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## Choose the power to choose

Maitreya Rael – Raelian gathering, August 11, 79 aH (2024), Okinawa, Japan

What do you think I will talk about this morning? Anybody guess? I will help you! What is more important in your life? – [Happiness] – Happiness, yes!

I have a suggestion; tell me if you agree: why not make today the happiest day of your life? Would you agree? – [Yes!] – Let’s do it!

Every morning, when you wake up, if you wake up in the morning; we are never sure. I woke up this morning, yeah!!! I’m 77 years old, you never know, but I woke up. Maybe I’m awake, I’m not sure. The first thought, “Let’s make this day the happiest day of my life.” You should do that every day. Why be alive if it’s not to be happy? The happiest day of your life: you can do it! That’s the good news, you can do it! Every happy day you had in the past can be really less happy than today. How to do it? With the first thought of the day, you program your day. You make a meditation, “I will have, today, the happiest day of my life.” That’s simple. Do it!

All your body, all the supercomputer, which is here (pointing his head), will work to follow your first thought. But you have to program it. If you open your computer and you launch a war game, or a stupid game, you will play the stupid game or the war game, maybe all day. Many people do that. If you program this computer for happiness, it will work for happiness. The decision is yours. Remember my teachings for now fifty years: happiness is a decision. You decide whether or not to be happy. If you decide to be depressed, you will be depressed; if you decide to be sad, you will be sad; if you decide to feel lonely, you will feel lonely. You choose! What do you choose?

When you wake up, before opening your eyes, decide happiness! It’s very, very important. Decide happiness. Without this decision, you can go to any school, or Happiness Academy, or monastery, but you will not be

happy. You can go to listen to the speech of the best guru of the world, you will not be happy. Who is the best guru of the world? Yourself! So, you decide. Or, you put the autopilot, like an airplane. The autopilot is very simple, a little button you push. I love the piloting of the airplane. You have to control everything, the speed, the balance; a lot of controls. Or you push one button, it's written "autopilot". It's a computer that will control the balance of the airplane, the altitude, in which direction you fly, and you can drink a glass of water or touch the stewardess. Many times, the captain leaves it, goes to the toilet using the autopilot. It can work for many hours on autopilot. He can go to drink something, say "hello" to the passengers, or make love with the stewardess; they do! (Using the autopilot.)

Your first thought of the day is like pushing the autopilot button. If you decide to be happy like never before, whatever you do, whatever you see, whatever activity you have, if you decide to be happy, your autopilot will only see happiness. We have filters. If somebody enters, a new Raelian enters in this room, the autopilot may go, "Oh, it's cold. They set air conditioning too low. Oh, they have no seat, they are sitting on the floor." And everything will be negative, "Oh, Maitreya's speaking is not very clear. What is this shirt he wears?" The brain on autopilot will find everything negative. But if the autopilot is on happiness, you enter and say, "Wow, I set my foot in the house of Maitreya!" Only that, when you enter. Think about it.



I know you love me; I know the respect and love you have for me. But when you enter, when you set your foot on the floor, (suddenly you will ask) the three questions: "Where am I?" – "In the house of Maitreya." – "Why am I

here?” – “To listen to my speech.” When you set your foot, immediately, “Who is with me?” – “Other people who are thirsty for teaching.” That’s why you are here. If not, you are better at home watching TV, or on the beach; so many things you can do. No, you woke up and said, “I will go to the gathering with Maitreya.” Is it, “Oh, it’s Sunday, I have to go. Oh?” Or is it, “Yes! Today I will go and I will listen to Maitreya?” I hope this is why. Is it? Is it? – [Yes!] – Yes. You should be dancing all the way; you should have difficulty to drive the car of happiness to come here, with me, with us, with them (the Elohim). They are looking at you now. Remember the Message. They are looking at you through my eyes. Do you want to say “hello” to Yahweh? Look at my eyes!

So, the decision when you wake up, the choice of your first thought programs your whole day. Everything on the way will be guiding you to new happiness. You go to your car, it doesn’t start; you call another Raelian, “Can you please pick me up?” If there is traffic, you don’t care, because you are on your way here. This program of happiness, nothing can destroy it, except you. If you start your day with this crazy happiness, it will stay. And when you come, like the great Buddha, you sit down by yourself and I say the same thing. “Ah, I will meet Maitreya.” I hope there is this kind of enthusiasm. I welcome a new Raelian, I say, “Sit down”, that’s all. After I can speak, yes. What I can say, it’s a detail; even if I tell you beautiful things that will help you reach a higher level of happiness, compared to your first thought of the day, it’s nothing, because it’s your choice.

Be your own guru. You are! Nobody can guide you better than yourself. No Jesus, no Buddha, no Maitreya, no Yahweh. You are the guide! Feel it. What an incredible power; it’s your power. You choose the power to choose. Feel this power! Or you choose, more or less, you have the illusion to choose many things in life. It’s an illusion! You didn’t choose to be born. Did you? Nobody asked you. So, you are born; you didn’t choose. You didn’t choose where. You are in Japan; nobody gave you the choice, you speak Japanese. You never chose. You could speak Portuguese, English or French. No, you speak Japanese! Not only do you speak Japanese, but you also think in Japanese. Did you choose your job? Not many people are lucky enough to have the job they choose. Very few people are doing a job they chose. You work every day, why? To pay rent to have an apartment, to pay for your food. You don’t choose. But happiness, this you can choose. What incredible power!

Your partner, boyfriend, girlfriend, you have the illusion that you chose them. Did you really choose? Almost never! When you meet people at work, in school, in the city where you live, there are four billion possible partners for you. Four billion! And you have one, maybe; maybe not, maybe you are alone. Did you choose to be alone? Not many people choose to be alone. So, almost nothing in your life is your choice. Most people, not you, have a religion. What is their religion? The one of their father and mother. You are born in a Christian family, you are Christian; you are born in a Muslim family, you are Muslim. But you have the illusion that you chose. For the Raelians, it’s different, you chose. You chose to be Raelian! I hope so, because with some young Raelians, whose father and mother are Raelians, when they come to do their transmission, I’m always suspicious and ask, “Did you read the Message? Did you really choose to be Raelian? Or your mother and father pushed you to be Raelian?” Some of them stop and say, “Yes, let me think about it.”

But happiness, that’s your choice! Nobody else, no family, no government, no country can force you to be happy. That’s why this sentence is so important: happiness is a decision. And who chooses? Yourself! How do you choose to be happy? When you wake up, the brain starts to work, “Ah, I had a good night. Oh, I didn’t sleep enough.” The brain, the consciousness, starts to work. Who will decide? Who will decide what will be the first thought? Supraconsciousness! When you wake up, supraconsciousness doesn’t wake up, the snail is sleeping; it sleeps longer than you. For some people, it sleeps all the time, because they never use it. But you, because you learned what it is, when you make a stop and say, “Wait a minute; what will be my first thought?” Then, the snail wakes up. It is the supraconsciousness that chooses, not the thinking brain. The thinking brain is all about what you did yesterday; the thinking brain chooses, thinks about what you will do today, what you will do tomorrow, which friend will you meet, what you will eat. That’s consciousness, no need for supraconsciousness. But when you say, “What will be my first thought?”, the snail comes out of the shell; you witness yourself and choose carefully.

The best choice, “Why not today be the happiest day of my life?” Do you wish? Do you wish today to be the happiest day of your life? It’s your choice. But if you don’t choose, it will not happen. As you know, happiness will not be

brought to you by other people, not by your lover, not by your guru, not by Yahweh, but by yourself, “Today will be the happiest day of my life. And who can make it the happiest day of my life? Myself. People around can be wonderful, can be terrible, today will be the happiest day of my life. And nothing in the world can change it, because I took the decision.”

So, do you decide today to be the happiest day of your life? – [Yes!] – One more time, do you decide today to be the happiest day of your life? – [Yes!] – That’s very important, it’s you! I can’t; I wish you happiness, but I can’t give it to you. So, if you want to make me happy, which is not necessary, because I am responsible for my happiness, but if you want to make me happy, be happy! Watching your happiness, I’m very proud of myself, because when I see your happiness, I lose all humility, because I’m very proud, proud of you. So, make me proud, today: “Today is the happiest day of my life”. Me too! And you know, another thing before I stop talking, because I talked too much, we tend to say, “Today I’m not so happy, but tomorrow I will be happy.” So, I created this sentence: cemeteries are full of people who wanted to be happy tomorrow. I repeat: cemeteries are full of people who wanted to be happy the next day, and they didn’t wake up. And you never know when it will happen. So, do it now!

## The perfect happiness is no happiness

Maitreya Rael – Raelian gathering, October 13, 79 aH (2024), Okinawa, Japan

Just a few words about something that is very fashionable. On the Internet, and everywhere, people talk about “quantum physics”. It’s very interesting because I have been teaching you “quantum physics” for fifty years. What are we doing now? We are sending love to the Elohim: it’s quantum physics! The cellular plan transmission, it’s quantum physics. Quantum physics says, “When we observe something, we change what we observe.” And the scientists confirm that when atoms move in a certain way, when you observe them, they move in a different way. So, just by looking at the atoms, the scientists modify the way they move. For us, Raelians, it’s so clear. What do we do with the action “meditate one minute for peace”? By meditating on peace, we modify the brain of many, many people on Earth.

Fifty years ago, in the first Happiness Academies, you may remember, I was using the image of a block of stone, a large stone, saying, “When you think, you sculpt the stone.” The stone is your brain; what you think modifies the structure of your brain. A happy brain is very different from a depressed brain. With some modern instruments, we can clearly see it. In deep meditation, you can see clearly, on brain scans, the different parts becoming active.

Fifty years ago, I was explaining that what you eat, the rice or the sushi, is your brain’s connections of tomorrow. It reality is. The synapses, the connections between the neurons, grow with the food you ate the previous day. They can grow in a very negative way, and you become depressed; or you may even want to kill yourself. It could also grow a very happy brain, with the same food, the same molecules. But your brain, your consciousness and supraconsciousness, change the shape.

So, when you meditate, you sculpt your brain in a certain way. Think about it when you meditate. Don’t say, “Oh, I will meditate, it relaxes me.” Relaxation is good, but it isn’t meditation. And if you think about meditation, it isn’t meditation. When you don’t think about meditation, then you are in meditation. When you don’t think about anything, which is very difficult. It’s very, very, very difficult to have a blank brain, like a blank tape, nothing. Fifty years ago, I was telling you, “Think about nothing, without the word nothing, because if you think about “nothing”, you think about something.” So, it’s nothing without the word nothing. Then, the brain has its own life and naturally creates positive connections. If you think about positive connections, you don’t create positive connections. Only by “no thinking”, can the brain becomes naturally completely happy.

A lotus flower growing doesn’t think about becoming a lotus flower; it grows, there is no thinking. The lotus flower, or the rose, doesn’t think, it just blossoms. And that’s why many Buddhists use the lotus flower as a symbol. You are a lotus flower. Let it grow! One of the best qualities to become experts in deep meditation is to be lazy. Be as lazy as

possible! You cannot raise supraconsciousness by making efforts. It's the opposite of effort; no effort at all, no intention, no goal. If you think, "I want to meditate", you cannot. "I want to be a Buddha", you cannot. But when you are nothing, without the word nothing, then you reach supraconsciousness, naturally, like a lotus flower. The lotus flowers do not think at all, they just blossom. You can do the same.



And this is "quantum physics". This is organizing the molecules in your brain in order to blossom like a lotus flower. When you make an effort, you think. If you think, your brain starts to create connections that are automatically becoming negative. Instead, have no intention, no goal, no target, no, "I want to...", no desire, nothing, without the word nothing; because if you want nothing, you want something. So, when you think about nothing, you think about something. Nothingness is nothing, you cannot pinpoint it, you cannot target it; it is. Like when you say, "I am." Everything is inside it. If you say what you are, "I am happy", no, you are not. Just, "I am." And then,

supraconsciousness wakes up, without you paying attention to it. If you are in deep meditation, you succeed in reaching this state of being. If you rejoice of reaching this level, it stops.

The perfect happiness is no happiness. If you identify happiness saying or thinking, “Oh, I reached supraconsciousness”, you don’t. Like in a competition between monks; if one of them says, “I am the humblest”, automatically he is not. That’s very interesting to define the illusion in competition. For meditation, for love, it cannot be the best. If you think, “I am the best at giving love to others”, automatically you fall in the ego. “I am the best”, finish! But when you say, “I am”, you reach the top, without thinking about the top. You can think about the bottom; there is no bottom and no top. Like infinity; infinity has no center, it is. You cannot measure infinity. Many, many scientists on Earth grow an illusion in trying to figure out the size of the universe, “What is the size of the universe?” Every year, they say it’s bigger. It’s infinity! You cannot measure infinity; infinity in space and infinity in time. That’s why you can all have eternal life. “How long is eternity?” Very long, it’s infinity!

We are infinity. “Where do we come from? From Infinity! What are we? Infinity! Where do we go? In infinity! And me I say, I am.” Everything was in my song. So, like for honey: bee! Be, just be. A little play with words: be / bee.

So, in conclusion, scientists who study quantum physics are watching something that they cannot explain, and that they don’t know, but that they will never explain. You cannot explain infinity, but you can feel it. If you try to explain infinity, you will end up in a psychiatric hospital. But if you feel infinity, if you say, “I am”, you are higher than the highest scientists in the world. So, be!

## The Message of the Elohim is very clear about illusions

Maitreya Rael – Raelian gathering, October 20, 79 aH (2024), Okinawa, Japan

Good morning! Before all, thank you, Elohim! We are together thanks to the Elohim. Without the Message, we would not know each other. Thank you, Elohim, for the privilege to know you all. I know you think that you are lucky to be close to me. But I am lucky to be close to you, thanks to the Elohim.

When I wake up every morning, my first thinking is always, “Thank you, Elohim!” And you should all, before opening your eyes, think and say, “Thank you, Elohim!” Number one, thank you for being alive. We can have many pleasures, many belongings, many things, but being alive, that’s the first thing we must be thankful for, “I am alive, I can open my eyes, I can see life, I can move my legs and stand up.” That’s wonderful. We don’t pay attention to the details of life. To be able to see, what a privilege! Many people are blind; we can see, with many illusions, but we can see.

Illusions are not created by the eyes. People talk about “optical illusions”. There is no optical illusion, there is a brain illusion! Oh, you know that image where there are two lines, one seems longer, and we are not sure. It’s not the line, it’s not your eyes, it’s the brain playing tricks. So, this machine here (the brain) is super powerful to create illusions. The oldest illusion is the illusion of “God”. That’s a wonderful illusion! Everywhere on Earth, advanced civilizations or primitive groups, all have this illusion of “God”. The illusion of nationalities; there are no borders, but we have the illusion of borders. The language is an illusion. Everything is illusion. What is not an illusion? Infinity! This is the only absolute truth. Everything else, marriage, reproduction – to make children – nationalities, political systems, they are all illusions. But infinity, that’s the truth!

And we know and we understand it, thanks to the Elohim. The Message is very clear, and nothing is more full of love than removing illusions of people. And the Message destroys the most powerful illusion: there is no God. It’s clear, it’s not “maybe”, no! There is no God! The Raelians are the most authentic atheists, the most powerful atheists. One of the missions of the Raelians is to destroy the illusion of God. There are many groups, modern groups, which try to adjust, to adapt the illusion of God, in a kind of neo-mysticism, “God is everywhere”, not anymore a man sitting on a cloud. They pretend, “Oh, God is everywhere, God is inside you.” – [wrong!] – These are all illusions. God is nowhere; there is no God and there is no soul. It’s clear and square: there is no God, there is no soul. That’s

our main mission to spread this truth; to destroy and to cut, like a gardener, any root of this illusion. And to repeat it with the hammer, because people could slip easily, even the Raelians sometimes with the illusion of, “God is energy” or “You know, when you die, your body flies away like energy.”

The Message of the Elohim – thank you – is very square regarding these illusions, very clear, there is not a little bit right, a little bit left: there is no God, there is no soul, period! And everyone who tries to elaborate wants to be back to the illusion. And they try to prove their point using many, many techniques, “Yes, there is no God, but (etc.). There is no soul, but (etc).” The answer is, “There is no "but", except the ones you are sitting on (pun with "butt"). [...] There is no "but". “There is no God, but (etc).” No "but". We are surrounded by people who try to give a meaning to their life, with very philosophical questions, “Why am I alive? What is the purpose of my life? Everything happening to me is guided by God. If some problem happens in my life, God does it to make me grow.” These illusions are everywhere, and human beings are very talented to grow illusions.

You know, in the past, people believed in the clearest illusion that the Earth is flat. Some people still believe it, “The Earth is flat. Look, it’s clear, the Earth is flat!” So, they use the illusion of the eyes to say something that is not true. And people argue and they find explanations, “If the Earth was round, people under would fall.” And there are very intelligent people who believe this. It isn’t a question of intelligence. Intelligent people are more prone to have illusions, because they create explanations about what is not; logical explanations, very logical, “It’s logical, if the Earth is round, if you live under, you fall.” Very logical, you cannot argue with these people, you cannot say, “No, you don’t fall.” They are right, but they are wrong.

One man in the United States was so sure that the Earth is flat that he built a space rocket to fly and prove to people that the Earth is flat. He was a genius, but “con” (stupid). You know, you can be a genius and stupid. The world is full of that. Psychiatric hospitals are full of geniuses, but they are mentally sick. The highest percentage of depressed people is within the very intelligent people, because they explain, they find logical explanations to everything. But these logical explanations are illusions, “The Earth is flat.” It soon becomes, “The Earth is the center of the universe.” Very logical, but stupid; illusions. And the top scientists of the world were believing it. Illusions are even rooted in science. The atoms, for example, the very word "atom" means something that cannot be cut or divided; which is absolutely not true. There are very simple illusions that you can see every day, “The Sun rises.” The Sun doesn’t rise, but we say it, even us, “Oh, beautiful sunrise!” The Sun doesn’t rise.

I love watching the sunrise every morning, just in front, but feeling that the Earth is turning; the Earth is turning this way, we are moving toward this direction, and suddenly the Sun appears. And we say, “The Sun rises.” – [wrong!] – The Sun doesn’t rise. That’s for everything. The world is full of illusions. And the Elohim, with their wonderful Message, help us to destroy as many illusions as possible, especially the illusion that destroys our happiness: God.

You know, people need a father, they need a father, “My mother is dying, I have cancer. God, protect me!” It’s a beautiful illusion. I love this picture I saw on the Internet. A man is in bed in a hospital, the surgeon is in front of him and the patient says, “Ah, thanks God, I am alive.” And the doctor answers – maybe he is Raelian – “Ah, you are alive thanks to God? So, my surgery, my medicine doesn’t work at all. Therefore, I will unplug everything and please trust your God to recover.” It’s incredible; this illusion is everywhere.

For example, when there is a catastrophe, a typhoon, a tsunami, and thousands of people die, those who stayed alive say, “Thanks, God, for protecting me!” Me, me, “Other people can die.” “The whole city dies, but I’m alive. Thank you, God!” Where are we? Sometimes I say, “What is this world?” And it’s everywhere, in history, in science, in geography, everywhere. You know, I read this week that Hawaii is coming closer to Japan, almost one meter every year. But we have the illusion that nothing moves. This island is moving. Everything is moving.

Like Buddha said, “The only thing that doesn’t change is the change.” Everything changes, we change; everything in our life changes. I love Japan but it makes me laugh. Laughing is good. Every valley or river, they try to fix it, they put concrete on the mountains so they will not move. It can work for a few hundred years, but nature, the power of

nature will fix it. Nothing is permanent. One of the teachings of Buddha: "Nothing is permanent", includes us. We are not permanent.



**DECIDE HAPPINESS!**

That's why thinking about death is so important to enjoy life. When you think about death, you cannot stop laughing; it's happiness, "I will die. Wow, let's enjoy!" Why are we alive? If we were not mortal, life would be less interesting, because we enjoy every second. Enjoy every second, including this one, it will never happen again. This moment, when I speak, when I say, "I", will never come again. This heartbeat, that you can feel, you can feel it, will never happen again. You are breathing with me, I can see it, it will never happen again; and you breathe every second. So, you cannot stop laughing and enjoying each second. When will be the last breath? We don't know. Maybe this is the last sentence of my life, it's possible; and suddenly I fall off the chair, stop, finish! Yes, and I love it. I love it because it makes what I say more precious.

Every second becomes precious. So, no illusions! One of the illusions is that “nothing changes”, and that we will live forever, “Other people die, not me.” – [wrong!] – We all die, but some people have this wonderful question, “Is there life after death?” Me, I ask, “Do you have life before death? Are you? Are you alive before dying?” Because many people die, they never had a life. Hence the question, “Are you?” Are you? Say it when you can. If the little pump here (the heart) stops, you cannot say it anymore; or maybe on another planet. But we are only sure of this life. Nobody, even the best human being, can be sure to have eternal life with the Elohim, nobody. But what you can be sure of is to be “now”. Are you? – [I am] – Yes! Sing, dance; sing and dance it.

When I get up in the morning, like everybody, I go to the toilet to pee, sometimes beside, but I try to pee in it. And I go to the toilet dancing and singing, because it’s “now”. That’s why dancing and singing is so important. Don’t live your life; dance your life, sing your life. Then you feel more alive, you feel it. Dancing is so important. I’m not saying to learn to dance like a ballet dancer; just move your legs on music, on the music outside or inside your head. You don’t know how powerful it is; it’s not just, “I move my legs.” When you dance, you talk to your DNA. That’s what we were explaining when we were talking about epigenetic. Whatever you eat, do or think, affects your DNA.

Dancing is one of the best and simplest ways to communicate with your DNA, and you feel it. When you dance, even if you say, “Oh, it’s stupid. Why would I move my legs? I am intelligent, I went to the university, I am a genius; moving legs is stupid.” Not moving legs is stupid! The body is one, one with your DNA. And when you move, whatever movement – you don’t need it to be cute, elegant, moving your legs – you express your DNA, you communicate with your DNA. Where is your DNA? It’s everywhere, including in the ass. When you move [...] you feel automatically happy. Why is that so? Dancing is stupid, yes! But intelligence makes you depressed. Singing is stupid, but it makes you happy, it connects you with your DNA, with infinity. Infinity is dancing. The Earth is dancing, the galaxy is turning. So, all in the universe, in space and time, is movement. So, don’t stay idle sitting. Dance, sing. When you dance, you dance with the universe. We are born to be in movement; thanks to the Elohim, in the Raelian Movement.

# The first human being is still alive through you

Maitreya Rael – Raelian gathering, November 10, 79 aH (2024), Okinawa, Japan

This morning, I want to tell you again how important each one of you is. It looks like there is a little confusion. Some people remember my teaching to new Guides, “As soon as you become a Guide, prepare to be replaced, train one or two assistants.” In the good way, because bad leaders want to have assistants, but they just want the assistants to make them more important. It’s exactly the opposite. Take assistants and teach them; teach them how to replace you. You must not be one that nobody can replace. A good leader, and the Guides are leaders, their main concern is to make the Movement become stronger even if they disappear. In other words, a good leader thinks, “If I die tomorrow, the Movement, the organization, must become stronger.” How? By training, teaching your assistants to be able to replace you. That applies to everybody, including me.

My main concern is always, “If I disappear tomorrow, I wish the Movement to be stronger, thanks to you.” When a bad leader disappears, his organization is destroyed. If you want to help me, helping me serve the Elohim, try to become better than me. You can! I trust you to be better than me. There is a beautiful sentence that I want you to remember, “When the student is ready, the teacher appears. When the student is really ready, the teacher disappears.” (Lao Tzu). But this is why I need you; I need you to replace me. I’m 78 years old! In December, we will celebrate my 79<sup>th</sup> conception day, in a little bit more than one month. I’m still alive, I’m still full of energy, but be ready. Be ready because it will happen. And when it happens, you must be ready, each of you; you must be ready to replace me! If Maitreya dies and the Movement disappears, I have failed in my mission.

But I’m sure it will be the opposite; I’m sure when I die, the Movement will become stronger. Because many people would love to become Raelians; many people. They are not among us. They look, they hear, they think, but they are afraid; they are very afraid of the reaction of their friends, their family, “What if, one day Rael Maitreya says, “Hey, it was not true, I never met the Elohim!” Many, many – maybe some of you before – think, “Ah, I want to join the Raelians, but is it true? Is Rael a liar, a conman, taking the money of members? And one day he will say, “Hey, I got you, it was not true!” They are so afraid of that. Many are taking a paper and a pen, they want to send their letter to join the Movement, and they talk to their friends, “Ah, the Raelians are fantastic, I want to join them.” And their friends say, “Hey, wait a minute; Rael is a liar, it’s not true. He is a pedophile. He is stealing the money of the Raelians.” And so, they don’t write their letter. Fear! Fear of having their friends saying, “You see, I told you”, and you look stupid.

You! You know, among your friends and family, many look at you and think, “Hum, one day you will regret joining this Movement.” And it creates pressure. So, many people have a pen in their hand, they want to write their letter, but they are afraid of the judgment of others. You know it, you have been through it, but you didn’t follow that. You surely said, “I know, I feel”, and you are here! But you have to remember the pressure of your friends, of your family, of the people you trust, “You want to join the Raelians? Are you crazy?” You heard this, a lot, but you followed your consciousness, and you are here.

And I have bad news for you, I will never say, “It’s not true.” Never! And the journalists, in France, twenty years, thirty years ago, said, “Oh, Rael is a bad man, a conman, it’s not real. One day, he will take all the money of the Movement and he will retire on a Pacific Ocean’s island.” I am on a Pacific island! They were right, I am on a Pacific island named Okinawa. But we are spreading the Message of the Elohim. And I didn’t take one cent, one yen, from the International Movement account. Every year, there is more and more money for the Embassy. We have enough money for the Embassy now; maybe there is more than ten million dollars. It’s on the account of the International Movement, and every year there is a meeting of the Guides, and they check the account. And in these fifty years, I never received any salary from the International Raelian Movement, not one dollar, nothing. So, some journalists say, “He is waiting so that there is more money.” I am 78 years old; if I wait until 100 years old, what can I do with this money?

And the other funny thing, I spoke in the past about that, they say, “Rael, the self-proclaimed prophet of the Elohim.” I love this expression: self-proclaimed. What is “self-proclaimed”? It’s somebody who says, “I am the prophet of the Elohim.” But every prophet is self-proclaimed. When Jesus was here, Yahweh didn’t come to say, “Hey, he is my prophet!” Never. Moses came back from Mount Sinai, “I am the messenger of Yahweh.” But Yahweh didn’t come to say, “Hey, he is the prophet!” All the prophets, we are all self-proclaimed, as long as there is no Embassy for the Elohim. And when this Embassy will be built, Yahweh will come and say, “These are my prophets.” Until then, all prophets are self-proclaimed. But many are false prophets. How to recognize false prophets and real prophets? It’s not the title that is important; it’s not the “blah blah”, it’s what they do.

Now it’s fifty years, and you are here. A tree is recognized by its fruits. You look at a tree, if there is an apple, it’s an apple tree; if there is an orange, it’s an orange tree. So, that’s the sentence, “A tree is recognized by its fruits.” I am the tree; you are my fruits! That’s why you must be ready. Like the apple, when the tree dies, it makes a new apple tree. When Maitreya disappears, you are the new trees. Feel it!

So, a teaching that you have to be easily replaceable; you must train your assistants to replace you. That’s what I am doing right now. Do it! But that doesn’t mean that everybody can replace you. Nobody can replace you. There is only one you out of eight billion human beings. Show your DNA, “This is me!”

There is no other Maitreya, thankfully for you! It would be terrible, a planet populated by hundreds of Maitreya; that would be hell. Imagine, you have a planet where you arrive and there are one million people who are exactly like you. I don’t want to go there. What is the treasure of humanity? It’s that nobody is like you! There is one of each of you, only you! That’s why we are so precious. We must be ready to be replaced in our function, in our responsibility. I want you to be ready to replace the Guide of Guides. When I die, there will be a new Guide of Guides. It’s coming soon! Who will it be? Maybe you; maybe you! You don’t know. It will be a vote of the Level 5 Guides, and they will elect a new Guide of Guides. Who will it be? I have no idea. And I don’t, like a king, say, “This one will replace me.” No! It will come from you, and that’s beautiful.

Everybody must prepare his replacement; but you are unique. That’s the most beautiful thing. Thousands of years ago, the Elohim created life on Earth. From the ground, from the soil, they made the dust conscious. Millions of people, a lot of generations, and now it’s you. You are! Human beings created by the Elohim, they are in the ocean, they are dust, “From dust back to dust.” Where is the creation of the Elohim? You! So, feel how important you are. And I love, in Japan and Asia, the practice that you have to “respect the ancestors”. And that’s, especially in Japan, a lot of respect for ancestors. Shintoism teaches respect for the ancestors. Think about all the ancestors you had; all these hundreds of people who have had babies, babies, and babies; and you are here. You are here, consciously or not, thanks to your mother and father. And you are here, and your uniqueness, the fact that there is only one you, in this body, makes them alive; all your ancestors are alive inside you. Feel it, it’s amazing! And when I see Japanese people going in front of a stone and burning incense, I love it. They are not in front of a Christian cross, they are not in front of any religious symbol; they are in front of a stone that represents their ancestors, those who made it possible you exist today. That’s amazing!

The Elohim come, give a Message to their prophets, a Message for all humanity, for all humanity alive or dead. When you look in the mirror, look carefully. Usually we say, “Ah, you look like your mother. Oh, you look like your father.” You look like your ancestors! That’s the gift from the Elohim. They bring a Message to humanity, but humanity is not only those alive today; it’s all these billions of people who have been alive on Earth before us. So, when we say, “Thank you, Elohim”, we also give our thanks to all the human beings who made us alive today.

I have a pleasure, which some people think is shocking, like many things I do; I love cemeteries. Not because I am aging; I love cemeteries, especially in Asia, because they are open. In France, cemeteries are closed; there are walls all around, a gate closed with a key. They are afraid dead people might escape. Here it’s open, everywhere you can see little tombs; dead people are alive among people who are alive, and the respect for ancestors is so beautiful. When you send love to your ancestors, it’s connected to the Elohim. When you say, “Thank you, Elohim”, you think about

your ancestors at the same time. The first of your ancestors, a long time ago, was created by the Elohim; he is alive inside you.

So, you are unique, only one you. That's why it's so important to say, "I am." Yes! Let's do it together. - [I am]. Feel it. Through your "I am", it's all your ancestors who feel it; sometimes they are watching you. Some of your ancestors are alive on the eternal life planet and they look at you, they listen to you. All their sufferings, "My descendants, my grand-grand-children, they are." Are you? - [I am.] Again. - [I am.] They can hear that. So, you are not only you, you are a chain of human beings; fantastic. The first human being, which was your ancestor, is still alive through you. That's amazing. Feel it! This is a huge power, we can only say, "Thank you, Elohim", constantly, constantly! Our life must be a constant, a permanent, "Thank you, Elohim!"

Thank you, Elohim!

I love us.



“ Our life must be a constant, a permanent:  
“Thank you Elohim!”

A handwritten signature in black ink, consisting of a stylized 'O' followed by a flourish and the initials 'CER'.

## Just breathe

Maitreya Rael – Raelian gathering, November 17, 79 aH (2024), Okinawa, Japan

A little meditation. Not little, a big meditation, the biggest one, very complicated, very difficult: just breathe. We will have together one breath, the most conscious breath of your life, feeling how lucky we are to be able to breathe. You should do that every morning when you wake up. How lucky we are, when we wake up, to be able to breathe. Every second, four people in the world, every second, have their last breath. Now, constantly! One, two, three, each second four people; finished. We don't think about it. And for all of us, each breath can be the last. There will be no warning. No signal. Nobody saying, "Be careful, this is the last breath." That would be good, maybe.

We will all have a last breath, one day, without any warning, in the moment where we would expect it least, where we will not expect it. Four people every second, tick-tock, have their last breath, no more breathing, without any warning. It's very important to feel that, because we always procrastinate, "Ah, I will do it tomorrow. Oh, I will do it next week." We push in the future things we would like to do; it can be anything.

I will give you an example, a very painful example. We had a Guide, in Canada, named Réal Thériault, who had cancer, and he was a very, very good friend with Marc Rivard, and they were going to restaurants, going everywhere every week. But the cancer became more and more serious. I had the privilege to be a close friend of Réal Thériault. He was coming to my house, in Quebec, every week. We were having, of course, good food; I enjoyed cooking for him and for other Guides, drinking the best French wines.

And Réal loved alcohol. I tried all my life to make him drink less, I didn't succeed. He is the only Guide that when I met him, he invited me to a good restaurant. We had a great meal, a lunch, and at the end – it's a wonderful memory for me – he had the habit of drinking a little glass of brandy. Brandy is 40% alcohol. And he asked, "Maitreya, would you like a glass of brandy?" The only Guide in my life who offered me to drink brandy at the end of a meal. He was laughing so much. I said, "Thank you, Réal, but no!" It's a good memory that even knowing the Message, knowing our philosophy, he was offering me a glass of brandy. He was full of love.

And so, he was coming every week to my house, on Sunday, and we were having a good time. I had a billiard table. We were playing billiards together and, of course, each time he arrived at my house, he asked, "May I have a beer?" And, of course, I prepared a beer for him every Sunday. And then, we went on to have a beautiful lunch. But one Sunday, he comes to my house but, he doesn't ask for a beer. I offered him, "A little beer?" – "No, not today." First time! I said to myself, "Wow! He is working on himself to stop alcohol."

Then we went to the table. I had prepared a beautiful lunch and, of course, I opened one of the best bottles of French wine, and I served all the Guides. When I got to Réal, he said, "No, thank you." Wow! I was so surprised. I had two different bottles of wine but he refused everything. And at the table, there was also my doctor, Marc Rivard, and that rang a bell in the head of Marc, who is a very good doctor. Marc said, "Réal, can you come to my office this week?" Because he knew; Marc Rivard knew that when you have liver cancer, suddenly you cannot drink alcohol. Just looking at alcohol, you feel like vomiting. The body is talking to you.

And so, the next week, Réal went to see Marc, he did some examination, and that was the beginning of his cancer. He discovered it thanks to my good wine. And what is interesting, he was able to survive a few years. I remember many good memories with him. We were playing pétanque and he carried a bottle with medicine, bringing medicine in his blood, chemotherapy. We played pétanque, he had the bottle attached and everything, but all of sudden, during the afternoon – that's a funny memory – in the sky, two vultures appeared. Do you know vultures? They are as big as eagles, but they look for dead animals. And I looked and said, "Réal, they are for you!" We laughed so much, and we had a good afternoon. He was a very good player. But every week, Marc was visiting him, and one day, Réal said, "Next week, we will go to this restaurant." He was so tiny, he lost almost 90% of his weight, and Marc knew that it

was the end (for him), but he was continuing to live like if he was not going to die. And Marc said, “Next week, Réal, you will be dead.” That’s something! He had a warning, and it was really happening.

But we don’t have warnings. It was wonderful; sad and wonderful. Miracles are always possible, but somebody who



has knowledge telling you, “Next week, you will be dead”, we don’t have this chance. And that’s why I want you to focus on this meditation of breathing. When will be our last breath? Nobody knows! I don’t know, it may be while I’m talking to you on Sunday; it may happen any time. And I try, in my life, I try to breathe always thinking this is the last one. I try to never procrastinate, to never say, “Oh, I will do that next week”, or next month, or tomorrow. My wonderful assistant, she’s a very good organizer, “Next week, we will do that. Where do you want to have the table?” She is a wonderful organizer, but I say, “Don’t ask me, I don’t know if I will be alive next week. Ask me the day before, maybe, because I don’t know.” Why would I use my brain to prepare something for next week or next month when I don’t know?

I told you I love cemeteries. Cemeteries are full of people who wanted to do something tomorrow. All the people in cemeteries, everybody, they wanted to do something the next day. [Wrong!] There was no tomorrow for them. The fact that we don’t know when we will die makes life even more beautiful. Life is more beautiful when we know we can die every minute; it’s always possible. This very moment, now, we are

together, it may be the last time; it’s very possible. Don’t think, “Oh, it’s a joke, Maitreya is joking.” No, I’m not joking. I say that almost every Sunday, and one day it will be true; you will come for the Sunday contact, and this seat

will be empty. I am completely ready. Are you ready? That's interesting. So, it makes each Sunday meeting, each minute, more precious.

When I look into your eyes, I always think, "Maybe it's the last time." It doesn't make me sad; on the contrary, it makes me happier, because I can do it now. Tomorrow, I don't know; next week, I don't know. But now, I can look in your eyes, feel your love, send you love; now I can. I don't care if I die tonight; now is so precious!

So, let's do this meditation, very simple and very complicated. We will breathe together imagining that it's the last one. You should train. And after training, all your breathing will be the last one, every day, every minute. Are you ready? One, two, three, [breathe]. Is everybody still alive? We are lucky, we are lucky, it could have been the last one,



really! Do we try again? And let's hope that, after this one, everybody is still alive. We are not sure; we cannot be sure. One, two, three, breathe in... breathe out. Is everybody here? That's interesting, right? Always do that! Because of when people stop breathing, it's possible.

You know, I am 78 years old. Everybody thinks, "Oh, Maitreya will die first." I'm not sure, nobody can be sure. So, every morning, when I wake up, I say, "One more day!" Be amazed by seeing your friends, brothers and sisters still alive; your family, your mother, your father, everybody you love, your Prophet. I have a friend living in France, and

sometimes we contact each other playing the same game, and we chat, "Hello!" And I say, "Oh, you are still alive?" He is always surprised. Nobody says that, usually. It's so important to be surprised to see our friends still alive. Don't think about the oldest; the youngest can die before us, accidents happen every day.

So, you felt this unique breathing. So, the idea of death, the awareness of death, makes life more beautiful, more enjoyable. We will all become rotten, from dust back to dust. For a short time, we are breathing. Enjoy it, enjoy it! It's so precious. This breathing is so precious. And that's when you can say, "I am alive." No need "alive", just "I am". Because when you die, you cannot say, "I am", at least not on Earth. But we still can, and I really enjoy breathing with you. Another advantage of conscious breathing is that some particles of our body go in other people. When I breathe out, some particles are going in this room. And when you breathe in, they go inside you; and the opposite. We are one. So, always be conscious of your breathing.

What is life? Breathing! How do doctors check if you are still alive? You go to hospital, you are very sick, the doctor checks if you are still breathing. Breathing is life! So, enjoy it.

## Part of the Raelian mission is to protect life on Earth

Maitreya Rael – Raelian gathering, November 10, 79 aH (2024), Okinawa, Japan

Some people are surprised that I always celebrate birthdays. The birth of each of us is fantastic. In the birth of each of us, there is a link with the Elohim. Think about your ancestors, one hundred, five hundred years ago. You can do the same today. Who will be your descendant in one hundred years, two hundred years? We don't know. Some cultures have the cult of the ancestors. Me, I propose the cult of the descendants. Why send love to our ancestors and not to our descendants? They also deserve love, even more; they are the future!

How can we love our descendants? By protecting life on Earth! Protect life on Earth, instead of destroying everything alive, like throwing plastic in the ocean. This is not respecting our grand-grand-grand-grand-children. Think about it! When you throw a plastic bottle in the river, it's not your river, it's the river of your grand-grand-grand-grand-children. On Earth, there are five continents. Not anymore, now there are six continents. In the middle of this beautiful Pacific Ocean, there is a new continent, almost as big as the island of Okinawa, and it's made of plastic! And it is growing every day.

That was one of my biggest surprises when I came to Japan. Some Raelians offered me a vacation in Miyakojima, and I was so surprised. It was beautiful but the beach was full, full of plastic! Twenty-five, thirty years ago. When I walked on the beach there, I needed to choose where to set my feet, not to walk on plastic. Nobody cared!

In Okinawa, I love walking on the beach. Some are very clean, because people come regularly to remove plastic. Me, I love the wild beaches, so I go walk where no one usually goes, and they are full of plastic. In Okinawa! And you can see bottles from China, from Japan, from Korea; you can see everything. Now! Imagine for our grand-grand-grand-children.

So, when you throw a bottle, do it the same way you have respect for ancestors. You cannot change anything in the life of your ancestors, but this planet doesn't belong to you, it belongs to your descendants, to your grand-grand-grand-children. Every time you use a plastic bottle, think about them! This is the planet of past, present and future humanity, and we have the responsibility of protecting this planet. The Elohim chose this planet to create life. When the Elohim came, there was not one plastic bottle, not one. All come from us. Think about it!

I love to walk on beaches and sometimes there are some couples, old couples, they have big plastic bags, and they collect plastic. Every time I meet them, I applaud them. This is the planet where the Elohim chose to create life, and remember that when they created life, there was not one plastic bottle. So, if you enjoy this afternoon walking on the beach, look, it's our planet, not us; us past, present and future humanity.

And the Message of the Elohim makes us love this planet more. Every plant, every animal, it's so beautiful. In Okinawa, you love orchids; there were millions of generations of orchids. When I go to the beach, sometimes there is one earthworm crossing the road; not sometimes, every time. I stop, I take it and put it in the grass, because cars crush everything. The first earthworm, where does it come from? From evolution? No, from the Elohim! The first snail, same; I take it, I think about the first one, the ancestor who was created by the Elohim. When you look at a butterfly, they didn't appear last week. There was a first human being, first butterfly, first orchid; all connect us to the Elohim.

So, it's a part of the mission of Raelians to protect life on Earth. Every day, more than twenty species of animals and plants are destroyed by humanity, every day. They come from the Elohim. We are lucky because we are slowly reaching a level of science which, through cloning, will make it possible to replace them. But think about it, every time you look at insects, plants, they all come from the Elohim. This palm tree comes from the Elohim. Everywhere, I see the Elohim. When I see a cockroach, it comes from the Elohim; when there is a spider, I take it and put it outside. We are connected to the Elohim with everything. And when you think and feel this, our mission is beautiful.

Let's keep the Elohim's creation alive! The cult of ancestors is beautiful, but the cult of descendants is even more important. You cannot change the life of your ancestors, but you can change the life of your children, your grand-grand-grand-infinity-children. Let's do it together. Thank you, Elohim!

## Dance your love to the Elohim

Maitreya Rael – Raelian gathering, part 1-2, November 24, 79 aH (2024), Okinawa, Japan

I would like you to express your love to the Elohim not with words, but by position.

What position do you want to have to send love to the Elohim? Choose! It can be like that; it can be like that; it can be like that. Everything is possible, but talk to the Elohim with your body, not with the tongue. What is the position that helps you send more love, more thankfulness, more respectfulness? Which position? You choose. Don't try to copy others. Feel the love in many things from yourself. Which position sends more love? It can be looking down; it can be looking up. Everybody is different and every day is different; but now, what do you feel? I let you do it.

Talk to the Elohim without talking, or with your body, with all your cells, with all your DNA. Use your own thoughts, your own words, inside, without noise.

That's a question all of us have, "How can I talk to the Elohim? How dare I talk to them? What kind of words can I use that will be respectful enough, loving enough?" It's very difficult. But when you do it in a silent way, you are sure to be perfect!

It's like being with a lover. When you have a lover, someone you love, a boyfriend, a girlfriend, you can talk a lot, or you can just look them in the eyes and express your love. No need to "blah blah", it's not needed. The power of your love is much stronger without "blah blah", and much deeper. Can you? Can you look at the person you love, in the eyes, and stay silent? It's not easy.

Normal people say, "Do you love me? Please, tell me you love me!" Because they are not secure. When you rise to supraconsciousness, you say, "Don't tell me you love me. Show me, with your eyes, with your smile, with your being." Do you love me? Are you? Are you loving me? I want to feel, no "blah blah". You feel real love with all your body, not only the eyes, all your body. Your hands become one with the person you love; your belly becomes one; your lips become one; all your being, without "blah blah"; "blah blah" is noise, a kind of parasitic noise. You hide your love behind words, sometimes because you are shy, sometimes because you don't really love. The people who more often say, "I love you", usually, their level of love is lower than those who are silent.

Real love doesn't need "blah blah"; you just look and you become one, and you feel it. And if love is reciprocal, then automatically you become one. It's the same thing for every level of love, even for sexual love. Many people think they need to scream when they have an orgasm. You can, but you don't need to. Some people have orgasm with just one breath, no need to scream. If you love screaming, scream! What is very interesting is that many girls simulate to have orgasm, to make it stop; because men want so much to be a good lover, they want so much that they make many efforts, and they expect – expectation – the girls to scream and climb on the wall. And if you don't, they feel so insecure that they ask, "Was it good? On a scale of one to ten, how good was it?" Anxiety, "Was I a good lover? Is it better with other partners?" Like if it was a competition. And the girls are intelligent, they scream just to make the man secure, or to make it stop, because sometimes men take too long, and if the girl doesn't scream, they continue, sometimes until pain, sometimes tired. So, intelligent girls scream, and the man stops. That's not love, that's competition, that's an ego trip, "I don't want to make love, I want to be the best lover you have ever had." It's a competitive mind, it cannot be love.

A good real love is completely egoless, no ego, "I don't exist; I focus only on giving love to somebody, without expecting anything, without expecting any applause." Some men would love the girls to applaud, after making love.

They don't say it, but inside they would be satisfied, they want the girls to say, "You are the best lover I ever had." It's competition, "Was it better with your ex-partner?" And when sometimes you become a true Raelian and have other partners, most of the time, "Is he better than me?" Competition man! We are all different, different people, different reactions. Some orgasms lead to screaming like an opera singer. Some people, I know some girls, they have big orgasms and they do just a little sound, that's all. And if you are really yourself, you are not disappointed. If you are disappointed because there is no opera singing, that's expectation; you are not in supraconsciousness, you are not in love.



Supraconsciousness is love. Love is supraconsciousness, no expectation, no competition, just being: you are. Me, I will tell you a secret, some partners I had in my life, who were very surprised, because I am me, I don't care about what other people think: I am. When I have a big orgasm, I laugh like crazy, not for the other people, I laugh. When you really laugh, it's for yourself. And some girls are very surprised because they expect you to behave in a certain way, which is not love. So, be you! And to love the Elohim is exactly the same. No need to scream, it can be just a silent breathing; it can also be screaming. Everything is possible, but feel it.

And now, we will do a little exercise. What is the best way to express our love to the Elohim? The easiest way is to sing. That's why in every religion, they sing when they send love

to their god. But you can also dance it. No need for "blah blah"; be!

So, I will ask you to stand up with me and without music, dance your love to the Elohim. Don't hit the face of other people, just a little movement to express your love to the Elohim. Feel it! You can look at others; you can do even some inspiration, but be you! Dance, express yourself with your body. Which position? Any position; whatever you feel. Yes, naturally people start laughing. Imagine: a UFO comes now, just on the balcony, and Yahweh enters and sees us dancing like that. How, what position is your body? Feel it! Give love with your dance; dance your life.

In the morning, I get out of the bed, I go pee dancing. Dancing! Dance your life. Dance your life before you are underground. When you are underground, or in a pot of ashes, you cannot dance anymore. A little tip, if you suffer from constipation, many people suffer from it, dance on the toilet! People are stiff and make efforts. Relax! You should never force; naturally it comes out. When you shit, it's not you; it's your body. The intestine, a long intestine, pushes; no need to make efforts, just let it be, let it flow. Shit and love are the same. "Let it be, let it be. Let it be, let it be" [singing the famous song]. This is very important to let everything come out naturally.