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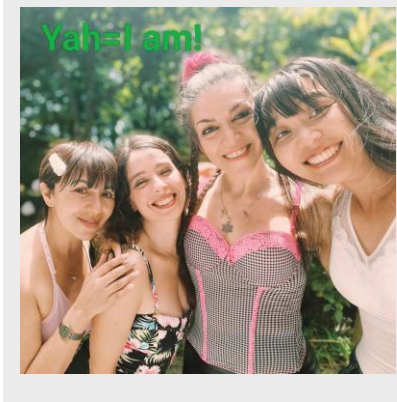
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Homo sapiens versus Homo illusionist - United Nations Organization versus United Beings Organization

Maitreya Rael, Raelian Gathering, April 20, 79 aH (2025), Okinawa, Japan

I’m so happy to be with you! Really. Because it’s not forever. I repeat it and repeat it because I can. One day, I will not be able to repeat it. That’s philosophically interesting because many people say, “One more day on Earth”, and one man said, “One less day.” I like it. Every day is magic. Like the little frog says to its friend, “We will all die one day.” And the little friend replies, “Yes, but every other day we will live.”

We will die one day, but every other day we will live, and we have to focus on that. People who focus on negative sides have a terrible life, because they only have fear; the biggest fear being the fear to die. Human beings are called “Homo sapiens”, which means, “wise human”. Hiroshima, Fukushima, genocide, were all done by Homo sapiens. I want to replace the label of “Homo sapiens”, for human beings, by another name, because we are clearly not Homo sapiens: wars, killings, genocide everywhere; and this has been since the beginning of humanity!

Where are “Homo sapiens”? I think another name would be more appropriate. I think about “Homo illusionist”. Every human being believes they are “sapiens”, especially when they have a high level of knowledge, in science or philosophy. They think, “We are Homo

sapiens.” Shame on them! “Homo catastrophe” would be good when you calculate the number of people who were killed; children, people starving right now, having absolutely no food.



“We live in a world of illusions, like the illusion of countries. When you go into space, now we have images from satellites, there are no borders.”

You have fifty billionaires who own more than half of the people on Earth. Fifty! And you now have eight billion human beings, and half of them do not have food every day. “Homo sapiens”: this name makes me laugh like crazy. Where are the Homo sapiens? Here, together! We are Homo sapiens. But other people, they are “Homo illusionist”. From childhood, they believed in God, the biggest possible illusion! “He is everywhere; he knows everything you do; if you masturbate in the washroom, he will punish you”: Homo illusionist! One of the funniest images I saw recently, a man wakes up in the hospital, with tubes everywhere. The doctor is besides, and the patient says, “Thank you, God, for saving my life!” And the doctor replies, “Ah, I thought it was me. So, I am not useful”,

and he unplugs every tube, “You don’t need me, God saves your life.” Homo illusionist! And they are on hospital’s beds right now. Many people are now with one arm missing, one leg missing, “Thank you, God, for saving my life!” Homo illusionist! They are around you, everywhere.

They are now talking of a war between Europe and Russia. After the last World War, in 1945, they said, “We must not have war anymore. We must find, create, an organization to avoid war.” So beautiful! That was full of wisdom. It’s called The United Nations, where every country in the world gathers; and they have meetings to make sure there is no more war.

And, of course, they have a very limited power. So, they saw some “little” wars because since World War II, there have been a lot of wars on Earth; not two or three, not one hundred, much more, everywhere. So, they said, “We must create a little army” – which is beautiful, it’s exactly what is in the Message, “a little army that we can send when there is a conflict, to stop the conflict.” That’s beautiful! They are called “Blue Helmets”. The soldiers who are supposed to create peace are wearing a blue helmet.

Now we have Palestine with millions of people killed. A city, the beautiful city of Gaza, doesn’t exist anymore. There was never even one Blue Helmet, none, zero! And the criminal who killed so many people, the leader of Israel, Netanyahu, is not Israeli, he is from Poland. In fact, all Israelis, except those who were born there, are from Europe, America, everywhere. And there is an International Court of Justice in the city of The Hague, in Holland, where, of course, independent judges and lawyers have meetings when there is a war crime – because a war is not considered a crime. One army killing another army, they say it’s not a crime, which is crazy in itself – “You are from another country, you have a different uniform, I can kill you!” That’s perfectly legal; they say, “perfectly moral”. But normally, the international law says, “You cannot kill civilian people, people who are not military, you cannot attack them.”

And the champion of freedom and all human rights is the United States. They want to promote the image of respect for human rights, respect of life; and they dropped two atomic bombs, not on military bases, but on two cities: Hiroshima and Nagasaki, seventy-nine years ago. They knew that dropping bombs there was a crime, a war crime, and they did it. It was not to attack tanks, armies, bases, rockets, no! A city, with children, with women going to the market. So, they knew it, when the President signed the decree saying, “Drop the bombs there”, and they did it. Hundreds of thousands of Japanese people, civilians, killed, like that (in a snap of the fingers), plus millions suffering for many, many years. Why? You don’t win a war by bombing a city; you win a war by bombing an army. But hitting civilians, why would one do that? To create fear, to deeply scare all the people of Japan. When you act in a way to scare a country, there is a name for that; it’s called “terrorism”. So, the United States was the first large-scale terrorist. They could have said, “Oh, a little mistake.” No! They bombed Hiroshima and Nagasaki; one city was not enough.

This is the Homo sapiens! I cannot stop laughing. You know that in a city there are children, women, old people, having a peaceful life, and you drop an atomic bomb. You know it and you sign a paper ordering to send the bomb. Homo sapiens! Me, I cannot argue, reason or have an argument; just the facts are impossible for my brain to understand. And this is where we are. You have Ukraine; now you have China who is thinking of invading Taiwan; everywhere. And they will have good logical explanations for killing. For killing! That’s Homo sapiens; Homo illusionist.

We live in a world of illusions, like the illusion of countries. When you go into space, now we have images from satellites, there are no borders. There are no borders between the United States, Russia, China; it’s ONE planet, but driven by money. Because the world is not governed by democracy. They have the mouth full of this word, “We have to defend democracy!” Democracy, what a shameful word! It was beautiful, originally; from the ancient Greek “demos” = the people, and “kratos” = the power. It means, the power to the people. It’s not the case; it’s an illusion.

The truth is there is an international organization of billionaires, when there is the possibility of a war, they sell weapons; making huge profits in destroying one country. But they are so kind; after, they come and say, “We will help you rebuild the country; we will finance it.”

And that’s how the world is governed. Each war makes billionaires richer, and each reconstruction, rebuilding a country destroyed by a war, also makes them richer. And we know these people exist; we know who these people are. Check on the Internet, it’s very easy, they are called “BlackRock”. BlackRock finances wars and finances reconstruction, “Give us your money, so you can have weapons. Give us your money, so we can rebuild what is planned.” They know it before. That’s the world we are in, governed by “Homo sapiens”. And this is why there are problems.

So, we have to slowly change this situation, and you Raelians are those who promote something different. You are bringing peace, bringing love. How? Let’s be practical. “Peace and love” are beautiful words. What action can you



initiate? Reject your nationality! Don’t feel Japanese, Portuguese, American; feel human, citizen of the universe, born to bring peace and love everywhere. That’s the Raelians’ mission! It’s very powerful and very easy for Raelians because we know we are children of the stars. You have to imagine Yahweh coming in front of you, and the President of your country saying, “Kill him!” Who would you listen to? You know the answer because it’s well possible that these people who are completely rotten would push human beings to fight any extraterrestrial coming. They tried to create The United Nations Organization. We are The United Beings Organization; not Nations. Everything alive in the universe, we unify. That’s the Raelians’ mission, and you have done it well. Be true “Homo sapiens”, and replace the “Homo illusionist” people!

Every day I look at the Internet, it’s good for my eyes, it cleans them. I cry knowing that we have The United Nations Organization and there is nobody in Gaza, nobody! And every new day, another hundred children are killed. It’s not to increase the guilt in you, not to feel guilty. Realize how important our mission is! Before people were saying, “Never again (the Nazis)”, but it’s so funny – I don’t know if the word “funny” is good, so ironic maybe, cynic, pathetic – to see the very people who were the victims of the Nazis, the children of the Elohim, who suffered in the Nazi extermination camps, suddenly doing the same to Palestinians.

And the root of the problem, that’s the most interesting, the root of the problem, and it’s connected to the creations of life by the Elohim, when one group or race of human beings thinks they are superior to others, you are 100% sure there will be genocide. And it goes back a very long time in history; it comes from the Dark Ages. The Germans, the Nazis, they were sure to be the superior race, and they had contact with another superior race, which is the Jewish people. Explosion guaranteed, “I am superior to you.” – “No, you are not superior.” There is no possibility of

dialogue; it's not possible. You deny the existence, like the Germans who were considering all other races as inferior, less than animals. The Germans thought the Arian race was superior, and other races were animals. And Netanyahu, the Prime Minister of Israel, says, "Kill the Palestinians, they are not human." Boom!

When you don't recognize that other people are humans like you, we are in trouble. And that's why the Elohim created seven races; we have to overcome this illusion of superiority to reach oneness. And this has been a good training planet. We have been through racism, apartheid, drama, everywhere.

And the Elohim teaching is, "We are one." And when we are one, other people are equal. And the training on Earth is training for infinity. When the Prime Minister of a country is saying, "They are not human, they are less than animals. Kill the Palestinians!", imagine other civilizations coming from space, not with two legs, maybe four; maybe six eyes. Imagine the aggressiveness, the reaction of people who are not using supraconsciousness.

That's why we Raelians are training humanity to welcome consciousness, whatever the color of the skin, and whatever the number of arms. We have a teaching; we have a philosophy that is teaching the future. Let's do it!

Everything in the Universe is vibration

Maitreya Rael, Raelian Gathering, April 27, 79 aH (2025), Okinawa, Japan

For me, cats are the most beautiful creation of the Elohim. They are my inspiration. First of all, they love to play all the time; they are very soft; they don't make noise; and number one, they sleep sixteen hours a day. It's my dream. Sixteen hours, every day! They sleep twelve hours at night, and during the day they have three or four naps. And when they don't sleep, they do two things: they play, or they eat. That's the life of a cat. That's the dream of the prophet.

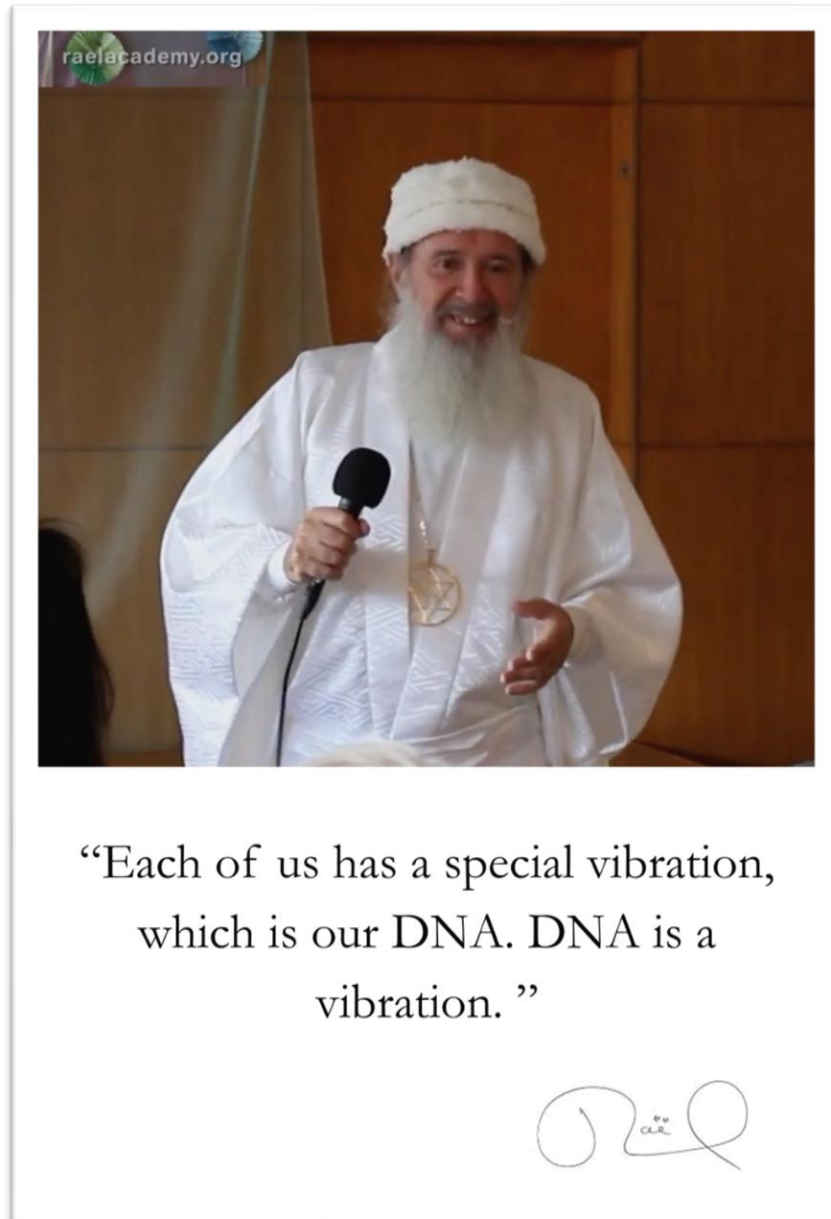
And they are very telepathic, they feel the people. When you are ready to give love, they come to you. For some people they stay away, for some others they go and touch them immediately. Animals are such a beautiful creation of the Elohim. And sometimes, when it wakes up, my cat looks outside, it looks at nothing, just looking, it is in meditation. They are doing meditation. And they also have a kind of AOM, when you touch them, they purr. This is the AOM for cats. And what is very interesting, scientists studied the effect of a cat's purring on us: our body starts producing more oxytocin when a cat beside us starts purring. It's so powerful.

Today we had a beautiful meditation, my cat and me; when I lie down on the bed to meditate, he comes near me and purrs. He's a teacher of meditation. I would love to be a cat; first of all, because when they're hungry, they meow and food comes. People ask me sometimes, "You have a cat?" I don't have a cat; my cat has a human. He goes in front of the door, meows, I open the door. He goes into the garden, sees his friends, then comes back in front of the door, meows, I open the door. He goes in front of the fridge, meows, I give him food. We are their slaves, and it's so good.

So, enjoy the meditation provided to you by the animals; it really has an effect on your health, on your level of happiness. Instead of thinking and thinking, look at the animals. The animals, especially the cats, they never think; they are. Every animal; they just are! Are you? [Meow!] – [I am.] Yes! The "I am" is almost like purring. They really are. It's so relaxing and it brings happiness in your brain to look at and touch animals.

I love cats. I would like to teach you how to communicate with cats, because people who don't know cats, usually are also not good with human beings; there are people who touch you without asking. When you see a cat, put your hands down and let it come; it will come and will smell you, it will touch you; and after, you can touch it. But if you directly touch it, it is very afraid. Imagine yourself, suddenly a big hand comes over you and touch you. You are

monsters to cats, to tiny animals. And this is exactly the same for any animal. We are lucky; there are horses near the house. Horses are huge, three hundred kilos in weight. Same thing, people who don't know how to communicate, they touch them. No! You go to the horse, right beside; you give your hand, it comes, it smells, it touches; and after, you can touch. Introduce yourself. It's the same with a partner; same lack of sensitivity. In a dancing party – Raelians girls know that – some men touch immediately; they want to grab your ass and your breast. That's not a good way to introduce you.



I remember the first year I came to Japan, everybody bowing. Beautiful, but we need hugging. So, I teach everybody to give a hug. But it's the same with the hug. Hugging somebody is not raping; it's just feeling. And that's what is beautiful. It was, for some Japanese, the first time they hugged somebody, because I was so surprised to learn that children have no physical contact with their parents. We need to be touched, not raped. Hug with love, it's so important. And you feel it.

And we now have an action, which you know very well, hugging people: Free Hugs. We have a high level of love, because hugs from the Raelians are very precious. We should sell them for thousands of dollars and more. No! Free Hugs. And people who appreciate it, they feel it; you give love. Remember, when you give a free hug in the street, some people have never been hugged, even children. And you can feel it, if you look at the eyes of people. You don't realize it but for some people, it's the first time of their life. It's difficult for us to imagine but some people have never been hugged, especially in Japan. They bow forty-five degrees. But we need a free hug, it helps us surrender ourselves, "This is me; this is you. Let's feel the life in each other." When you do that with your consciousness or supraconsciousness, it's so beautiful.

It's not just a hug, no. You know, everything in the universe, as I told you, is vibration. This morning, there was an article, on the Internet, explaining that light is vibration. I told you that several times. Now, top scientists realize that light is not just photons, just particles, it's vibration. Everything is vibration. I see you because you are a vibration. Love is a vibration; happiness is a vibration. And we are here to increase the level of this vibration on Earth. We don't believe in the supernatural, but we feel each other. What is this feeling? How can I feel you? Vibrations! Each of us has a special vibration, which is our DNA. DNA is a vibration; DNA is not only molecules together in a spiral; that's not the truth. And when you do your cellular plan transmission, what is transmitted? A vibration!

Vibrations: colors are vibrations, sounds are vibrations. When you sing, you produce a vibration, which also makes the ears of people around you vibrate. So, everything is vibration. When we consider the physical aspect of our body, can I really touch someone? No! I cannot because my atoms and molecules cannot enter. But when I put my hand like that (touching gently), that person feels something strong, a vibration. My atoms vibrate; her atoms vibrate; they can never enter inside each other. Her body is her body; my body is my body. We can have the illusion of touching, but there is no touch, there is a vibration. This vibration is love. I feel you; you feel me. I don't need to touch. You can be here, you can be in your apartment in Naha, you can be in China, you can be in the North Pole, you will feel the same vibration. The speed of the vibration of love is much faster than the speed of light. The speed of light is very slow, but the speed of love, when you send love to the universe, you touch infinity. Infinity! So, your vibrations of love instantly touch each part of the universe, each part of infinity, and the Elohim also. So, your love for the Elohim is a vibration that doesn't travel at a speed, it's instantaneous.

Remember, in infinity there is no time and no space. Repeat it in your head, "In infinity there is no space and no time. Infinity is." You cannot say how big, how long it is; it's not possible to measure infinity, because it's infinity. And we are, we are together. There is the illusion of separation between us, but we are one. And that's why we radiate love, and we increase the level of love on Earth.

What is Maitreya's mission? Spread the Message of the Elohim, yes! Build the Embassy, yes! But it's much more than that, much more. My mission as a prophet of the Elohim, I share it with all of you. When you are with me, we share the same mission; you are also another Maitreya. And what is our mission? Very simple, very small: to save humanity! Very small! Compared to infinity, it is very small. We are here to save humanity. Think about it, we are here to save humanity!

And now, humanity is very, very close to self-destruction. Who can save humanity? Us. Not only me! Together. I need you to help me to save humanity. Remember it, every day when you wake up, ask yourself, "Why am I alive on Earth? To save humanity!" Your day will be completely different. So, thank you for your help!

Love is a preparation for eternal life

Maitreya Rael, Raelian Gathering, May 11, 79 aH (2025), Okinawa, Japan

It's never too early to say, "Thank you, Elohim!" I'm very, very happy to be with you. Every morning, I'm happy to still be on Earth, to be with you. Every Sunday even more. When is the last Sunday that I will be with you? That's a very interesting question.

Recently, I received many messages from Raelians, and I am very happy to see that the Raelians are more and more conscious of my presence on Earth. Because it's a privilege. Many Buddhists have gatherings, but the original Buddha is not on Earth anymore. Many Christians have gatherings, but Jesus is not on Earth anymore. Many Jewish people have gatherings, but Moses is not on the Earth anymore. Who are the only people whose prophet is on the Earth? The Raelians! Feel it. I don't know, maybe next Sunday, or next month, or next year, I don't know, you will be in this room without me. It's coming! But as the poet says, "It has been coming from the moment I was born."



If we were conscious, or supraconscious, at birth, we would feel that the beginning of our life is bringing us closer to death. And it's not sad at all. It's beautiful. You are alive for seventy-five, eighty years. What is seventy years or eighty years on Earth? What for? To prepare yourself for eternity.

Birth is just the beginning of preparation for eternity. Many times, people ask themselves, "Why am I alive?" Everybody thinks, "What is it for? What is the point, what is the purpose of life? I work every day, I make money, and one day I will retire. What for?" Death is coming at the end, and it's the most beautiful day of your life.

Death must be the most beautiful day of your life. People who don't use supraconsciousness live their life as hell because they don't know why they are alive and dying? Why waste seventy or eighty years on Earth? And they are aging and are more and more afraid of dying. The biggest fear for human beings is the fear of death. But if you use supraconsciousness, like the Elohim teach us, you get closer and closer to the most beautiful day of your life: the day of your death! Can you imagine a most beautiful day? The day you join the

Elohim! The day you enter eternal life! Are you afraid of that? Really? No, you are welcoming it! Because, like a beautiful spiritual man wrote, "Don't be afraid of death!"

Who are you? You are like drops of water evaporating from the ocean; and when you die, you go back to the ocean. There is no reason to be afraid. Even if you don't deserve eternal life with the Elohim, like Jesus said, "From ashes

to ashes”; from the ground back to the ground; from the ocean back to the ocean. We are some tiny parts of the Earth made conscious by the Elohim. And they are watching you every day. Every day of your life you must feel it.

What is life on Earth? It’s like a “Preparation Center for Eternal Life”.

The more you age, the more you should celebrate, looking at the sky and saying, “I’m coming!” You cannot be sad. You should start very young, at fifteen, at thirty, at fifty, “I’m coming!” Prepare yourself every day of your life, and then one day it will happen. You don’t know where you will be; a beautiful image, in your bed. It can also be in an airplane crashing. It can be on the beach covered by a tsunami. How it happens isn’t important; what’s important is to be ready, to celebrate. Celebrate life, of course, but celebrate death; it’s even more important. It will happen! I hope nobody doubts; it’s unavoidable. But people are afraid of something unavoidable.

If fear could help you avoid what’s coming, then fear would be good. But it doesn’t. You will all die. Prepare yourself! How? By enjoying life. Some people ask the question, “Is there life after death?” It’s a very trendy question, very fashionable question, “Is there life after death?” This is such a stupid question! Me, I ask, “Is there life before death?” Are you? Do you have a life? That’s what you can do; you can be, you can feel.

What is death? We stop feeling. Enjoy! One day you cannot feel anymore. Every day, every sunrise; like I said, “Every breath in and every breath out”. We are born with the first breath. When you are born, if you don’t breathe in, the doctor hits your ass to make you breathe. And when you die, you have your last breath. Better enjoy every moment in between, enjoy each of them! Are you? – [I am.] That’s a beautiful sentence, because it is “breathe in”. If you don’t breathe in, you cannot say, “I am.” Are you? – [I am.] This is life. And one day, one morning, you won’t be able to say it anymore. It’s coming! Maybe at the end of this speech; maybe at the end of this minute. Feel how lucky you are, yes, how lucky we are to breathe in and out.

So, don’t be afraid of death. On the opposite, expect death, welcome death, like a gift. Because if you spend your life spreading love everywhere, death will not be the end, but the beginning; the beginning of eternal life. Imagine for a second the planet of eternal life, with everybody living there being afraid of death. They are together on the Elohim’s planet and say, “Wow! I didn’t die.” You didn’t die, so you didn’t live! So, eternal life you deserve it, it’s like a birthday cake. We celebrate birthdays, but we should celebrate death, “Happy death day to you! Happy death day to you!” That’s to be Raelians: we are the only ones not afraid of death.

You know, all these people who believe in God are scared, “Please God, save my life!” Instead, the Raelians say, “Thank you Elohim for giving us the reward of death!” Do you deserve the beautiful life you have? That’s a question we can ask ourselves; but the right question is, “Do you deserve the beautiful death that is coming?” Because it’s the gate, the gate to infinity, and it’s coming.) “Tick-tock, tick-tock, tick-tock.” (time passes) Enjoy every “tick” and every “tock” because one day it will be the last. So, it’s better to enjoy it.

Love! Love is the preparation for eternal life. Love is the only way to eternal life. For yourself first; do you love yourself? I mean really; like you love the first woman in your life, or the first man, your first lover: you! Don’t think that loving yourself is different from loving somebody else. You must love yourself with the same sensuality. And I have the proof: you can masturbate every day, which is making love with yourself. And after, you can love others. If you don’t love yourself, how can you pretend to love others? “I don’t like myself, but I love you.” It’s totally stupid! “I love myself, so I can love you.” Love is like a vase with a lot of water inside. It must be full of self-loving. And after, the water goes to others. How can you love yourself? By being! Are you? – [I am.] I am. You can hold yourself in your arms, feel your life. Don’t forget, “Tick-tock, tick-tock.” Enjoy every second, and then give your love to others.

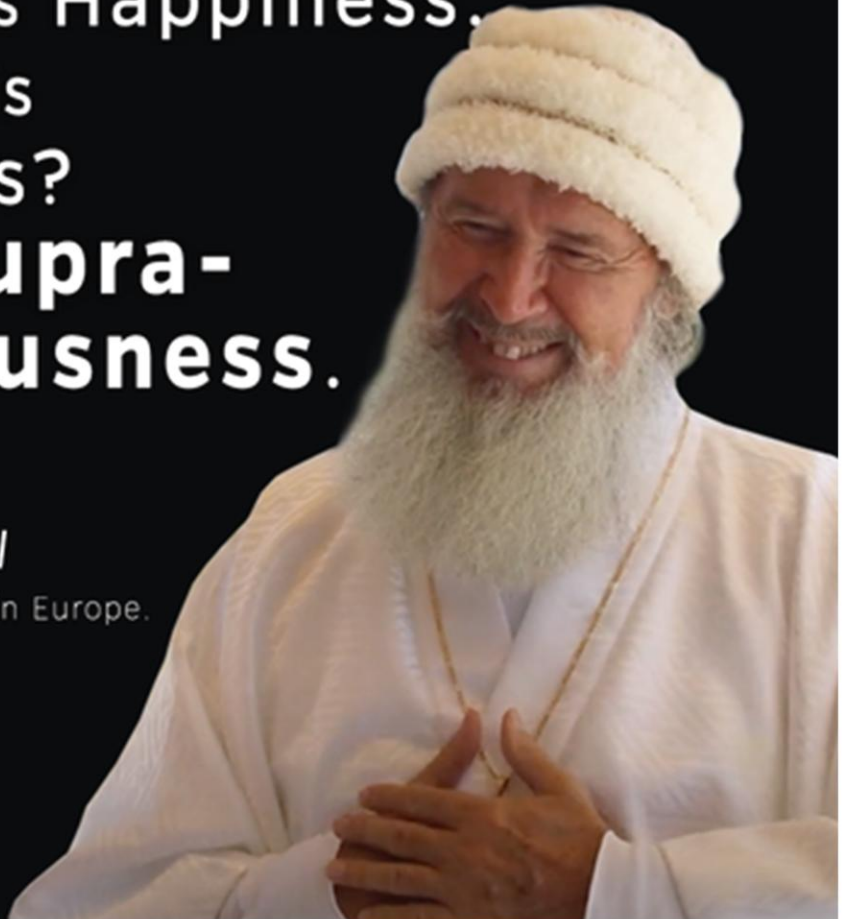
Love! Without love, life is not interesting; it's boring. You wake up every morning, go to work, receive money, which is nothing, and you put money in your bank account; and when you die you cannot even bring it with you. So, what's the point? But love, you are all, if you pay attention, billionaires of love; billionaires! People have the habit of admiring big houses, big cars, Chanel, expensive clothes, which are dust. But love, if people could see the amount of love you have, you the Raelians, they would look at you with envy. You look outside, "Wow, what a beautiful Ferrari! What a beautiful Chanel dress!" But if people who have these things could see your capital of love, they would envy you. You know, people have to see; they want to see "Chanel" written on their clothes. You know that, right? Or "Louis Vuitton", which is nothing; girls have bags with LV on it, and they are so proud. Or "Rolex", like Mr. Bean in the

**There is No God,
there is No Soul,
there is No Reincarnation,
but there is Happiness.
And What is
Happiness?
It is the **Supra-
consciousness.****

- Maitreya Rael

at Happiness Academy in Europe.

Aug 04,76aH,(2022)



movie; it's nothing! But you have the symbol of your wealth, the real wealth: love. Not Louis Vuitton, not Chanel. This is your symbol (showing the symbol of infinity); wear it proudly. What is it? Love!

I'm so happy to be here with billionaires of love. The more you distribute your money to others, the poorer you are. But love, the more you give, the richer you are. So, do you want to increase your capital? Give love! How? By being and making other people "be" more. I know you love me; why? Because when you look in my eyes, when you come close to me, you feel you "are" more. That's the goal of my life, more than fifty years now, to push people to "be" more. Be you! The false prophets try to make you somebody else. A real prophet wants to make you more yourself. Are you? – [I am.]

I love us!

We change every 10 minutes

Maitreya Rael, Raelian Gathering, May 18, 79 aH (2025), Okinawa, Japan

I have a very important question. Are you happy? – [Yes!]

Okay, goodbye!

Yes! We are the dream of the Elohim.

They created us in their image, not only outside, but also inside. We feel this when we look in the mirror, "Oh, my body is like the body of the Elohim." But inside also. The Elohim have a heart beating, like us. They have a liver, kidneys, bones, sexual organs, very important; everything. Don't forget, it's written in the Bible, "The sons of the Elohim found the daughters of men very beautiful." It's clear! Meaning, when the sons of the Elohim were on Earth, and they were looking at the beautiful girls from Earth, the Elohim had their penis up. That's a fact and it's written. And they had children together. So, we are really in their image, even in our desires. When you enjoy food, you are in the image of the Elohim. When you masturbate, you are in the image of the Elohim. It's not just the look, "Oh, I look like the Elohim." No, inside also. When you go to the toilet, they do also. So, being in the image of the Elohim, it's physical, it's reality; it isn't just an image, it's physical. It's important to feel it in your body. Feel your heart beating; the hearts of the Elohim are also beating. Sometimes you live a down, sometime happiness; they are the same. We are in their image in every aspect.

"Yes, but Maitreya, being what we are, shouldn't we be always happy?"

Happiness is like everything in the universe. There is no ocean totally flat, there are waves; we love the sound of the waves on the beach. It's the same here (showing the brain). When you are very negative and depressed, it's a typhoon passing; let it pass! Okinawa is the number one country in the world for the number of typhoons, but it's a beautiful island. And every time there is a typhoon, everybody panics; but here we are. I have been in Okinawa for fourteen years, there were probably twenty typhoons, and here we are. It's part of life, like day and night. Life is made of contrast.

You know, the heart beats. There are technologies that make it possible to have a heart with a constant flow; technically it's possible. But the heart beats, that means it stops for a moment; between each beat there is nothing. During my life, it happened a few times that it stopped too long. Right here, in front of the large statue of Buddha, one day, I went walking but too fast, like a seven-year-old boy – because in my mind I'm seven years old – but the body is seventy-eight. And when I came back from the beach, in front of the statue of Buddha, my heart stopped.

Last summer, it stopped, and I fell on the grass. And it restarted, that's why I'm here. But the heart stopped, it can always stop. That's life and death. One day, it stops and it doesn't restart. We call it "death". Be ready! Enjoy every beat.

I will help you to feel good. A few times in my life, it stopped; no pain at all. I was in the grass, ready to enter the house, suddenly no image, no sound, and I fell on my forehead. No pain at all; it was actually a very pleasant moment; it was pleasant. Sadly, it restarted, because I thought, "Oh, I'm coming." No! Ah, I have to walk again faster. But I know some people have heart attacks that could be very painful. When my heart stopped, I had no pain at all. We don't need to suffer, we need pleasure; I could even say it was pleasant. It's surprising but I enjoyed it. I didn't enjoy the mark on the forehead after; for one week it was red on my forehead. But when it stopped, it was a kind of feeling, "Oh, I come back"; not something that stops but something that starts. A good feeling! It's all here, but when it happens, because it will happen, remember that. You can die full of fear, "Oooh, what's happening?" or full of joy,



"Elohim, I'm coming! Infinity, I am part of you." That's beautiful.

And one last thing I want to say. This week, there was some scientific research, a scientific study, saying that every ten minutes we are different. We change. We think we change after five years, seven years; no, every ten minutes! You came this morning to this contact, I spoke a little bit, too much, but I changed you. Each word changes you,

each silence. It's very fashionable now – it's stupid, but it's fashionable, and what is fashionable is always stupid – the “influencers” on the Internet. Wow! So, some people are influencers on the Internet. But it's so stupid! We are all influencers. You go to a meeting, you influence other people; even if you stay silent, your silence influences other people. The most powerful influence is to stay silent. Remember my words, “There is more teaching in the silence of a Buddha than in one hour of speech of a philosopher.” And another advantage, a little trick to help you feel good, when you stay silent, you are sure to look like a genius. You are sure to look like a genius. When you open your mouth, everything can change. Enjoy this silence!

And another sentence I have been teaching for many years is, “Speak only if what you have to say is more beautiful than the silence.” But it's very difficult, very difficult to say something more beautiful than the silence; it's very difficult! For words, or for music. When you are in front of a piano, you are Mozart, Beethoven; you are the best musician. But when you touch the keys, oops, then we see your true color. When you are in front of a white piece of paper, you are Van Gogh, Picasso; you are the best painter. But, as soon as you draw something, oops, it's over!



That's in everything.

So, I love one of the best painters, I love the paintings; painting, sculpting, writing, singing. As long as you don't sing, you are always in tune. So, stay like that. The world would be such a beautiful place if everybody remained silent, and if only those who make the silence more beautiful were talking. There is a place like that; it's the Elohim's planet! Nobody makes noise. Like Mozart said, “Music is the silence between the notes.” I love music, not all music. Bad musicians play very fast; wait a minute! And good musicians play slowly; and we are in ecstasy. You know, right? A musician who plays too many notes is exactly like people who talk nonstop. At the beginning we listen, and after we say, “Okay, okay”, and we escape. A true wise man, or a Buddha, remains silent. And if he says one word, it goes to the right target. Like the Zen master in the Zen temple, “I come from America, I want to learn meditation, I want to

awake my mind.” And the Zen master says, “Sit down.” That’s all. No teaching, but it contains all the teaching, “Sit down.” – “When will the meditation start?” – “Sit down.” No need for more.

You are different, do you feel it? Do you feel that you are different from when you arrived? But even if you don’t come to the gathering, feel it when you are alone. When you wake up in the morning, immediately feel who you are, or who you think you are. Most of the time it’s not true. But feel it and memorize it! Try to remember the way you felt when you woke up yesterday. Yesterday morning, you woke up, maybe; and this morning also. Remember the difference.

In France, when somebody is in a bad mood, we say, “Oh, il s’est levé du pied gauche.” We say, “He got out of bed the wrong side.” It’s not true but it’s interesting because it means that the way you wake up, the way you stand up, will have an influence on your whole day. Feel it! You are responsible for it. Many people wake up, they yawn, and immediately check their telephone. It’s the first thing they do, the very first thing, “Do I have any message?” Yes, you have a message; I brought it, you don’t need the telephone!

So, that’s very important to wake up to the world, to wake up to yourself, to be thankful, “Wow! I am alive.” You can touch and breathe in, it’s beating inside. Feel yourself! And then, all your day is different. That’s love, love for yourself. And after, you can get out of bed to love others, to make others feel this fantastic privilege we have. All these hearts beating now, I can hear all of them; it’s a beautiful melody. We are a philharmonic orchestra. Feel it!



Maitreya's comment: about Gaza

A couple of weeks ago, Maitreya shared a French video where humanitarian doctor Raphael Pitti warns of the extreme gravity of the situation in Gaza.

<https://www.facebook.com/watch/?v=1897078317498429&rdid=6r1sZtjFR7H28a0k>

Maitreya wrote a comment on that video:

This man isn't "angry" enough yet... If one truly is, one forms international brigades of volunteers who go there to stop this massacre. That's what the UN peacekeepers were supposed to do in the past... Where are they, the peacekeepers?