to recall some basic rules, too often forgotten, general rules and some specific facts regarding Zionism and the State of Israel. It also proposes a framework for when Raelians should get involved in issues affecting the world.

Let’s not get involved issues that are not our own and which therefore waste our precious time and energy!

Raelians, we have a mission, which includes saying what no one else is saying. Every time we repeat or say things that come from others, or similar to others, we’re wasting our time; and even worse, we’re weakening our ability to move forward.

If we have nothing different to say about the Israeli-Palestinian conflict, or any other topic, we’d better say nothing.

The Elohim have given us keys. It is only up to us to put them together and achieve the unachievable.

A Raelian should identify with no people, nation, or state. The ones they received by birth may be used to know and feel more accurately a local or cultural reality; be it Jewish, Israeli, Palestinian, or other.

A Raelian has no other flag than the one of Love, and not even, as Love doesn't require a flag.

The Israeli-Palestinian conflict generates oversensitivity. It should not happen within our organization, even less within this Cell.

To clarify matters, let's review the facts:

- 1) The Elohim supported the creation of the State of Israel. There is a chapter in the Messages on this matter.
- 2) The State of Israel is a Zionist state; as Zionism is the movement that theorized and made possible the creation of the State of Israel, as planned by the Elohim.
- 3) The Elohim have certainly guided the creation of the Zionist state of Israel. For sure, They have protected it for 67 years.
- 4) In 2015, the Elohim announced that Israel no longer deserved this protection. Zionism has failed and has turned into a destructive ideology. Thus, Maitreya condemns Zionism for what it has become.

These are purely facts. Let me know if you disagree or don't understand something about them.

Today, Zionism has become a toxic ideology. Today, there is also anti-Semitism in this obsession with seeing Jews wherever things go wrong in the world. This is a stupid and hideous idea.

Neither of these two sets of mind should have the slightest space in the Raelian Movement.

Let's not repeat slogans or catchwords made by others on this issue; as on any other. By doing so, we betray our Creators, and Their Messenger, who have given us the tools for always be ahead, never following, copying, imitating or trying to be part of a trend, sometimes appealing or "cool", especially when these trendy movements carry – often behind an "inclusive", "progressive", or benevolent "mask" – bigotry, ignorance, false historiography, biased ideologies, and all manner of despicable second-rate ideas. The Elohim deserve much better from us!

Regarding the issues in which the members of the Raelian Movement should eventually get involved, I consider that they should meet at least one of the following four criteria (in aleatory order):

- 1) Maitreya has implicitly or explicitly expressed the well-founded of addressing it;
- 2) This situation gives us an opportunity to generate a communication or action that has a great potential to be noticed and thus benefit the overall mission. The most notorious example of this is obviously the way the cloning of Dolly the sheep was turned into the opportunity we know to have the Movement be known all around the world;
- 3) The issue affects in an inescapable way the lives of the Raelians and the societies they inhabit. The most notorious case is that of the Covid madness that has swept the world. In such a case, it's impossible to carry on as if nothing is happening while daily and Raelian activities are suspended or affected;

- 4) When the Movement, to one extent or another, has been infiltrated or contaminated by an external phenomenon, making it necessary for the health of the organization to cleanse it. This is a particularly sensitive configuration. To some extent, we may consider some attitudes or public stances on the Israeli-Palestinian conflict, be in support of one side or the other, as such a configuration that requires the issue to be addressed. Other times, it may be less explicit, more insidious, often unaware. Yet, it's simply a matter of asking the question, "Does this really come from the Messages and the teachings of Maitreya?" Admittedly, this question is not always easy, and this is precisely where the Colleges of Guides and Raelian synagogues must play a crucial role in preventing the Messages from becoming overly influenced by contemporary trends, as it has been the case for all other religions. We cannot entirely avoid this deviation, but let's strive, what is more during Maitreya's lifetime, to minimize it as much as possible.

Except in these peculiar situations, we should avoid any involvement, as active members of the Structure in the framework of the Movement's activities. After, each one in their personal life can deal with whatever as long as it remains private and in adequacy with the level of responsibility and representativeness of the Raelian member. But in the age of social media, what defines the boundary between public and private is another full and complex topic!