

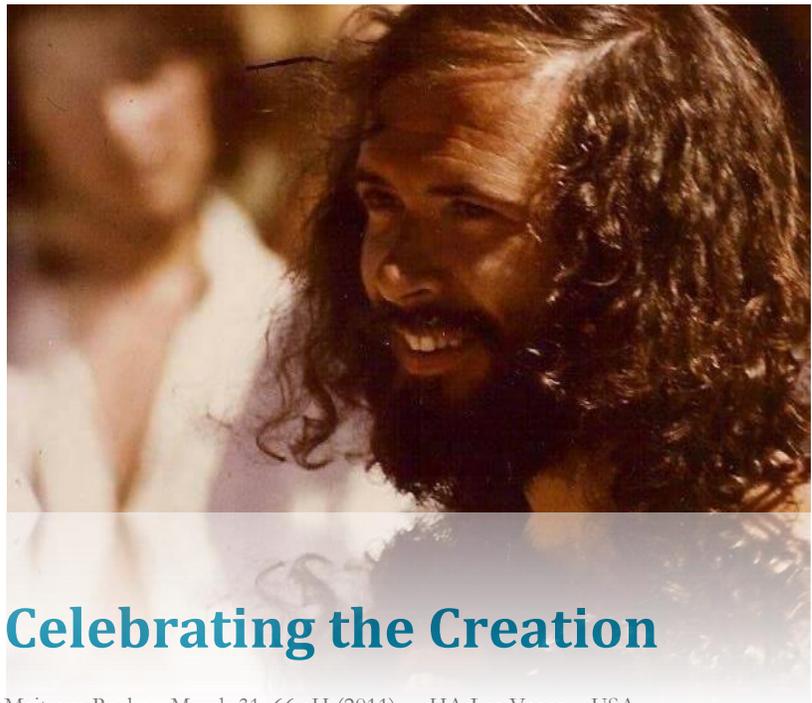


Edito

“There is no higher happiness than the celebration of the Creation of the Elohim.” This amazing quote of Maitreya ten years ago in Las Vegas still resonates in those who had the privilege to be there. Preparing the 400th Contact made me reflect on what this special edition should contain and it just felt right to share a medley of quotes of Maitreya on our Happiness duty, our Happiness mission.

When I joined the Movement, I was eager to “do” thing. “Please let me know what to do to help!!!” The answers I was getting from the Guides was invariably “Just be happy.” That was the wisest teaching I needed then and it is still the best teaching we can bring around us. I asked a few Guides to share their “feelings” about Happiness and I hope you like their notes below as well. Wishing you all the happiest celebration of the Creation this coming Sunday. Let’s send our happy vibrations so heartily that we reach our Creators in a loud united “THANK YOU”.

bb



Celebrating the Creation

Maitreya Rael on March 31, 66 aH (2011) — HA Las Vegas – USA

There is no higher happiness than the celebration of the Creation of the Elohim, the celebration of being alive, feeling infinity, feeling the beauty of plants, girls, boys; everything around you is a celebration. Don’t look at things or beings, animals or humans around you, without having in mind this concept of celebration. Then, when I look at a flower, I don’t see the flower; I see a seed that was created by the Elohim at the beginning. When I look at a huge tree, a sequoia, I see a little seed because in the beginning, it was a little seed. When I look at a bird, I don’t see a bird, I see an egg. This egg contains all the DNA, the beautiful Creation of the Elohim. Everything I see around, for me, is a celebration.

Make every moment of your life, every second of your life, everything you do as a celebration of the greatness of the beauty of the Elohim’s

Creation. Everything you do, not only when you lie down to have a beautiful meditation, not only when you attend the contact on Sunday morning with the Elohim, not only when you read the Messages or when you talk about the Messages, but also when you go to the toilet, make it a celebration. When you eat, when you drink, in everything you do, make it a celebration. When you eat, it's a celebration because what you eat is coming from the Elohim's Creation. When it goes inside you, make it a celebration. When you taste it, when you smell it, make it a celebration. When you digest it, make it a celebration. And when you go to the toilet, make it a celebration also.

Happiness is programmed

Maitreya Rael, May 13, 72 aH (2018) – Gathering in Okinawa - Japan

“Never forget that happiness is programmed in your DNA, in your genetic code. Happiness is a decision; it is a choice that you make every morning when you wake up [to activate the program].

It is true all day long as well, every second, but it is especially important when waking up. If you decide it in the morning, it will initiate a chain reaction for the whole day.

When you wake up, ask yourself, “Do I want to live a happy day or a depressed day?” It is as simple as that. Whatever happens, even if you lost your house the day before, even if you learned yesterday that you have cancer, even if your boyfriend or your girlfriend left you on that day too. It would be exceptional that all these events happen on the same day but it is possible. Then ask yourself, “Do I want to live a day of happiness or a day of depression?” It is your choice!



Maitreya Rael, May 31, 69 aH (2015) – Gathering in Okinawa - Japan

Simplicity is always better for everything in your life. The simpler, the better, for everything. In our body, the Creation, the temple of the Elohim, everything is simple. The way our body works is so simple. For scientists, it's complicated, but it's very simple. It's based on love. Life is based on love and happiness. Happiness is part of our DNA and that's why every time we feel real happiness our health improves; because we support the DNA that supports us.

Cheese and dessert

Maitreya Rael, February 18, 72 aH (2018) – Gathering in Okinawa – Japan

Every day, when you wake up, feel the joy to be alive. Every morning I say, “Wow!” Then I open the curtain and I look at that [the ocean]. It doesn't change my happiness. It is not the ocean that makes my happiness, but it's a joy. Wow! Okinawa is so beautiful. It doesn't change my happiness. I can be in the city in front of a building and have the same happiness, but this is beautiful. It's a joy. Understand the difference between happiness and joy. Happiness is never “wow”, happiness is always there, stable. You have it, rich or poor, with a handsome boyfriend or girlfriend, or alone on the most beautiful beach in the world, or in a small apartment in front of a factory. Happiness doesn't change. But joy is very good, wow!



There are three inspiring concepts for me about happiness:

1. Happiness is the highest level of personal success
2. Happiness is not an emotion, but the absence of emotion
3. I can only be happy when I am in the magic of the present moment

Amore

Marco

Joy is what makes you laugh; happiness is what makes you happy, in a constant stable harmony and peace, without needing anything from outside, no music, no dance, no exercise, no food, it's inside. But dance is good, it's a joy; singing is good, sex is good. It's not happiness but it's good.

So, when you wake up, feel this joy of just being alive and the joy of seeing the beautiful scenery. They are pleasure; pleasure is always good. And from the moment you wake up, focus on having a whole day of pleasure. It's not a choice between happiness and pleasure, you can have both! Some people say, “No, no, I want to be a Buddha, I have happiness. No joy”, just like the stupid Thailand Buddha with no smile... No! The real Buddha is the Chinese Buddha, laughing like crazy. He has happiness inside and joy outside. I was told that he loved wine, meat, probably sex also; we don't say, but I'm sure. Everything! That's joy. It's not like in French restaurants where in the menu you have a choice between cheese or desert. I never choose, I want both, cheese AND desert! It is the same, you can have happiness AND joy. Why only one? So, you have happiness because you

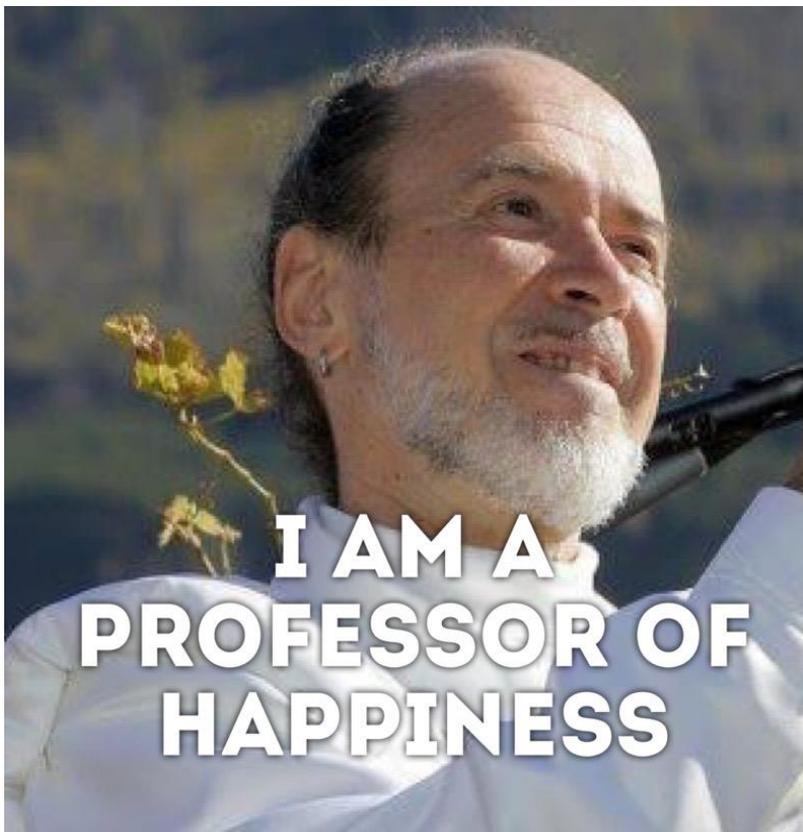
do meditation, then make your day full of joy! Full! I wake up with the joy of being alive. That's something! Feel it, you could be dead. Your heart is still beating, you are breathing! That's a joy.

Happiness is guaranteed, but don't lose the pleasure to search for joys, an infinite number of joys. And don't expect joy from big things, it is produced by small things, a little flower, a little music, a little dance, a little worm. Look at every little detail, joy is in the details. Happiness is inside, but take cheese AND desert!

Happiness is giving without emotion

Maitreya Rael, February 4, 72 aH (2018) - Gathering in Okinawa – Japan

Happiness is giving love, it is giving without expecting anything, without emotion. Avoid emotion to discover real happiness. Real happiness is stable happiness, not one day up, one day down. It's peace in your life, a peaceful happiness. Real happiness is not an emotion. Real happiness is deep inside you, touching all your cells, making you feel one with the universe, with everything, without jumping. You can jump, but not a jump of emotion. Happiness is singing without emotion. Lotus, one day, made a beautiful song about Buddha; the song is perfect. The voice is constantly the same like a prayer, the opposite of modern songs. What is a modern song? "I love you!" "Don't leave me!" "I will die if you leave me!" These are emotions. The song of Lotus about Buddha is beautiful, calm. It's happiness, real, deep happiness, not jumping...



Many people have everything, but they have no philosophy, they don't know the Message of the Elohim. You have it, wow! This happiness must be, wow! A permanent wow! A wow without emotion. If it's just a wow with emotion, it's a wow followed by an emotional down. The beautiful wow is a permanent wow. You wake up in a wow state, all your day is a wow state, and you fall asleep in a wow state. And then you will dream in a wow state. This is happiness, no emotion. It is a big mistake to believe that happiness is an emotion, it isn't; a big mistake to believe that love is an emotion.

When you realize that happiness is not an emotion, that love is not an emotion, then you become a Buddha; with this permanent happiness that absolutely nothing can destroy, because it's not an

emotion. Emotions can be destroyed. Real happiness cannot, even if somebody puts you in prison, even if you learn tomorrow that you have a cancer, even if you become homeless. This happiness will remain because it isn't created by what is outside, it's inside. Live it. It doesn't mean to have no enthusiasm.

One more time, many people feel, “I must have calm emotions, so no wow.” Wow all day, dance all day, sing all day, without emotion. And then your dance, your songs, your wow become much more powerful; and before all, permanent.

Give the Message

Maitreya Rael, October 7, 63 aH (2008) - Contact #355

Happiness is to stop thinking about yourself and start thinking about others and about how you can make them happy. Only this way of thinking can make a positive change in your life. We are gathered here for this reason. So, what is the best way to make others happy? It is to give them the Message of the Elohim. Without the Message, people will tend to believe in God or evolution. Christianity and other almighty-god religions planted the sense of guilt into people’s mind in the name of God. Believing in evolution will certainly not make you happy either. How can you be happy thinking and believing that your great-grandfathers were monkeys?

The Message of the Elohim will make a change, it will change the way one looks at things in life. We are alive and exist because we were created and loved by our Creators. And one day, we will also scientifically create life in the future. By cultivating these thoughts, younger generations will soon dream about creating new life on another planet. Looking up at the starry night sky and wondering about space travel, having these dreams and hopes, we can live happily. We are not born just to be workers, or just to make money or get depressed. We were created for happiness and pleasure. We can stop suicide by teaching our children about all these things.



Happiness is a discipline



Maitreya Rael, August 6, 71 aH (2017) – HA Croatia – Europe

In everything, there is negative and positive. That's why in the Yin Yang symbol, there is a little white in the black and a little black in the white. Nothing is 100% positive or 100% negative. But you can choose where you look, what you see in everything if you decide to be happy; because happiness is a decision. Happiness is also a discipline. This discipline is very important. You can decide to become happy, but it takes discipline to remain happy. When you are in meditation, you feel good, so good. When you clear your mind of all thoughts, for a few seconds, you feel good. And “poof!” The thoughts come back. You need some discipline to remain in that state.

Maitreya Rael, March 29, 60 aH (2015) - Contact #391

Deciding to be happy is checking your every thought. It's a discipline. When you see a dog shit in the street, you don't step on it. Some of your thoughts are like dog shit; don't step on it! When you see a dog shit, you go around it. It's the same with thoughts. Every time you have a thought, “Is it dog shit or will it increase my happiness?” And you select.

The discipline of happiness is in all things. You can be a monk, always in meditation just chanting, “Aom, aom, aom, aom...” and be happy. This is not life. In life, you receive mail, you communicate on telephone, you drive your car, other cars disturbing you, police can stop you, many things happen; that's where you need discipline.



An unhappy being is like a tree without roots. And without roots, the tree can stand, but lifeless, without any leaves, flowers and fruits.

Uriel

Maitreya Rael, October 63 aH (2008) - Contact #356

You have to strengthen your brain to be positive, training it to never see the negative under any circumstances. Because when you see the negative, you hurt yourself, not others. That leads to a reinforcement of negativity that self-amplifies with each new thought and leads to depression. If, on the other hand, you force yourself to look for the positive, then the opposite process is activated; it increases your happiness and your ability to judge. And we must never argue that there are nevertheless objectively negative facts in this regard. There are no objectively negative facts! When we express this opinion, it is precisely the negative brain that speaks!!!

In everything, absolutely everything, there is negative and positive, but the healthy brain sees ONLY the positive; by choice and not by stupidity or unconsciousness, but because it knows that it will improve both its happiness and, precisely, its ability to judge!

Happiness, what is it?

Maitreya Rael, August 7, 70 aH (2015) in an address to Kama

Well, first of all, it's about being proud of yourself, proud of who we are, proud of the being that you are, proud of the culture of the ancestors you have. You are here because a succession of ancestors has lived and have transmitted life; and have made that you are here. They are alive through you. And when they see you mimicking the Europeans, they cry; because some of them are alive on the Elohim's planet, don't forget that. And when they see you in their churches, they cry. When they see you dressed in suits and ties like the Europeans, they cry. "So now that they have their 'independence', the so-called independence, now that they have the ability to be themselves, they continue to betray us culturally by dressing like Europeans, by not recovering the original African languages that we, the ancients, had bequeathed to them, by not recovering the original religions much more beautiful than the religion of suffering that is the Catholic religion."



In the ancient African religions, you will find treasures of valuing nature, of respecting nature, of communion with nature; with rather primitive words, certainly - but less primitive than the Catholic religion - talking about the god of the forest. But you have to understand it is the spirit of the forest, it is the spirit of the trees, which also have

consciousness; the spirit of the animals, which also have consciousness. And all the wonderful African dances where people imitate animals, become animals, a little bit like the Aboriginals of Australia, it's beautiful. It's about feeling one, feeling unity with all that is alive. Now, Christian religions are far from that. They are religions of death, suffering, blood and sacrifice. That's terrible! It's horrible. It has nothing to do with Jesus. Jesus despises the cross. He despises blood. He loves... he loved love. He loved everyone. He was filled with fraternity. He brought a message of peace and hope.

Exciting life

Maitreya Rael, March 25, 65 aH (2011) - Interview for National Geographic

When you rediscover happiness through meditation, through very simple exercises, life becomes exciting. Every second, every day is exciting and beautiful and you want to continue forever. That's why I teach happiness.





The big bird

Often, in the late afternoons, after the visits to my father, I would go up to Ursuya, a small mountain in the Basque Country, to let the emotions that the meetings with my father had created in me dissolve. The old age that was imprinted in him day by day often left me with a bitter taste and a veil of sadness around my eyes.

That afternoon I saw it glide across the clear sky. Without a sound, it glided over the hills with smoothness, majesty and tranquility as if to better blend into the curvature of the mountain. It hovered, it looked, it observed. The majestic bird filled the atmosphere of the afternoon with its fluid dance. Its gestures were slow; its wings remained motionless as a link to the beauty of the landscape, to the tranquility of the moment, to the movement of life. Its flight glided through the air, as life glides through time. All emotions disappeared and dissolved in the purity of the moment to make way for a peaceful calm tinged with serenity. The silence, the presence of the bird, the caresses of the wind transported us in the intensity of the present, so particular that we felt the shadow of the mountains beyond the mist, that we tasted the magic of the trees which undulated imperceptibly under the fine breeze rising from the valley. The scent of freshness reached us. Contemplation opens us to unity, to infinity. The bird in this landscape showed us the way, I felt a little more being, we gave thanks to those who created us and especially to the one by whom we know that all this is true.

That afternoon, I wanted to tell the clouds that if my life is beautiful, I owe it to them. That afternoon, tears flowed and I said even more forcefully, "I love you life."
And if happiness was simply that...

Pierre



Happiness is a duty

Maitreya Rael, August 65 aH (2011) in an address to Kama

The Elohim wisdom also includes craziness, joy of living, dance. When you do your dance steps, it does not take you away from the philosophy. I know that among you there are sometimes Africans who studied in Europe, who were contaminated by the image of these great intellectuals who swallowed a broom with the handle still stuck in their throat; they look at everything from above, they don't laugh as if all was serious, like a press agent. That is shit; you have to say things as they are with the right word.

When you are at the seminars with me, you laugh all the time. The more you laugh, the more you resemble the Elohim. The more you laugh, the more chance you have to be relaxed, to elevate yourself, to learn.

We learn better, we create more when we laugh, when we have fun, when we are joyous. Why did the Elohim create us on Earth? To be happy! So, doing science: Yes, in order to be happy! Developing the economy: Yes, in order to be happy! It is not because everything is going wrong in the world, because unfortunately millions of people die of hunger on Earth, that we should cry. If we cry and destroy our growth for tomorrow, we won't have the energy to make things change. This is not being selfish; on the contrary. The more people die, the more we have to be joyful, to be happy, to have even more energy to change this planet.

To be happy for a Raelian, it is not an option, it is a duty. You have the duty of happiness. You, Africans, you have that, I would say, "almost genetically".



Follow the butterfly!

Look, there's a multicoloured butterfly, fluttering by the hay.

Who knows where its going? Who cares anyway!

Up and down and tourbillion, carried by the breeze,

Beckoned on all sides, by petals and polleneze.

A movement of its wings, they say, can change the clouds in China

But the same goes, the other way, the clouds can change inside her.

No ulterior motive, no predictive brain,

Not expecting anything... in exchange, just natures rain.

So let's follow our butterfly, release and let her go,

For her name is Merry Miss Happiness, and forever may we flow.

Marcus

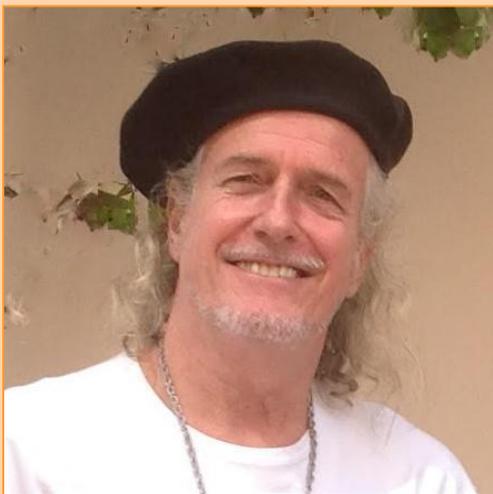
Maitreya Rael, December 13, 62 aH (2007) - Contact #344

You can only change the world if you are happier. You cannot change the world if you are negative and depressed. If you meet a guide with a supreme consciousness but negative, sad, depressed and always telling you, “Look at these children, they have no food, and there is war”, you don’t feel better and you don’t feel like making the world a better place. One of the most important teachings of the Elohim is “be happy to change the world”, “enjoy”, “be happier and happier always”, and this is what we do during our seminars. We have something in our brain that is called the supraconsciousness and which is supposed to guide your brain. A brain can go through many seminars, many meditations and be a very powerful tool of self-destruction or a very powerful tool of healing the world and healing people around us.

Who chooses? The supraconsciousness, which is like a Formula One driver. Our brain is a Formula One, or IndyCar for Americans, and it needs a driver. I saw many Guides who attended many seminars, able to teach meditation, at a high level in the Movement, who suddenly felt depressed because they forgot to use the supraconsciousness. It happened to me last year. I was sick in Switzerland and I started to be very negative, I felt that I didn’t succeed in my mission, “Why am I still here? Elohim, please pick me up”, and I was desperate. And suddenly I realized, “Wait a minute, I am not anymore driven by the supraconsciousness.” And then I was back to positive thinking, back to love.

How could you do that? By focusing only on beauty, on good and positive thinking. That will not destroy the bad and evil, but it will make you stronger to destroy it. You cannot destroy bad things, evil, ugliness while being depressed about it. In such case, you are affected and the evil wins. The only way to make the good win is to be happy, to only see beautiful things, to surround yourself with beautiful music, to focus on beautiful images, the beauty of children, the beauty of hope, the beauty of success around you. It doesn’t destroy the evil, but it makes you stronger to fight it. This is the only way.

This is why not only it is a pleasure to be happy but it is a duty.



When I reflect on happiness, I think that true happiness is not needing happiness, because when what you think, what you say and what you do are in harmony, you can only be happy. Often, people are convinced that happiness consists in having the best of everything, but truly happy people know how to make the best of everything that comes along their path and they know how to find beauty in little things; nature teaches us, everything is in perfect balance and harmony in the diversity of its forms. Being happy is equivalent to filling your glass with happiness, by doing so you will begin to fill that of others and you will be amazed that yours will always be full, because you are yourself, free and happy. And finally, don’t forget that a surprising aspect of happiness is that it makes a person pleasantly lazy: wow :-))

I HUG YOU with LOVE

Ezael

Happiness and sex life

Maitreya Rael, February 22, 64 aH (2010) - Contact #365

Who says happiness lies in staying forever with the same boring partner? In the name of what? God? There is no god! Enjoy your sex life! And enjoy it one day at a time!

Maitreya Rael, September 57 aH (2002) - Interview "Sexe & Confidences" - Canada

The common denominator of Raelians is that they are happy. Why is that? Because my teaching is about destroying any guilt and fear; guilt about sexuality, liberated sexuality, pleasure is good, money is good. It doesn't have to become a god, but it's good to earn money; whereas in many religions, and the Catholic religion especially, it's a crime to get rich.

Happiness is to be at every moment
the witness of the beauties of our
world.

Daniel Turcotte



The important in life is:

To be happy
To be happy
To be happy
To be happy

.....

Maitreya Rael, February 7, 64 aH (2010) – Contact #364

Be happy for the Elohim

The Elohim created life on earth to create happy people.
When we are depressed or sad, we betray the Elohim.
So be happy not only for you but for other people
around you and for the Elohim.

Maitreya Rael, April 18, 66 aH (2012) – Contact #380

Knowledge brings nothing

So, it cannot bring happiness. Before you finish naming the beautiful little bird “colibrius whateverus”, it has already flown away, before you even had time to admire its charming plumage or particular way of flying... too late! Knowing has nothing to do with awakening our potential and awareness of infinity.

Maitreya Rael – The Maitreya, p. 58 - 57 aH (2003)

Happiness is to be

Maitreya Rael, August 63 aH (2008) – Interview with a Slovenian journalist

The problem is not to become happy, it's to stay happy. And around us, everything is in place in the media, in the government, especially in the media, to destroy happiness. Because our culture, the 21st-century culture, is always saying that to be happy you must have; have a new car, have a new house, have a dishwasher, to have and have and have. And that doesn't create happiness. Happiness is to be. And that's a kind of re-education that everybody needs to apply... just to be, to feel happiness inside and not from things you own.



Happiness for me is to play and laugh in a beautiful garden full of the fragrance of love inside, no matter where I am or when I am, it is the temple of my heart. Love flows naturally and spreads that refreshing aroma in the air around, so that passing lives may take that aroma far away...

Abby



Waking up in the morning is happiness.
 To wake up and feel alive.
 To hear the morning bush warbler.
 To hear your voice.
 To see a smile.
 To hear laughter.
 To say thank you.
 And even more thanks.
 To feel the refreshing breeze on my cheeks and smell the scent of flowers.
 To be alive at this moment.

Love

Hideaki, from Japan



I am not sure if I am at the level to come up with some words of happiness but it triggered me to remember specific moments of my life, so I wish to share my testimony.

When I was 25 years old, I left Japan. It was right after my second HA in Japan. There were many reasons but, long story short, I was saved by Maitreya in many ways and it made me decide to completely leave my comfort zone. Right after Japan, I attended the American HA in Quebec. Then, right after, I went to the European HA in France.

I just started over my life, there was nothing planned in front of me and I was just discovering and catching up with new cultures, new languages, new people... so many meditations with a lot of people around in such a short period of time and without even knowing any outcome, most of the time ending up by falling asleep. :-)

At this European HA, during the free time, I was laying down alone under the soft sun light beside the swimming pool, so many people were laughing, playing, smiling, birds were singing. I was just amazed of this paradise on earth, so shining; and everything felt like in a slow motion.

Suddenly it brought me back to my childhood, in a dandelion field, alone, everything was shining, in vivid colors, as if they were in slow motion. I was in awe. I have been living without these connected feelings for so long, my life was quite heavy and here I was, finding myself in this contrast. I was not used to it. I started to think that I was then totally free to decide which country I wished to live in. I only had a blank life in front of me and I was wondering what my life would become.

Then, suddenly, a fear rose in me. My life has been crazy, filled with ups and downs without control. The outside world had so much power over my feelings and it dragged me down so many times. And then, all of a sudden, I feared to lose this good feeling I was experiencing. I was afraid to return to life like before. Will I return to this unhappy life in a few months?

A few seconds of fear. Then I said to myself, "I am not sure if I can keep this feeling for a few months, but it seems easier to keep it until the next second." That seemed doable. It looked less difficult if it was only a second. Then I said to myself, "Why not for a minute? It may be possible. Or maybe I can for an hour."

This is how I started to feel secure with this feeling of being connected and I also felt it would not escape from me if I really wished this moment to be connected with my whole being without caring for the future. Since then, the way I see my life changed.

Of course, I still have my ups and downs. I have so much to deal with my emotions and ego. But I know I can dust off, stand up, breath back into this feeling of connection inside me again, keep coming back to the confidence that I just lived with this second, I received as a gift. A few years later, I realized it was precisely what Maitreya has been teaching us, "If you are sad, you are living in the past. If you are scared, you are living in the future."

There are countless things I have to thank him but this is among so many that I am forever grateful to the Maitreya; not only for saving my life, giving me a few more years to live, but for this precious gift of an intense second of life he has offered me to live. I am like you all, losing it for a second and back again, because once we taste this feeling of connection, we know where to go back.

All my love
Shizue

Create your own brain

Maitreya Rael, August 8, 59 aH (2004) - Contact #241

The Elohim created us primitives and sent messengers like Jesus and Buddha to help us reach a higher level of consciousness. But their teachings were based on beliefs. The Maitreya comes when belief is not necessary anymore. The Maitreya says everything is science. The Buddha said you can reach happiness by meditation. The Maitreya proves that meditation is good and asks you to understand so that you can meditate better. All prophets said that happiness is important, the Maitreya says that happiness is science. If you are sick, you are not happy. But you can fix the problems in your brain by meditating. By training yourself to be happy, you can fix it. You can create your own brain.



Maitreya Rael, July 54 aH (2000) – HA Sportilia – Italy – Apocalypse #120

Tell yourself, “I am the one who makes my happiness. Not the Elohim, not Rael, not my friend, not my pill, not my sleeping pill, not my trip to Tahiti, only me with my little hammer and my little chisel. All the rest is illusion.”

To be guides

Maitreya Rael, October 7, 60 aH (2005) - Contact #286

To not do good is almost as terrible as to do bad things. To be alive is to have the extraordinary capacity to use your consciousness. A majority doesn't use it. We must be guides, all of us here. We are saving genetic codes that would be desperate without the Messages. Without hope, what's the point of living? The world can be a paradise, after an extraordinary metamorphosis, thanks to consciousness. What's the main quality of a guide? His joy of living.

If you are not happy to be alive, it isn't worth existing. You should represent Yahweh with joy, spread the Messages with happiness, whether you are appreciated when you do it or not. Your best diffusion tool is your happiness. You have every reason to be happy. First for a selfish reason, because it is good for you. But also because in being happy you can bring happiness to the others around you and make others want to know you better. The true happiness is the happiness to exist. We are vehicles of consciousness and happiness. In the middle of the next century, Raelism will be the dominant religion on earth. Do not forget that. Houellebecq, the French philosopher, understood it. He said that our philosophy is the most intelligent one. You are the salt of the earth. Look at our values: love, awakening, removal of guilt, freedom of man, eternal life on earth... is there a better gift? You are on earth to make people happy and conscious.



Fullness in every moment, fullness that I express with a smile or with a look; with a look that speaks, on the path of my life!

A Hug, Sisters, Brothers

Ángel Xue, from Abya Yala



The moments I feel happy and feel good is when I take care of someone.

It could be as simple as cooking a meal for my loved ones.

It could be to say hello with my eyes to a perfect stranger.

It could be to simply touch the hand of a very old person.

It could be to make a silly joke so a sad person smiles.

Mainly, I feel happy when I connect with others.

Marc Rivard

Just be

Maitreya Rael, August 18, 57 aH (2002) – Apocalypse #128

Our happiness should be there for no reason, right now. It is not like a basket that we keep filling or a flower that opens.

Happiness is immediate, complete. I am here and now. Be happy for no reason. By the same token, many people keep traveling, thinking they will be happier somewhere far away. And they keep on running, getting ready, packing their bags, making projects. And then time goes by and they settle in somewhere else to find out that they are not happier than before. Stop making your happiness depend on something outside. Be your own magician of happiness, you have the magic wand and the rabbit in your hat. Inside lies all the magic of childhood. Find your dreams again and remind yourself, “It’s better to dream while awake than to dream while asleep.” We cannot diffuse love and wisdom if we are not happy. If you feel bad about yourself, people don’t want to listen to you.

The best way to diffuse the Messages is to be happy. There is no need for speeches; we have nothing to say. Just BE. Then, with our eyes and the love emanating from our faces, they will want to know why we are so happy. Being attracts love and this is why I need you all to be Buddhas. The Elohim don’t need an army of uncomfortable people who diffuse with aggressiveness. They need happy people.

To be human is to laugh, have fun like little elves, create, blossom, and play... That’s the way the Elohim are.

Maitreya Rael, 1994 - Apocalypse #98

Happiness is not a right. It is cultivated by replacing, above all, the culture of “having” by the culture of “being”. We must teach people that happiness is made, cultivated and created. Let’s give back its true place to “being”. This does not mean that we should not possess anything. It is necessary to have for our comfort, but by being concentrated on “being” in priority, because “being”, for its part, never develops around the possession.



Smiling is the most beautiful path to happiness.

You feel a lot of happiness when you connect with infinity.

Happiness is like hugs; you have to share it.

Marie Carmen

To make a planet happy

Maitreya Rael, September 1st, 64 aH (2009) - Contact #360

Normal people need a reason to smile and be happy. I want you all abnormal, laughing and smiling without a reason, giving happiness to others through your laughter and smiles, happy that your happiness gives happiness to others. The smile of a person who smiles because of you is important. This is our goal: to make a planet happy. And the objective of the Maitreya is to transform all of you into laughing Buddhas to make this planet happy.

Influencing your environment

Maitreya Rael, April 18, 66 aH (2012) - Contact #380

Your happiness not only influences other people, but it also influences the trees, the butterflies, everything around you. The plants, the trees are happy to feel your happiness. The grass is alive, it feels your happiness. Everything, the universe, the infinity feels your happiness. And if you are happy, you also feel the happiness of the trees, the happiness of the grass, the happiness of the butterflies, the happiness of the universe.



Being a mother, being close to a child has been and is a wonderful teaching to me about Happiness. I learn by observing this child simply being, playing, being true. She inspires me. Giving and loving unconditionally to help the flourishing, for the fulfillment and the well-being of the others.

Clémence

Rejoice in other people's happiness

Maitreya Rael, Intelligent Design - The Keys - Sensual Meditation - 30 aH (1975)

Never be jealous, for jealousy is the opposite emotion to love. When you love someone, you must seek his or her happiness first and foremost, and in every way. To love is to seek the happiness of others, and not your own. If the person you love is attracted to another, do not be jealous; on the contrary, be happy that the one you love is happy, even if it is because of somebody else.

Love also the person who, like you, wants to bring happiness to the person you love, and who therefore has the same goal as you. Jealousy is the fear that someone else may make the person you love happier than you do yourself, and that you may lose the one you love. But instead of feeling jealous, we should try to do as much as possible to make the person we love happy, and if somebody else succeeds better in this, we should be happy about it. What counts is not that our beloved are happy because of us but simply that they are happy, whoever is responsible.

So, if the person you love is happy with somebody else, rejoice in this happiness. You will recognize the person who loves you in that he or she will not oppose your happiness with someone else. It is your duty to love the person who loves you that much and to give him or her happiness yourself. In that direction lies the path of universal love.

Do not reject someone who wants to make you happy, for by accepting him, you make him happy, and this is an act of love. Rejoice in the happiness of others, so that they may rejoice in yours.



OH Happiness!

Not sure that words can express this wonderful state of well-being permanently felt, full of love, beauty and compassion.

Thank you, Elohim and Maitreya, for this life gift.

Love,

Lamane