



Celebration: More than ever, meditate for peace!

Give Love, that's why the Elohim created us

You want to deserve eternal life? Smile and laugh

Don't be serious

Give your friends the freedom to change

I don't think that I am, then I am

Trust the Elohim's creation

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Maitreya Rael – Raelian New Year on August 6th, 77 aH (2022) – Okinawa – Japan

Like every year, the Elohim gave me the percentage of chance of survival of Humanity. A few years ago, it was at 0.5%. Then it went up to 1%, 2% and higher. But this year isn't a good year. We all know why; the United States wants to make war with China, with Russia, Iran, everywhere. Sadly, we are back to 0.5% chance of survival. That means 99.5% chances of disappearing. But 0.5% isn't zero. More than ever, we need to meditate for peace because there are crazy people who make more and more atomic bombs and more and more powerful atomic bombs.

Today we remember Hiroshima, 100,000 people destroyed in one second. Now the new generation of atomic bombs makes Hiroshima and Nagasaki's bombs look like firecrackers. Sadly, the Russians said that they have a new atomic bomb - and soon the United States will have it also - so powerful that it could destroy all of the United States; not one city but the whole country with only three bombs! Three bombs and there is no more United States. Russia, the United States, China will do the same and if they use it at the same time, welcome on the Elohim planet because Humanity is finished.

That can happen every day, every second.

There is something funny because we have to keep having fun in such dramatic situations. Russians have new rockets to carry these atomic bombs. These rockets are so fast - much faster than any airplane on Earth- that they can go from Russia to the United States in a few minutes. The United States may not see it coming. What is funny is the name they gave to these rockets: Satan! It looks like a joke but it isn't a joke. One

The Message is a wake-up clock

Don't wait until tomorrow to say, "I love you"

Be the fountain, be the oasis, be little fairies by changing the world with love

Thinking is an umbrella

Trying to be better than others, for anything, is wrong

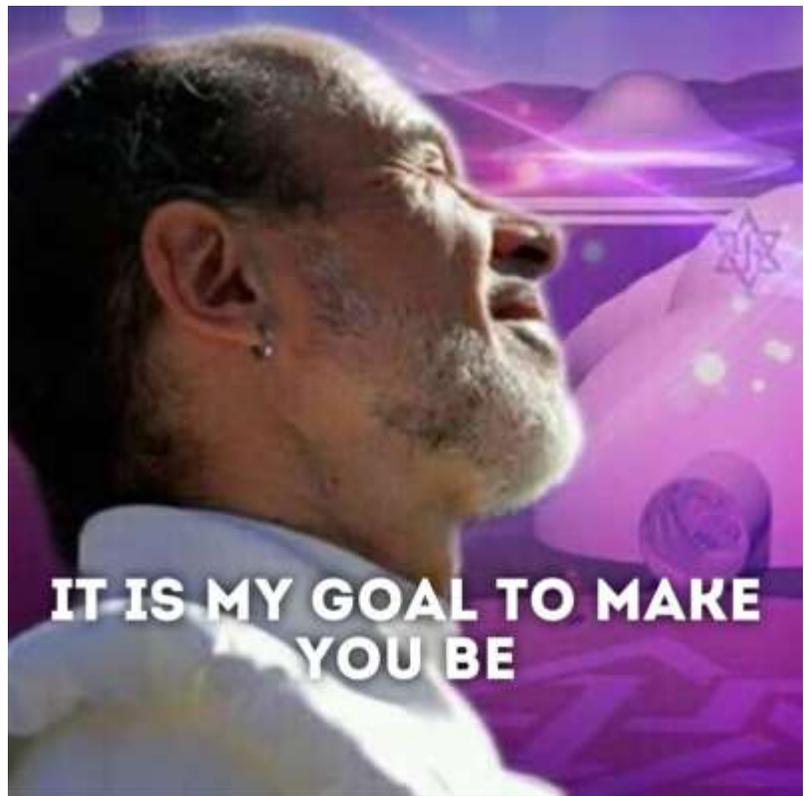
The Elohim are in each heartbeat

You are not alone

Be happy, be funny, be crazy, but before all, BE

cannot imagine something like that. It is stronger than even the craziest we can imagine. We know who Satan is but nobody else knows, only the Raelians do.

So please continue to meditate "One Minute for Peace" every day. When you think of this 0.5% chances to save Humanity, please think of this little girl. She deserves a life on Earth. I am 75, I can disappear, but a little girl like her deserves a peaceful planet. When you meditate for peace, think about her. We are doing it for her and the millions of little girls and little boys on Earth who are like her, they did nothing wrong. They just want to be happy on Earth, they just want to enjoy good food, playing, dancing, swimming; and they don't deserve this atomic bomb suddenly setting everything on fire.



So, please, every day, urge people to meditate one minute for peace; for her and for all the children of the Earth.

Remember my song...

"All around the Earth (singing in French)

There are children dreaming

Who dream about a world of love and peace

Where we can love each other.

All around this planet (singing in English)
 There are children dreaming
 They just want to sing, and they just want to dance
 In a world full of peace.”
 Meditate one minute for peace; every day, every hour, every second!

Every second, meditate one minute for peace! I know, I am very bad at mathematics. Infinite meditation to save this planet. Not this planet, this humanity! If we disappear, the planet doesn't care; but we, human beings, we care. The planet will continue to exist even if we destroy all life on Earth. But for us, I want this planet to continue to be inhabitable for her.

What is her name? [“Haruka”]

So, meditate for peace for Haruka every day and don't forget to hug each other, because we don't know, maybe tonight... boom! Maybe in one hour... boom! It's like a Damocles' sword; every second. It can happen now, it's amazing! But we are alive. Enjoy, we don't know for how long. But now, the now which is the only important, we can breathe, we can feel, we can love; and that's very important, we can give love.

To finish this speech, what is the best way to give love? Giving somebody else the possibility to love you. Remember Buddha, the best guide ever: he had wisdom, but a bowl waiting for rice. Why? It wasn't ego, he wasn't asking, “Give me.” It was his way to say, “I give you the possibility to give me.” Many among you want to give me something and you do: cakes, sometimes money, sake, also. But I accept most of the time because I give you the possibility to give me. Imagine if you want to give me something and I say, “No.” That's powerful. So, the one who receives is giving you.

So, give your love and give the right to other people to love you. I sometimes see, among Raelians, one who wants to hug and the other one moving back. Don't move back! Accept. Give love. I hope that next year we will celebrate another Happy New Year together, thanks to you, thanks to the meditation for peace. We will succeed.

Give Love, that's why the Elohim created us

Maitreya Rael – Gathering on January, 76 aH (2022) – Okinawa – Japan

Can we love too much? Is it possible? When we love it's always “not enough”.

Think about it, when you love somebody; I'm not talking about a lover, a partner, I am talking about loving. It can be a partner but it can also just be friends. Remember it, you never give enough love. When you think you give too much, you can give more. Feel it! The Elohim planet, where we are all going to sooner or later, is so full of love. Love is the feeling of wanting other people to be happier than you. To live eternally on the Elohim's planet would be a nightmare without love. When you don't give enough love, you feel bad. A planet full of people with ego, it's like hell.

When I meditate on love, I always remember this beautiful joke: After death, one man gets to paradise and says, “I have a request. I see a beautiful planet, beautiful people. Before visiting, before entering here, I want to know how hell is.”

He is granted his wish and arrives in hell. He sees a huge table with a lot of food, beautiful food, delicious food. “Wow!” Many people are around the table with this beautiful food, it’s fantastic. And he sees that people have very long spoons attached to their arms. They take food but the spoon is too long. Each one is trying to eat but cannot.

And he says, “Wow, that must be so painful. I prefer to go back to paradise.” And he arrives on the Elohim’s planet, in paradise, and sees the same table, the same fantastic food, and people also with spoons, long spoons attached to their arms. “Wow, so it’s the same as in Hell.” And he looks carefully how people use the spoons, take food, and give to the person across the table from them.

It is simple. Remember it. Do you use your spoon for yourself or for other people? We are lucky we don’t have spoons attached to our arms. We never give enough. Give love, that’s why the Elohim created us.

You want to deserve eternal life? Smile and laugh

Maitreya Rael – Gathering on January, 76 aH (2022) – Okinawa – Japan

Compassion is a beautiful quality. The Maitreya is supposed to be the Buddha of compassion.

When you see somebody suffering - everybody suffers from time to time - you can come and say, “Poor you, your girlfriend left you, that’s terrible. She was bad, I know...” That isn’t compassion. That’s giving food to the ego; believing you’re helping somebody.

Compassion is not crying with people who cry.



Compassion is making crying people laugh.

When a Raelian comes to me and says, “My girlfriend left me.” I reply, “Great! There are one hundred more ready to be with you. Let’s find them together.” And laughing together, because crying doesn’t help. Many people are surprised to have difficulties finding another partner when they live a separation. Why is that? If you meet people and keep lamenting about losing your girlfriend, nobody wants to be close to you. But if you laugh, like Hana-chan, everybody wants to be near you.

So, compassion and love are giving; giving love.

What’s the best way to give love? The first step - it’s a beautiful gift from the Elohim - is to smile. Smiling is simple. Somebody cries, give a smile. Don’t show a sad face, it

doesn’t help. I remember arriving in Montreal, a long time ago, after being very sick; and I arrived at the airport looking dead. I was moving but with a dead face. My doctor, Marc Rivard, said, “When you arrived at the airport you looked dead.” Raelians welcomed me, and one of them who loves me so much, said to me, “Oh... Oh, Maitreya...”

“If you love me, please laugh and give me a smile! I know I look dead, but maybe you should wait until they remove my frontal bone to be sad. I’m still moving, I’m still alive, so let’s celebrate.” That’s love.

But we naturally have this reaction of saying, “Poor you...” “Kawaiso...” (poor you). That’s not love. Love is taking the hand and saying, “Let’s go to see a movie. Let’s go dancing.” That’s love! “Let’s go play pétanque!” Remember, love is giving and the most beautiful gift from the Elohim, the smile, is free to give.

You know, we hold a beautiful action together, “Free Hugs”. We did it many times but it would be even easier to organize “Free Smiles” actions. When you walk in a city, everybody has problems. They are a little bit depressed, with little problems in their life. When you walk in the streets, everybody has a very serious face.

Suddenly, one person comes with a smile, and you walk past and wonder why he is smiling. “Life is not fun, why is he smiling?” With a simple smile, you change the day of these people; just a smile, like that. You don’t need more. To hug is good, but a hug without a smile is terrible! Smile first, laugh also, and then you may possibly hug.

A smile is the most beautiful gift from the Elohim. You all have incredible smiles. I love your smiles. They are my food. They are my food... You want to give me love? Give me your smile. That’s the most beautiful gift.

The more you give smiles, the happier you are. You feel it! When you have problems, when you are a little bit sad, put a smile on your face, and immediately you feel better. So, a smile is not only for others, but it’s also for you.

Who is smiling when you smile? Your supraconsciousness is. Your supraconsciousness is always smiling and laughing.

The thinking brain is, “Argh, grrr, and there’s Covid, and taxes, aging, argh...” That’s the thinking brain. Supraconsciousness is smiling, for no reason, not because you made money or you have a great new girlfriend. If you smile because you have earned money or found a new girlfriend, it’s not a good smile.

A good smile is to wake up and before going to the mirror - before, that’s very important - while you’re still in bed or on your futon, smile, feeling alive. After you can go to the mirror. Following this order is very important to reach more happiness because if you wake up and grumble, then you look in the mirror and grumble more. No, smile before!

When you smile, you get better sleep. Happy people smile while sleeping. They also laugh sometimes. Laughing and sleeping is possible, and it’s good. It’s so wonderful, keep it all day, all lifelong.

You want to go on the Eternal Life planet? Imagine if nobody is laughing and smiling there.

I wouldn’t want to go. Thank you, goodbye!

But if hell were full of people laughing and smiling, I would prefer hell than paradise.

The Elohim are looking at you and judging you. They are full of love. If you don’t have happiness and laughter in your life, it would be sadistic to give you eternal life.

If you were sad and depressed, you would be sad and depressed forever. Wow! No, thank you!

But if you are happy, you laugh, you smile; you give love. It's training; training to prepare yourself for eternal life.

You want to deserve eternal life?

Smile and laugh.

Don't be serious

Maitreya Rael – Gathering on January 30st, 76 aH (2022) – Okinawa – Japan

I have nothing to tell you this morning, except that I love you, that I am very happy, naturally, for no reason. For no reason. But also, I am happy to have Shizue here. Ah, Shizue is part of my life. When I was living in Canada, in Valcourt, in Quebec, she came from Japan and she was living right next to my apartment. My neighbor and wonderful assistant. And Shizue was very special, because she welcomed Sky, when she came to meet me for the first time; and also, Hany, her birthday coming soon, in four days? In four days.

So, I am so lucky to have these three teenagers taking care of me. Very lucky! And the number fourth teenager, François.

So, be like the Elohim: teenagers forever! How old are you? – *[Seven!]* – Yes, forever!

In the sky, there are small human beings singing, dancing, sending you love; never serious. That's very important to remember, you see, because we tend to think about the Elohim as serious gods. I could have had a shock in 1973, when I met (them) for the first time. What made me relax is that they were laughing, smiling. Yahweh could have come, very serious. Maybe I would have panicked.

You know you feel something in my eyes when I look at you. What do you feel in my eyes? – *[Love!]* – Love and nothingness. That's exactly what I felt from Yahweh; someone laughing and almost trying to make jokes to me. Not serious, not god-like, no, no, no. It was the opposite! When I asked stupid questions – do you remember in the Message? – very stupid questions, laughing, he was laughing and not serious.

So, never be serious, laugh all the time, especially when you have problems. For example, when you learn that you have “cancer”, immediately you think, “Oh, I will die soon!” You can react in two different ways: “Oh, I will die!”, and you die anyway. Anyway, you die! Or you can appreciate life every day, “I don't know how long I have to live, but I want each second to be: Wow, I'm alive!” That's a fantastic way to be, when you are sick, whatever you experience. I had flu, the ambulance came and they brought me to hospital. It was the happiest day of my life. Because, in the ambulance I was listening to the sound of the ambulance, “I'm alive!”

Enjoy every second. Why be sad when you learn that you might die? Not “you might die”, you will die! My grandmother always said, “To die of this or something else, what's the problem?” When she was sick with something, a little flu, a little cold, she always said, “Oops, anyway I will die one day. So, sooner or later what's the difference?” And she was enjoying every second and laughing! And she died at 99. 😊

But I remember her always laughing, drinking a lot of wine, too much. Maybe without wine she could have lived a hundred and twenty. But she enjoyed wine. So, when she was 80 years old, I went to see her, I was bringing her wine. The whole family was saying, “No! It’s bad for her health.” Bad for her health, yes, but good for her happiness. And we were drinking together. A wonderful memory!



Now – it’s not real, but – if the Elohim say today, “You will die tonight”, will I say, “Oh, oh, oh!” No! I would say, “Wow! Let’s enjoy, let’s make love quickly!” It’s my dream to die while making love, to die exactly at the moment of orgasm. That would be fantastic! I remember once in an airplane – I travelled around the world so many times in large airplanes – I was with Lisa at the time, and the airplane was moving so much that we could see the wings waving like birds; and the question arose because everybody was starting to panic. And with Lisa, I was laughing. Lisa loved roller coasters, so she was, “Wow!!!!” And everybody was looking at us. And the question came, “If suddenly the wings detach...” – and of course, if the wings detach, the airplane crash and you are sure to die – “...what would you do?” Many people would pray, some people would scream, but that wouldn’t change anything. And Lisa asked me, “What would you do?” – “Remove your pants and make love immediately in the airplane falling, trying to synchronize my orgasm with the crash.”

That’s life! No fear. Don’t be afraid, especially now. With all the Covid scare, people are afraid to die. You see everybody wearing masks. What are these masks? They show their fear. It’s a message. You can imagine written on

it: “I am afraid to die.” That’s the message: “I’m afraid!” But you will die, maybe not this week, maybe not next year, but we are all going to die. So, why be afraid? If being afraid made you live longer, I would teach you to be afraid! But it doesn’t change anything. It changes a little bit: you’ll live shorter, because fear weakens your immune system.

Some scientists studied people who have very advanced cancer. When you learn you have cancer, if you start to be afraid, to cry, to be negative, it’s a scientific fact that you die quicker. “Ah, I have cancer! All right, I will enjoy life, I will travel, I will do many things.” And then, you’ll live much longer. It depends on how you react. If you react with a smile, laughing like Hana-chan, “Ha, ha, ha”, you can live much, much, much longer. And if ever I know when I would die, I will laugh. It’s much better! And even better than that, having an orgasm.

Remember this happiness. Be happy while you are alive! When you are dead, you will not be happy on Earth. On the Elohim’s planet, yes, but not on Earth. So, maybe today is the last day when you can be happy on Earth. Don’t forget to be happy and to laugh; for no reason! Is there any reason to laugh right now? No! That’s why we must laugh. When there is a reason, no, blah! If somebody tries to go out and hit the window with his forehead, okay it’s funny. But “kawaiou” (How pitiful!) and blood.

So, when nothing bad is happening, to be alive is so funny, it’s funny. We eat, we have a shit; every expensive food we eat is flushed the next day. This is so funny! Breathing is so funny; we inhale and we exhale. So, why take it in if we have to let it out? Breathing is funny! Making love is funny! Sex is very funny!

I love you! Don’t stop laughing! 😊

Give your friends the freedom to change

Maitreya Rael – Gathering on March 27th, 76 aH (2022) – Okinawa – Japan

Je vous aime ! (I love you)

You cannot love other people if you don’t love yourself.

I have said it for many years. Every morning, when you go to the bathroom and look in the mirror, you have to say, “Je t’aime ! I love you!”... to yourself. It isn’t about loving the idea of yourself, but loving who you really are. To know who you are, use this meditation in the morning with the three W: Where am I? Why am I here? Who am I with? Each of these three W questions has multiple answers.

“Where am I?” In Okinawa, in Asia, on Earth, in the solar system... The best answer is: “Here.” Yes, here! And here is a gate to infinity. In reality: “Where am I? I am in infinity.” This is the best answer.

“Why am I here?” There are many possible answers. It could be because your computer is broken and you don’t have anything else to do; you may want to see this Raelian girl and flirt; it may be because you read that book; because Maitreya is here and you want to be close to Him. But the real answer is, “I am here because of the Elohim.” Why am I here? It is because the Elohim created life and your ancestors made love and had children who had children ... and here you are. That’s fantastic!

“Who is with me?” Maitreya! Yes, but also François, very important. Lotus... Everybody here is so precious. You are unique.

And that’s what you have to feel facing the mirror in the morning. Do not go to the mirror and say, “Okay, I’m okay.” No! Feel the deepness of what you see. I look at your eyes; I don’t see you now. I see your history on your face, all the experiences you lived. I see the discovery of the Message - I hope it was the most important - but also you as a child, because this child is still here. I see all in your eyes, it’s all there. When we meet other people, we have to feel them, their fantastic history book; everything that makes us who we are. The first day at school; some liked it, others hated it. We are different and that’s what makes the privilege we have to be with others so fantastic. Sometimes we make the mistake to think we are friends because we share common things. It isn’t true! We are happy to be together because we are different! Rafi and Mana are so different, but so rich to know each other. In a couple, whatever sex they have, if they are exactly the same, it is boring! And the mistake that most men do is trying to control and trying to make the others like them. That’s the best way to destroy love. I love Sky the way she is today. Last year, she was different. Tomorrow, she will be different. But I love all the possible Sky. That’s love.



Give your friends the freedom to change. Sometimes, in the past, I traveled to my hometown, where I lived as a child, and I happened to meet some friends who went to school with me. We were happy to meet each other, we talked a little bit and every time, they said the same stupid thing, “Ah, you didn’t change!” I said, “Please, don’t insult me!” Of course, I changed; we change every day. Like I said in one of my videos, “Happy new you!”

All your love stories – there are many in your life - you had a first lover, and another one, and another one, and another one... Some people had ten, and every contact changes us. You are made of all these contacts; and the most exciting part is that it's physical. It isn't only an experience, an interaction. Scientists discovered that every time a woman makes love with a man, some of his genetic material becomes part of her. Physically, there is an exchange of genetic material and that's who we are.

We are doing it right now. Everybody is breathing here, I hope. When you breathe, you breathe out and I breathe it in. Some little parts of you enter me. Some little parts of me enter you. That's why we are ONE. And there is an illusion of separation, but it's an illusion. Some molecules of Maitreya are inside Miki, and some molecules of Miki are inside me. Everybody here! Even François. That's a privilege. That's why the third W, "Who is with me?", is important.

We are so lucky to know each other. Every time you meet somebody, feel the privilege. "Ah, who is this person? Okay." No! Look at the people you meet knowing that they will become part of you, physically. We are ONE. And we are ONE with the Elohim; don't forget there are parts of Elohim inside us. That's why when you look in the mirror in the morning you see the Elohim, and you have to love and respect your body because the Elohim are alive inside you. Feel it! Together, "Thank you Elohim for being a part of me!"

I wish you a beautiful eternity!

I don't think that I am, then I am

Maitreya Rael – Gathering on May 29th, 76 aH (2022) – Okinawa – Japan – Part 1

Before all, thank you Elohim!

Thank you for the three basic things.

Thank you for being here.

Thank you for giving us the Message, because without the Message we are not here.

And thank you for being together.

Feel it! It's not just words.

It's a privilege to be here. Many people in the world dream to be here. Some of them are doing meditation now, alone, dreaming of being with us. The Message, which changed our lives, guided us to be here. Yesterday, we were talking about how, a long time ago, everybody wanted to go to Quebec. Now everybody wants to come to Okinawa. Why is that? Yes, because I am here. And I am very, very honored to be with you; very proud to attract you to my light.

My light is so powerful; I'm shining so much. Not because of the little man I am, but from the light of the Elohim. I embody, I am the light of the Elohim. If not, I am just a little "cockroach's shit". But thanks to the Elohim, I am the light, and you are also. You are also light bearers. And that creates the necessary balance between two things:

Humility, which is so important. We are all dust, and we will be back to dust.

But we are the light of the Elohim.

So, a proud light of the Elohim... and a little dust at the same time. This mix of pride and humility is our privilege.

If we think only about one side, we become too proud. Some Raelians may say, "Rael? Who is Rael? Just a man, he's not better than me!" Many Raelians think that. It's true! As a man, I'm not better than anybody; I'm a little cockroach's shit. But, as the bearer of the light of the Elohim, I am very proud! I am very proud; I bring the light! I am a humble little cockroach, but I bring the light. Feel that!

When you feel the light of the Elohim shining inside you, you can be proud. This pride is not the little man or the little woman who is proud, it's the Elohim! You are the Elohim. Without you, the Message of the Elohim dies out immediately. I am aging, soon I will disappear. But the Message, the light of the Elohim, will stay alive through you! That's why I'm not important. Yes, these Raelians are right, "Rael is not important, he is just a little man like us." Yes! But the light of the Elohim... Oh, wait a minute! Yes, I am the light of the Elohim.

So, this is yin-yang, like the symbol of Korea; I am just dust, but I am the light of the Elohim. This balance is our strength. If we think only about one side, we become too much "nothing". If we think only about the light of the Elohim, we lose contact with reality. This fantastic balance between pride and humility, it's our privilege. I'm not a better human being than any of you. But I am the light of the Elohim like each of you. Not better, but bringing you to the same level.

Like I said a few years ago at the convention, "We are the light of the Elohim." And we need to feel it in our body, because we want to develop our capacity to be supraconscious. Supraconsciousness is the same as the light of the Elohim. Supraconsciousness is the light of infinity; but at the same time, we are a little dust.

When we use our thinking brain, we are a little dust. When we use supraconsciousness, we are infinity. There is nothing bigger than infinity. Even the Elohim aren't bigger than infinity. Infinity is absolute. In the same way that we balance humility and pride, we can balance the thinking brain and reach supraconsciousness. Feel it in your body.

If I say, "Feel it in your brain", you think about it. And if you think about it, you are not in supraconsciousness.

That's very interesting! If I ask you to think about supraconsciousness, you are not in supraconsciousness. Supraconsciousness is not "thinking" but "being". Being; to be a Buddha.

Buddha is "being". No university, no degrees, no billions of dollars, just being and laughing. Because when you are, you laugh. When you think, you don't laugh. You cannot think and laugh.

The same way you cannot have an orgasm and think. It is the same. That's why I say, "It's in your body, it's in your stomach." If I say, "It's in your brain", you think.

It's in your stomach, the Elohim, infinity, it's here; or in the lungs, or in the sexual organs.

It is!

Remember the questions to Buddha, "Who are you? Are you a teacher?"

"No."

"Are you a prophet?"

"No."

"Are you a university man, a scholar?"

“No.”
 “Who are you?”
 And he answered, “I am.”
 That’s all.
 Everything is included: “I am.”
 Please, repeat...
 [“I am”]
 Feel it!

You are... or not. Infinity cannot be half. If I give you half of infinity and I keep the other half, it’s the same side. So, when “you are”, it’s the same. You are or you are not. You cannot be half. Say, “I am”, and that’s it. You feel it inside, not with your brain! It’s not, “I think I am, therefore I am.” No, no, no! This is a stupid sentence of a European philosopher: “I think, therefore I am.” The truth is: “I don’t think, therefore I am.” Very different! When you think, you are not, especially if you think “you are”.

I don’t think that I am, then I am.

Trust the Elohim’s creation

Maitreya Rael – Gathering on May 29th, 76 aH (2022) – Okinawa – Japan – Part 2

Health is a natural state. There is no need for supplements, medications, or vaccines to be healthy. Health is a gift from the Elohim. To be healthy is to be exactly like the Elohim created the first human being. When they created the first human beings, they didn’t say, “You need to take this pill, you need to have this injection, you need to stay away from other people...” No! They created human beings healthy. We are still the same, naturally. Being healthy is a natural state of being. If “you are”, you are healthy! When you are not healthy, it’s because you “are” not. Everything in the universe is based on the yin-yang polarity. The Earth has its North Pole and South Pole.

Atoms have poles too; it is true for everything. In our neurons, there is a North Pole and a South Pole. It’s a fact and it’s how life works.

So, we will have a little meditation... Not little, this is too humble... a big meditation! Not big, an infinite meditation!

Sometimes with humility we say, “Now, we will have a little meditation.” There is no little meditation; meditation is infinite. There is no little supraconsciousness; there is infinite supraconsciousness. So, it’s a very difficult exercise, the most difficult; and like for everything, the most difficult things are the simplest. You sit and just “be”.



Feel your body. Now you are listening to me, but even without thinking about it. Your heart is beating; it doesn't stop. All your organs are working, for your health; it's their natural state. Everything in your body works perfectly; if not, you would not be here. By feeling it, your consciousness and supraconsciousness connect with your cells. You make every one of the cells of your body feel infinity. By thinking only about the brain, you think and you are not. By feeling "I am" only with your brain, you are not.

When you feel with all your body, from the top of your head to the little toe, that's when you say, "I am"; they are all talking. Your sexual organs, your legs, they are all connected to infinity when you feel. It's not feeling infinity in the stars, in the clouds, no! Inside your cells. So, feel it! Be! When you say, "I am", your little anus is saying, "I am", as every organ of your body...

By doing that, you heal your body. All day and all night, your body is healing itself. Every second, millions of cells die and new ones are born. We think we are the same, but our cells are always new. That's you, that's me, a constantly changing part of infinity. When you feel it, you accelerate the process of healing. There are millions of little workers in your body fixing every problem.

This dark spot on my hand, it's cancer. You all have some, that's normal. Every day, we develop thousands of cancers, and our body fixes it. We are born to fix all problems. A long time ago, I was sailing and I put cream everywhere for the sun, but I forgot the feet. I was badly burned. That was fifty years ago. Now a little cancer, but I'm alive. Fifty years after, I'm still alive. My immune system sees cancer and fixes it constantly.

The body is working for you, constantly. Feel it, help it! Help it by "being". When you say, "I am", there is a very powerful effect on each of your cells. And if you pay attention, you feel it. Feel the effect; try again now.

When I was in the hospital, after my stroke, a few years ago, I remember being in bed, after three days in coma, and waking up... Normal people wake up and say, "Oh, I am in hospital." No, I woke up and I said, "Wow! I am, I am." I don't need to say, "I am alive." I am. And I recovered so much that everybody was surprised. My doctor said, "You will be more or less a vegetable forever." 90% of people who experienced the same problem die. While in bed I could have said, "Oh, I will die, I will die, oh..." No! "I am." Meaning I am alive, but I didn't say, "I am alive." I am. And I am here!

Use it. When you suffer from anything, even a simple headache, you usually look for an aspirin. Instead, say, "I am." "My body is talking to me, I listen to you, I am", and the headache fades away. Because I trust the Elohim's creation. So, be!

Some people say that this house is like a monastery. It's not a monastery, it's a "BE" hive. I'm playing on words, because the "beehive" is the place where the honeybees live together. Therefore, not bee, but "BE" hive.

The Message is a wake-up clock

Maitreya Rael – Gathering on June 12th, 76 aH (2022) – Okinawa – Japan

Good morning, everybody!

Let's just be in the love of the Elohim... And as usual we start with the most important meditation:

Where am I? Ask yourself, "Where am I? Why am I here? Who is with me?" These three basic questions can change your life. Don't ask yourself these three questions only on Sunday at 11 with me, but all the time. Whatever you do, wherever you are, always: "Why am I here? Where am I?" It looks stupid, but they are truly deep questions. "Where am I?" Very ample question, huge. There are so many possible answers. "Where am I?" In Okinawa, in Japan, on the Earth... All are right answers, but it's not enough. Yes, we are in Okinawa. Yes, you are in Maitreya's house with Maitreya. But that's not the deepest answer. The perfect answer, which includes everything, is, "In infinity!"

When you say, "I am in Okinawa", you limit yourself; "Oh, okay, I am in Okinawa." Not only... in Asia, on the Earth. Not only... in the solar system, in this galaxy. None of these answers is accurate. They are not wrong, but they are not complete. "Where am I?" In infinity! Suddenly, your brain says, "Wow, that's true!" And it changes everything.

"Why am I here?" "Ah, I'm here because I decided to come Sunday at 11 at Maitreya's house." It's true, but it isn't complete. "Because I didn't know what to do this morning. I had nothing more important to do..." It's possible. "Because my father's spermatozoid and my mother's egg went together and I am born." Yes, but not enough. "Why am I here?" What is the right answer? Because many answers are possible, but one is the absolute truth: "Because of the Elohim." That's complete: "Thanks to the Elohim I'm here."

"Who is with me?" Many answers are possible. But what is the right answer? "The light of the Elohim is with me." Feel it! Through me, I am the light of the Elohim, and by being with me, you also become the light of the Elohim. I'm not superior to you; I'm not inferior. But in the same way that the moon shines because of the sun, you shine because of the light I bring.

So, these three beautiful questions: Where am I? Why am I here? Who is with me? illuminate every step of your life. When you wake up, when you go to work or play, when you go to the toilet, when you eat... always have in mind these three beautiful questions. And then, you don't walk on Earth like robots. People walk on Earth like robots.

This morning, I watched again a video extract from the movie "Baraka", the part where we see the Zen monk in the streets of Tokyo... we did something similar one year. If we didn't, we will do it again in the next Happiness Academy. This monk is in the middle of Tokyo, Shinjuku, with many business people walking very fast, very busy. Nobody is in the "here" and in the "now". They are thinking about their past, about what they will do tomorrow. They are not, they "are" not. You see businessmen in Tokyo, they are just robots, robots. There are two women entering in a shop and then coming back from the shop with huge full bags. They are not, but they "have"; they have. They have business, they have schedules... but they "are" not. And this monk, you feel it on his face, he is constantly "here and now".

"Where am I? Why am I here? Who is with me?"

And you remember... (ringing a bell) ... one step, a conscious step. He could make it slowly [...] But he is putting his foot and feeling the ground, moving a little, and then slowly, bringing the other foot... (ringing a bell) ... and again. He is, he is and everybody passes around and looks, "What is he doing?" He looks crazy, but because he is dressed as a Zen Buddhist monk, people don't say, "He is crazy." They say, "Okay, it's a monk. We are safe." Most people would say, "Oh, a crazy man!" But the dress, the hat, makes them accept somebody who is a spiritual being.



When I watched this monk, I remembered the most important Greek philosopher, for me - my master when I was a child - Diogenes. Diogenes, who lived in a barrel, had a lantern with a candle inside, something with light. He was walking in the city, and people said, "What are you doing?" "I'm looking for a man." "Which man?" "A man, somebody who is." Not a robot, because already everybody was a robot, doing something, thinking about the past, thinking about the future, but not "here and now". So, with his lantern, he was crossing the city every day, "What are you searching for?" "I'm in the search for a man, a human being, somebody who is."

Very similar to the Buddhist monk. Already four thousand years ago, maybe not four thousand, but two thousand five hundred, I don't remember exactly... But you can do the same every day. How many people you meet every day in cities? How many people you meet who are robots? Everybody! But people who "are," people who are thinking: "Where am I? Why am I here? Who is with me?" Almost nobody. So, you can also take a lantern, and go everywhere and search. Probably you'll never find any, except when you go to a Raelian meeting.

Here, I don't need the lantern, I see you! Feel this privilege. But in everyday life, remember it! On this planet of robots, who is awakened? Another famous author described people as "sleepwalkers". Only people who say, "Hey,

wait a minute! Where am I? Why am I here?” suddenly, they awaken. That’s you... and you are so lucky! Feel the privilege. You are not sleepwalkers! You were maybe before, and one day, “Wow! Where, am I? Why am I here?” And your life changes. Sometimes, to wake up, you need a wake-up clock. The Message is a wake-up clock! You read the Message and suddenly...

“Oh, where am I?” It is in the Message!

“Why am I here?” It is in the Message!

“Who is with me?” It is in the Message!

And suddenly, you don’t sleepwalk anymore.

And for this, thank you Elohim!

I wish you a beautiful day!

Don’t wait until tomorrow to say, “I love you”

Maitreya Rael – Gathering on June 26th, 76 aH (2022) – Okinawa – Japan

What a beautiful day! Today is the most beautiful day ever. Why is that?

Because it’s today! It’s today! Yesterday, we don’t know. Tomorrow, we don’t know. Today is the most beautiful day. We are alive. Tomorrow, we don’t know. We never know. That’s what is beautiful. Death, the possibility of death, makes life more beautiful!

When we are young, we don’t usually think about death. Normal people don’t think about death when they are young. We believe we will never die. We have this illusion death isn’t for us. We see people dying, we say, “No, not me!” And slowly, we see people dying who are 20, 40... more and more people die.

Now we are eight billion people on Earth, alive! But there are much more, many, many more dead people. It’s an interesting question: how many human beings died on Earth? Scientists estimate between twenty and forty billion people died. So, the number of dead people is much higher than the number of people alive.

Enjoy! It’s coming! It’s coming! Don’t have any doubt. We can hope it isn’t for us.

Cemeteries are full of people who wanted to do something the next day, very simple things. Not everybody had huge projects; they wanted to do very small things like, for example, saying, “I love you” to somebody. “I will do it tomorrow.” Dead! There is no tomorrow. We often have seen our friends and family members disappear. What was our reaction? “Ah, I saw him last week! I could have said how much I love him, or how much I love her.” But it’s too late!

We must tell each other how much we love one another when we are alive! But we have this illusion that we will be alive tomorrow. It may be an illusion! One more time, a sentence you should write in your home: Cemeteries are full of people who wanted to do something the next day.

When should we say, “I love you” to other people? Not next year, not next month, not tomorrow, not next hour... now! On my computer in the morning, I often send love messages. We could only send love messages to our lover. But no! Send them to everybody! Because tomorrow maybe you won’t be able to do so.

It's only now that I am sure you can, not even next minute, "Oh, after one minute I will send a love message." No, do it now! So, I wanted to tell you that this morning: "I love you!" I'm done, that's it. I can die now.



Think about it. Tell the people you love that you love them. Don't live with this illusion that they know, "Oh, I don't need to say, they know I love them." Yes, you need to say, not for them but for you! When you give love, it's the highest form of happiness. When you receive love, you receive a present, a gift, you are happy. When you give, you are much happier!

We are all full of fears, "If I say, "I love you", maybe they will not love me back." That's thinking. I don't care if you love me! I like it but I don't care. I love you! You can say, "Me, I don't love you." No problem. It's your problem, not my problem. You are free not to love me. But me, I love you! Each of you. I hope you feel it. If today is my last speech, I will die happy, because I said it.

And it's the same for the Elohim, "I will meditate about the Elohim tomorrow... Next week... Next

Sunday morning..." You are not sure there will be a tomorrow.

Now!

Let's send our love to the Elohim together.

Thank you, Elohim! We love you. We love you; we love you. I wish you a beautiful day!

Be the fountain, be the oasis, be little fairies by changing the world with love

Maitreya Rael – Gathering on July 24th, 76 aH (2022) – Okinawa – Japan

Good morning, everybody!

If I understand well, the question is about how beautiful you feel and how much harmony you have when you follow my teachings, but when confronted with normal people in the society it's difficult, is that so? When you use supraconsciousness, which connects you to infinity and happiness, because it's the same thing, you are a little bit like a fish inside an aquarium. In an aquarium, everything is safe. There is no predator; there is water in a perfect condition.

But among human beings, except if you go to a monastery on a mountain, you are not like a fish in an aquarium. If you have the choice to be in the society or to be like a fish in an aquarium - inside a monastery in the mountain or

alone in the forest - which choice is easier, to be in a monastery or in society? Of course, if you live a normal life, you have to interact with “normal” people. It’s not exactly true because by being in harmony, like when you leave the Happiness Academy, or when you leave a meeting with Raelians, you are the normal one.

Being in harmony and peace, and connected to infinity, this is the normal state of human beings. But very few people are normal. Most people are just robots. They are not happy. Of course, they are suffering, because everything is difficult for them. They are confronted on every aspect of their lives to things they don’t like, so they suffer. The society is not made to create happiness. Every human being craves for happiness. They want peace, harmony, and love.

However, the society creates an environment where peace, love, and harmony are absolutely not important. Instead, society raises human beings with competition, money, power, and no love. Competition automatically makes you sad. Competition creates frustration and make people suffer. Money is never enough. You become frustrated. And there is this dream of love, but who has love in their life? Almost nobody. That creates frustration, suffering. On a professional level, people are in competition also; therefore, they are frustrated. They want a bigger car, a bigger house, to be in competition with others. This constant frustration creates unhappy people. People are suffering. We always think that some people are kind and some people are mean.



Everybody is fundamentally kind. But when you suffer, you become mean. People who are violent are suffering. You cannot be violent with other people if you are not suffering. When you suffer, you want others to suffer also. That creates jealousies and increases competition. “Why does this person have more money than me?” “Why does this person have more power than me?” Then everybody suffers.

And you, we, live in an aquarium where everybody, everything, is perfect. Between Raelians, there is only love. There is no competition. Oh, there are some “levels”, but it’s not interesting. There are some different levels of feathers for the Angels, but it’s nothing. Nobody is looking at you saying, “Eh, you are Level 4, I am Level 5 so you have to follow what I say.” Nobody says that, I hope. Nobody says, “I am a Golden Angel, you are a simple Angel, you are inferior to me”, I hope.

To be Raelian is to be. Not to be Level 5, Level 4, 3 feathers, 2 feathers. It’s to be. And then there is love. We can be who we are, openly. We are not afraid to be judged by others. And if we are afraid, we have to progress. To be Raelian is to have no fear. No fear between you, no fear of me, no fear of the Elohim. Only love. Some people think that we fear the Elohim like they fear God. No!

So, to return to the question: How to deal with these suffering people? Like for everything, with love. If you look at people as suffering people, you adopt a kind of “nurse” posture. You create a state of mind, “How can I help other people to be as happy as me?” If you meet people who are aggressive, who are not respectful, who are in competition in your work place or in society, you are love.

Whenever you meet somebody whose attitude or behavior isn't what you like, you have two ways to react: suffering, frustration and anger; or love. “How can I help this person who is not behaving in a good way with me, to be better?” That's like the magic stick of a fairy. If you put love, especially with people who are not pleasant, then it changes everything.

If you only love people who are perfect Raelians, smiling, kind, you will love very few people. But if you put yourself in a position, in a mental state, where, “This world needs love therefore I will give love”, then you love everybody.

Be the one who gives, because if you are the one who wants to receive love, you will always be frustrated, and suffering, and depressed. But if you don't expect anything from others, absolutely nothing, no kindness, no love from others but instead you want to give, you are never frustrated, never suffering, never depressed.

Most people say, “I love you”, and expect, “Me too” in return. That's not love, that's trading, like buying with money to receive something.

Love is not trading.



I remember being in a conference, a public speech, where one person was insulting me. I looked at this person and said, "I love you." And like a bag full of air "psshhh," like a balloon, suddenly he couldn't say anything, because I didn't argue. They were insulting me, and I said, "I love you." This person was used to fight, to be in competition, "I don't like you!" "I don't like you either!" "You are bad!" "You are bad also!" That's the society. Jesus was saying, "If somebody hits you on the right cheek, give the left cheek." That's love. When people came and insulted Buddha, all the Buddhists were like you, listening to Buddha, they wanted to hit this man. But Buddha said, "No. Thank you. He is insulting, thank you."

All the Buddhists, the Raelians of that time, were so surprised; and the insulting angry man left. On the next Sunday, at 11, he came back. He realized, "Wow, this man is somebody fantastic and I insulted him." So, he came in front of Buddha and said, "I'm sorry, I apologize for last week." And Buddha said, "No need to apologize. You are not the person you were one week ago. So, the person I see today in front of me doesn't need to apologize." That's true with everybody. People change, evolve. You can change people; you can help them change with love.

When I say, "I love you", I don't expect, "Me too". I don't care. You love me or not, I don't care. My love is unconditional; no condition. People can hate me; I love them. And that changes the world. If you love only people who love you, there is no love on this planet. We have to love everybody; to wish them good.

What is to love? To wish the best possible for others, and not expecting the best for us thanks to them. My happiness is my responsibility. Your happiness is your responsibility. You build it, or not. It's your choice. You have the tools. You can hurt yourself, or you can give love. When you don't give love to others, you hurt yourself. It's a kind of hara-kiri. When we say, "I hate you", we hurt ourselves. Give love, understanding. The more unpleasant, aggressive, insulting people are with me, the more compassion I have for them, "Wow, this person must be suffering so badly to behave like that."

And then, you change the planet by giving love, by not being in competition. In everyday events, there are little competitions. The road to supraconsciousness has many steps, but do it one step at a time. What is love and kindness in the work place? A smile, a "Good morning", "How are you?", a little flower, opening the door for others, bringing a bottle of water; very simple things.

The three free gifts of Buddha. Be giving. Buddha said, "Be giving all the time." "Yes, but I am poor, I cannot give." Yes, you can. There are three free gifts. First, your smile. It doesn't cost you anything to smile. A smile of love. A glass of water, the second free gift of Buddha; a glass of water. There's always a water fountain in the office, you look if the person has a glass of water on their desk, if not you offer some water. They will be surprised.

And the third gift of Buddha is a seat, just a chair. A smile, water, and a chair; free gifts.

There were often workers here, building things, fixing things in the house. The normal attitude for people is to say, "We are paying them, they are professional, they are workers, I don't have to do anything." I saw them working outside and it was so hot! Okinawa is so hot! I filled a few glasses of water and brought it. They were so surprised! I didn't have to do it, but it's love. When you see somebody sweating, somebody working in the garden, bring water.

Give love, through details. No need for big things. Love is in the small details. Small details change the lives of people. And that's how-to live-in harmony with people who are in conflict situations with you. If people who don't

have the same harmony as the members of the Raelian Movement surround you, give more. Give, and give, and give. You never give enough. Give your attention, give your smiles; your smiles are so beautiful.

Depression and sadness happen only when you want something, “I am lonely, nobody loves me.” You want to be loved and you feel frustrated. If you look at other people thinking, “Can I give love to this person?” Then, instead of expecting something, you give, like a fountain of water in the desert. In the Sahara Desert, there is no water. If the world is a Sahara Desert, and it is sometimes, be the fountain, be the oasis. Be the one who gives. And you don’t need to be rich; you don’t need to own anything. Simply give your attention, a smile, be ready to love.

“What can I do to love this person who is bad with me?” Usually nobody thinks that way. They are more into, “How can I reply to this insulting person?” No! “How can I give love to this person who is not kind with me?” This is the right way. If you are kind only to people who are kind to you, you may never be kind. You have to be kind first, and then it starts, it grows.

I did a real experience in a city, walking; Tokyo, Paris, it’s the same. People have serious faces and they walk, businessmen, nobody smiles. I walked and looked at these people, and I smile. They were surprised, “Why is he smiling at me?” And the reaction, normally, is to smile back; and the entire street starts to be smiling, slowly. Then people think, “Why did this person smile to me?” And you induce a question, “Do I know him?” But they start thinking about a smile. Before, they were thinking about competition, society, “I need more money. I need more power. I need a girlfriend.” You smile and, “Why? Why is this person smiling at me?” It is a complete change with just a beautiful smile like that.

You are magicians. Be the magicians you are. Be little fairies. You are fairies.

By changing the world with love. Okay?

Thinking is an umbrella

Maitreya Rael – Gathering on June 19th, 76 aH (2022) – Okinawa – Japan

Good morning, everybody! It is time to stop thinking about the Elohim. It’s 11 am on Sunday.

All week long we think about the Elohim - or so I hope. So, on Sunday at 11 am we stop thinking. At 11 am on Sunday we “feel” the Elohim! It is time to stop thinking and start feeling. Feel the beauty of the Elohim, the light of the Elohim. It’s raining on you! I know, the rainy season is finished, but the rainy season of the Elohim is never finished. When you think, you put an umbrella and you block the rain of the Elohim. Remove the umbrella! Thinking is an umbrella.

Now, I want to give you a short, short speech about my morning meditation. Every morning, I meditate, of course! This morning, it was special because I knew I will meet you after and a big beautiful deep question arose. Happiness is now, only now, not yesterday, not tomorrow. Exactly now! Because we don’t think. If you think about happiness, you cannot be happy. If you feel happiness, immediately it comes. It is like when you have an orgasm. If you think about having an orgasm, nothing happens. If you feel, it comes.

We pass through time. Time is not passing by; we are passing in time and the deep philosophical point is what Buddha was calling “impermanence”. Nothing is permanent. Nothing stays forever. Permanence is human beings’ most important illusion. “I love you and it’s forever.” No! “I love you the way you are today. If you change, I will stop loving you.” No.

And in a couple, “Oh, it’s forever; married forever!” Wait a minute! You meet somebody; you love this person the day you meet. And then, as soon as you live together, you say, “I love you”; meaning, “Do not change! I love you the way you are now, so you must not change.” That’s not love! When you love, you love all the possible changes to come. “I love you now and I love all the possible changes of the new you.”

Every morning we are new. You are not the same as yesterday. You are not the same now as ten minutes before, because my speech changes you. Enjoy it! Feel it! Sometimes we say, “Wow!” Yes, that’s changing. A Buddha never speaks to not-change people. A Buddha is a shoehorn. He helps you put on the shoes of change. No matter what, you change; everything changes. That is called “impermanence”.

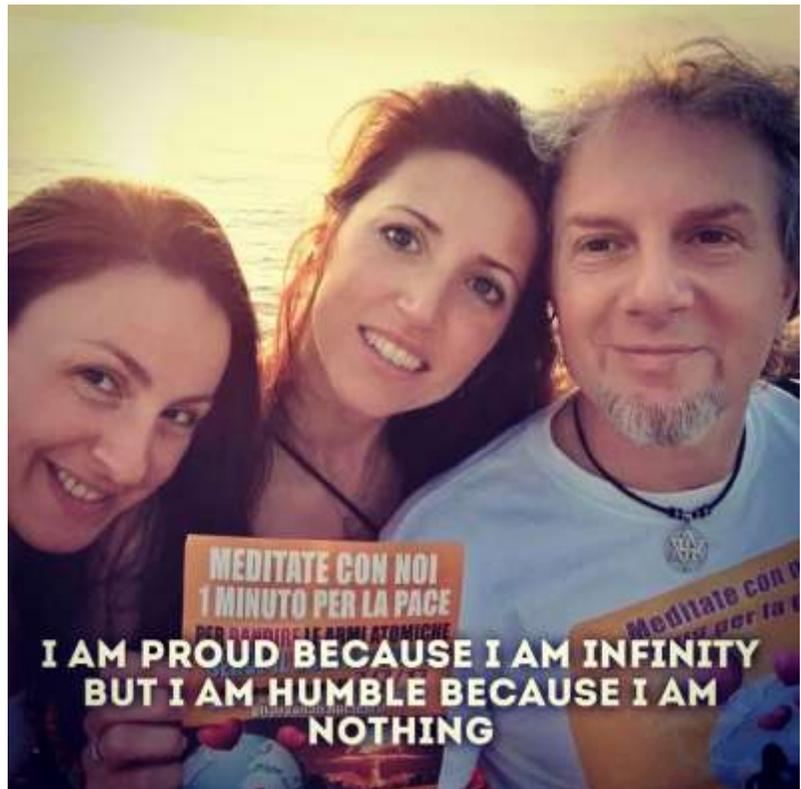
Your body changes, your hair becomes white or falls, breasts also. Everything changes! Some people are fighting that, they refuse it. You can refuse it, but it falls...You can go to the mirror in the morning, but they go down [breasts]. Life is changing. Nothing can stop changes. But we, we are buddhas, what do we do with that? Normal people don’t want to change. They use Botox, surgery... they don’t want to change.

Buddhas are surfing on the wave of change.

Normal people are afraid of the wave. You can surf on the wave of change, it’s your choice; but anyway, you change. Everything changes: the planet, the stars, you, the borders, the countries; everything changes.

Is there something that never changes? [“Infinity”] Yes! Infinity never changes. And is there something else that never changes? Nothing! “Nothing” never changes. Nothingness will never change because nothingness is very important. Nothing is the most important thing! That’s where the Buddha you are arises, when you realize, when you feel, that you are infinity and nothing. “I am proud because I am infinity, but I am humble because I am nothing.”

This is being a Buddha. Having the two sides of the blade. Buddha’s wisdom is like the blade of a razor: there are two sides and there is the blade itself. Being a Buddha is to be in balance on the edge of the blade. If you “are” not, you fall asleep. If you “are” too much, you think; and you are not on the blade. Being a Buddha is being in balance between nothingness and infinity. We all are nothingness and infinity. I see both in your



eyes. I love you but you are nothing. I love myself but I am nothing. Being nothing and being proud of it, that's being a Buddha.

Thank you, Elohim!

Trying to be better than others, for anything, is wrong

Maitreya Rael – Gathering on July 24th, 76 aH (2022) – Okinawa – Japan

We must never be in competition with others, for anything. Some people posted on Facebook, “I don't want to be better than others. I want to be better than I was before.” That's still competition. Don't be in competition with others, and don't be in competition with yourself. Trying to be better than you were in the past is competition. Never try to be better than anybody, including you, but be. Be, just be. Not be happy, not be better, not be anything... be.

When you are, you are the best you can now.

Yesterday, it was somebody else. Yesterday, there was no “You”, it was somebody else, someone with other thinking, other feelings. And tomorrow, you will be another person. But right now, are you? That's the only thing that matters. When you are, you are in competition with nobody. Trying to be better than others, for anything, is wrong.

To be better in kindness is competition. That's a fighting spirit. Be the best you can, do not compare to others. Comparing creates frustration and jealousy. If you have a beautiful girlfriend and she looks at somebody else, usually what is the question? “What is better in him than me?”

For girls, it is the same, “Why does he look at this girl? What does she have that I don't have?” Competition! Competition destroys every connection with supraconsciousness. Be, be, just be the best you can now, without comparing with the past.

Because, “I don't want to be better than others, but I want to be better than what I was before.” This is competition!

By being now fully you, you are. Nobody can be better than you, now! Because you are you. Nobody can be better than you. Can we improve? It is possible, but maybe not. We don't have to be in competition with ourselves, because it's still competition. And competition will bring frustration. “Okay, I sing or dance very well, but I will practice singing or dancing and I will be better.” Maybe, maybe not. And if you cannot succeed in reaching a higher note, there is frustration. So, there is competition with yourself.

No competition, never! And it's very difficult because we always think competition for love, money, power. It's easy to see people in competition to make more money, to be richer than others. We don't want that. We want to be; to be. Like Buddha with the bowl and people giving rice. Not to have a bigger car, a bigger house. “I just wait for love from others, without expecting it.”

In other words, “I give the possibility to others to give love.” Even a Buddha can be frustrated if he expects something. A Buddha sits on the ground with a bowl to receive rice, but he doesn't expect rice. If he is all day with

his bowl and nobody gives rice, there will be no frustration, no competition with himself. The most important, the most beautiful things, which is love, giving, are also very dangerous for competition.

“I want to give more love than others.” Competition! “I want to give the best I can.” No competition! It is the same for humility, which is so important. Who is the humblest here? Nobody? That’s wonderful, because if you say, “I am the humblest”, you cannot be. The one who says, “I am the humblest person”, gets a zero mark! But we can be humble, without comparing with others.



Every girl here, and boys also, wants to be the most beautiful. And if their lover looks at another girl, “Is she better than me?” In my garden, there is a beautiful rose and there is one beautiful lotus. They cannot compare, so the lotus cannot be the rose and the rose cannot be the lotus. Which one is more beautiful? I cannot say, for me they are the same. If not, it’s competition. You cannot have competition between flowers.

You will see when you go out, there is a tree with tiny red flowers, very tiny. I love these flowers. And there are large hibiscus also. Which one is more beautiful? Is the big one more beautiful because it’s bigger? No, it’s bigger... period! And the other one is smaller, but is it more beautiful? I don’t know. What is the most beautiful between a cat and a dog? We cannot compare! What is more beautiful between an apple and a pear? We cannot compare! Each is what it is: it is!

Like you “are”. You are you. You cannot be better than yourself, impossible It applies to all of us, if we “are”. But if we “are” not, we are not. So, it’s important to be and to witness what “is”.

What is more beautiful, the blue sky or the white clouds? They are different. I love white clouds, I love blue sky; and we witness the clouds passing, nobody can stop the clouds. Clouds are changing. I love watching the clouds, they

become bigger and bigger and disappear. I love looking at them in the morning. Sometimes I see a dog, clouds in the shape of a whale, of a bird, changing and disappearing. It is the same for us. We are all born one day, and we age, we change shape like the clouds. Very different shapes! Me too, I had hair twenty years ago; I had a black beard, now I am all white. It's called aging; we are all aging. And we are living in a society that does not want to see aging and dying.

Our education and media make us believe there is no aging and there is no death. But, from the beginning, when you were born, a little baby, you were destined to die. When you are a baby you cannot think about it, but becoming conscious of aging and dying is what connects us more to supraconsciousness.

If you think you are eternal, you will never age, you will never die; right "now" becomes more important. What makes "now" important? The fact it will pass. The now of now will disappear and we age and we die. So, when you are totally aware of aging and dying, each second becomes precious. You are in the now!

One day, we will all be skeletons, beautiful skeletons; I'm sure. At least our skeletons will be beautiful. It's coming! It's unavoidable; we cannot avoid it. That's why now is so important. But the illusion, "Oh, we have time." "We will do it in the future." "In the future, I will be happy." "In the future, I will be... I will become conscious of now." No! Only now is real. We cannot be sure that we will be alive tomorrow. We don't know. Even the youngest can die. And when you are becoming sick, which cannot be avoided; we will all be sick. We don't see it. Everybody has some kind of sickness, disease, but we don't see it; it is there. While you walk in the city, in the street, most people are sick. They don't say it; they don't show it. Every human being experience aging, illness and death.

But now we are alive, we are. No need to say, "I am alive." Just: "I am." Because when you are dead you cannot say, "I am." "I am alive" is like saying, "I am... I am." "I am." Are you? Are you? Say it!

["I am"]

It's like if we do AOM at the same time. Feel it. When you "are", there is absolutely no competition. There is no higher, no lower; "I am." You are. I don't say "beautiful". One day, you will be a beautiful skeleton, I'm sure. All of us!

So, it is important to really, every second of our life, be aware of aging, illness and death. Some people never think about it. They become sick and they say, "Why me?" That's the funniest question. When a doctor says you have cancer, the first question that comes to mind is, "Why me?" Many Raelians come to me saying, "The doctor said I have a cancer. Why me?" And I reply, "Why not? Why not?" Many diseases exist and they are part of life. Four years ago, I was in hospital, almost dead. I didn't say, "Why me?" I welcomed the experience, "Wow, interesting! I am"; and enjoying the experience.

Then, the stupid doctor said, "You will never be back to normal." I wanted to answer, "I have never been normal." Back to normal, I don't know what it is. And this is welcoming the experience of life; welcoming white beard, welcoming a bigger belly, welcoming death.

We lost a lot of Raelians from the early days. We will lose more, not only the older ones. Every time I see the Raelians, young or old, I always think, "Maybe this is the last time I see them, on this planet." It is possible. And what is the reaction when somebody dies? People say, "Oh, I saw them last week, I wanted to give more love." Too late!



“Oh, this poor – I don’t say a name – he died, but I was with him just a few days ago and I didn’t express my love.” Now, I hope, in this room, we are all alive... I hope. We are. Give love with your eyes, with your smile, with your voice, with your touch, with your kiss, with your hug, now!

The hug of yesterday has no value. The hug of tomorrow is worth nothing. When you hug somebody, it’s now! It means, “You are and I am”. Remember it! Hug each other, and always have in mind that it’s always possible to be the last time! Today I’m talking with you, maybe next week this chair will be empty. We don’t know! But now, I am.

The Elohim are in each heartbeat

Maitreya Rael – Gathering on July 31st, 76 aH (2022) – Okinawa – Japan

Thank you, Elohim, for the incredible luck we have to know the Message. We are so lucky to know the Message. Realize how lucky we are. How did you discover the Message? Was it in a bookstore? Was it at a public speech? Remember the first time you ever heard about the Message, remember.

There were many possibilities that you didn’t see the advertising. There were so many possibilities that you never met the person who gave you the Message or saw the advertising... so many possibilities.

There was one possibility that you discovered the Message, only one; but an infinite number of possibilities that you did something else: watching TV, going to the beach... many activities. But you decided to go to the Message.

Remember the first day. Maybe you got the Message and you couldn’t sleep after. Do you remember? Many people read the book, and they couldn’t sleep until they finished the book. Remember this feeling of the first day, it’s still here, it’s still in you. Never become used to it.

“Ah, it’s Sunday, I have to go to the gathering.” After a while, “Phew, maybe I won’t go to the gathering.” That’s possible. The enthusiasm you had when you discovered should be the same today. Should it be the same? No! It should be more!

Many of you here have been Raelian for many years, attended many Happiness Academies, many gatherings, have many Raelian friends communicating with you. The first day you discovered the Message, if I can compare, you were a virgin. The first day you discovered the Message was like being a virgin. You discover, it is all-new and... wow!

And now, after two years, five years, ten years, thirty years, it isn't the same, it is more powerful! You are more in love with the Message.

The Message of the Elohim is like a partner. Some people meet a new boyfriend, a new girlfriend. At the beginning, "Wow!" After a few weeks, a few months, a few years, "Phew!" On average, a couple getting married divorce after four years. It's the same with the Message. If you get used to it, if it is a habit, "Okay, oh yes, it's Sunday, we have to go to the gathering", then, one day, you don't come.

You have to feel this love, for the Message and the Elohim, inside you. Feel it! It's really like being in love. Some people are in love with a girl or a boy and it grows and grows forever. And some others, after a few weeks or a few months, become tired; they let the fire disappear. You have the fire of the Elohim inside you. You have to cultivate it! You have to make it bigger and bigger. And you do it; you spread the Message and you are here! And you know me. And you are applying the teaching of the Elohim. And you are happier and happier.

The first day you discovered the Message, you were enthusiastic, but not so happy. Now you are happier, because the Message is part of you. So many years you have given to it. You don't see it, but you grow with the Message.

The brain is made of neurons and connections. If you are normal, focused on work, money, boyfriend, girlfriend, you use a lot of connections for that. But by devoting your life to the Message, your brain becomes very special.

Other people don't have the connections you have. Do you remember at the beginning, at your first Happiness Academy? I was explaining how you sculpt your brain. Everybody was enthusiastic, "Oh, yes, I will create a beautiful brain, connected to the Elohim and infinity." And you did it.

I saw you coming. For some people, the change was spectacular. I remember some of you at the beginning, very serious; very serious and very under control. Now, I see your smiles, the most beautiful smiles. That's the effect of the Messages. I remember, at the beginning, some looked like angry businessmen; and they are now smiling, happy, enjoying life. All of you!

I see from outside; I remember some of you young and handsome. You are still handsome, but more shining. Not shining from outer beauty, but from inner beauty. All of you! Feel that!

The brain you build – you make it yourself – is unique. Even the youngest members we have here already spent many years creating their brain. Feel it, you are responsible for this fantastic machine you have.

But, are you or is it the light of the Elohim? Of course, you are responsible.

Imagine what you would be today if you never discovered the Message. Imagine. Where you would be? What would you be doing? What kind of thoughts would you have? What kind of vision of the world? Now, you have wisdom, happiness, which come from the Elohim. You are the light of the Elohim on Earth. That's why you are enthusiastic.

Enthusiastic means, "carried by the gods". And the gods are the Elohim. They are not gods; they are better than gods. They are messengers of infinity, and you become messengers of infinity. Every day, when you wear this symbol, you irradiate the light of the Elohim! Enjoy it and be thankful.

The most important quality to raise to a higher level of preconsciousness is being thankful.

Thank you! Thank you, Elohim! Without you, what would we be? Without transmitting us this Message, what would we be? What would we be without receiving the Message?

Be thankful, most importantly, from when you wake up. When you wake up in the morning, it's the best moment to connect to the supraconsciousness. You wake up and what happens in your brain is amazing. To "wake up" and to "awaken" is the same thing. You wake up, but you are not completely awake. Only when you connect to the Elohim you awaken.

Being awakened, being enlightened... Enlightened, having the light inside. One thing that makes you thankful... Again, being thankful is the most important key to happiness.

I am thankful to have you supporting me.

When you wake up, here is a little trick. You can be thankful for the house, for the food, for everything but by doing so you use the thinking brain.

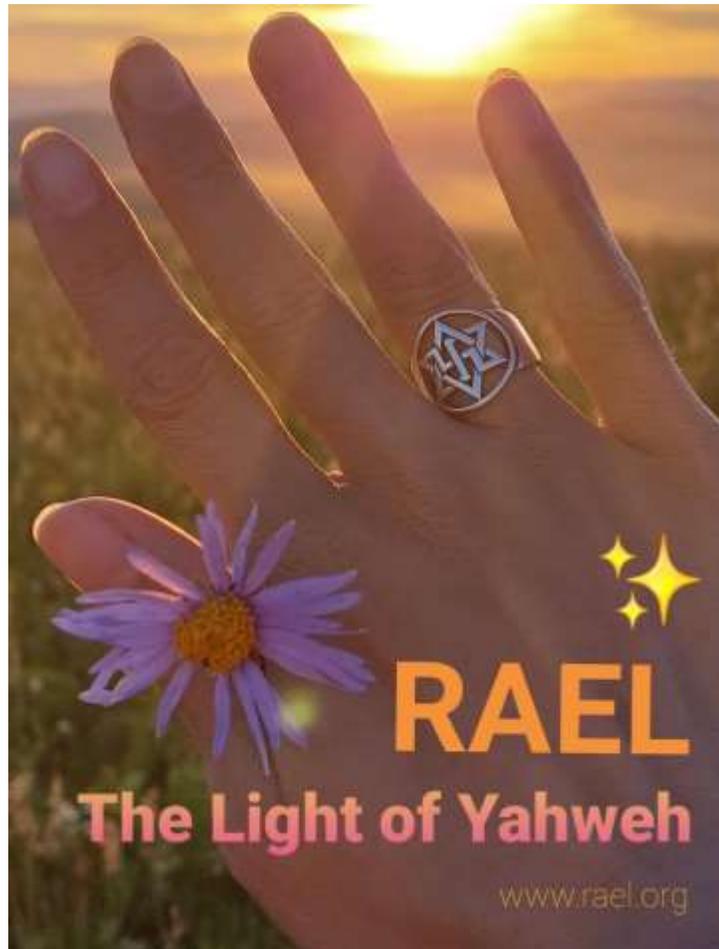
When you use the thinking brain, you can find many reasons to be thankful. "I am thankful to have so much money in the bank, thankful to have a beautiful girlfriend..." That's thinking!

But the best way to be thankful is to be... to be, just to be! You wake up and, "Wow! I am." If you start the day like that, the day will be magic. And a very simple meditation, you feel your heart beat, anywhere you want, by yourself. It's beating, it never stops. One day, it stops and that's the end of the story... at least on Earth. But feel it and be thankful. I wake up, I touch my heart, "Wow! I'm alive, it's beating." You can think whatever you want, it never stops beating.

Some people say, "I cannot be thankful, I have no money, no girlfriend, no house." Yes, but you have your heart beating! That's the best way to be deeply thankful. Feel it, feel it now! Each beat is unique. When you have a little down, when you feel a little bit less happy, just touch it, "I am alive!"

Do it!

In each heartbeat there is the Elohim; the Elohim's life. This is beating because of the Elohim, if not I will be dust, ground. I am my heartbeat. My heartbeat says, "I am." And then, you have happiness all day long.



You are not alone

Maitreya Rael – Gathering on August 7th, 77 aH (2022) – Okinawa – Japan

Thank you, Elohim! We are together thanks to you. Without you, we wouldn't know each other. That's probably one of the best gifts of the Message; it's the capacity to meet people like us.

Without the Message, we would exist and probably have the same kind of personality, but we wouldn't know each other.

Before becoming Raelians, you already had this kind of thinking; the Message didn't change you fundamentally. Maybe some among you were thinking God; but Elohim and God are the same thing. And always, like everybody, we asked, wondered, "Where do we come from?"

Or we were asking questions, thinking about space, talking sometimes about UFOs. Other people were seeing you as someone a little bit strange. Most of you! You thought you were the only one having this kind of thinking.

Then you had the first shock, you discovered the Message, "Ah, that's what I was thinking." Do you remember? The happiness of reading and saying, "Yes!" You read, you read, and finally you saw there is an organization, "There are other people like me!" Because you were, most of you, you were sure to be the only one thinking like that. And it wasn't a problem, "I am like I am and it's me." But suddenly, there is an organization! And you contacted us, and you went to the first gathering.

Do you remember?

Then, you saw faces of people thinking like you. That was not being alone anymore. It's something fantastic. You met the Raelians, you shared, but not only the Message, the Elohim, the creation of life; you heard about the Happiness Academy and you said, "I want to go!" And you went.

"It isn't only a story about UFOs, it isn't being alone with these crazy ideas, but there is Maitreya who can increase my happiness".

Wow! Three gifts!

Thanks to the Message, I'm not alone, and we can grow together. And that's why we are together today, and we have to be thankful to the Elohim for this infinite pleasure.

The Message, alone at home, is beautiful. The Message, together, wow! You, we, "I have brothers and sisters with the same crazy thinking as me. I'm not alone to be crazy!"

Before, I'm sure many people made fun of you all, "Oh, he is strange! Hey, UFO man!" But now, you can be in the society proudly wearing your symbol, not hiding being a little strange. Proudly being strange! Proudly being crazy! "I am Raelian."



When some people say bad things, “Hey, hey... I am Raelian. I’m not alone.” That’s the privilege we have with this fantastic gift of the Elohim that brings us together. Do you feel it? Without the Elohim, we wouldn’t know each other. Me, I would probably be in a racing car magazine.

But we are together. That’s the best “Thank you, Elohim”.

I remember, December 16, 1973, with the Message. I was thinking, “Nobody will believe that. Nobody! People will laugh!” And I sent it to publishers. And you know how I was invited afterwards on a big television show. And I spoke, but I was still alone. And I was expecting something like maybe ten people contacting me and saying, “Ah we want to help you!” I still remember the postman knocking at my door saying, “I’m sorry sir, we have mail for you, but it doesn’t fit in your mailbox.” More than two thousand letters! He brought two bags, like potato bags, and I thought, “Okay, okay, don’t be happy so quickly. Maybe there are letters from angry people, God believers insulting me...” I opened and read two thousand letters. I couldn’t answer immediately. Maybe some people among you received an answer, but... I wanted to answer each person, personally. No leaflet, writing on a card. I had a fountain pen; I still remember its green color. Did you receive it?

And I was writing, “Thank you for your letter”, and signing, and saying things, “You will be informed later of some meetings.” And each new letter I opened was positive. “Oh, maybe I’m lucky that the five or six first are all positive.” All two thousand letters were positive, except ten. But, wow! I was thrilled. Suddenly, I realized you existed.

You know, people talk about loneliness, the loneliness of musicians, the loneliness of poets... But nobody knows the loneliness of a prophet. You are really alone, there is nobody. You can make a poem that people - some people - like. You can make music that some people like. But you bring a Message from space, you are convinced nobody will follow you. This moment was the loneliest time of my life. You cannot talk to your friends. My friends were race car drivers, people, journalists... I couldn’t talk. I knew they would not support me. So, I kept silent and gave it all on television, and these two thousand letters came in return. And suddenly, I wasn’t alone!

Among these letters, at the beginning, was Jean Gary’s letter.

And that was the beginning... and you are with me. Suddenly, I realized you existed and instead of spreading the Message and trying to convince people, I didn’t have to convince, because you existed. You became Raelians; I never tried to convince you. Among all the public speeches I gave around the world, thousands of them, I sometimes agreed for a question period. I remember many times people raising their hands and saying, “We don’t believe what you say! Your speech doesn’t convince me!” Then I was answering, “I don’t care.” “Please, say something to convince me!” “No, I will never do.”

Because my goal is not to convince anybody, but to find those who are ready: you!

Thank you, Elohim!

Be happy, be funny, be crazy, but before all, BE

Maitreya Rael – Gathering on August 14th, 77 aH (2022) – Okinawa – Japan

When you think about the Elohim, you don't have to be serious; on the contrary, laugh, sing, dance, make jokes. That's why we love the Elohim, because they don't ask us to be serious. They ask us to "be". And you cannot be happy if you "are" not. To be happy, you have to "be". The very famous William Shakespeare said it perfectly, "To be or not to be." That's so deep. People read Shakespeare and we perhaps all learned a little bit of his writing at school. However, "To be or not to be", we didn't really get it. Now, with the light of the teaching of the Elohim we get it.

"To be or not to be." It's amazing. It's simple. If you are not, you cannot be happy. First: "I am"; and there is no need of another word. No need of "I am in Okinawa, I am rich, I am... highly educated..." No! "I am." Always remember these questions to Buddha. Some people came and said,

"Are you a teacher?" "I'm not a teacher."

"Are you a prophet?" "I'm not a prophet."

"Are you a spirit?" "I'm not a spirit."

"Who are you?" "I am."

So, "be".



Be, of course, happy. Be funny, be crazy, but number one: “be”. If there is no “be”, there is no honeybee and no honey. Honey is sweet because there is “be”. What a great joke, wow!... In two hundred years, people will say, “Maitreya said, “Be honey.” Everywhere I look I see the Elohim, and especially in your eyes. And look at the eyes of our brothers and sisters. People sometimes say, “I want to see the Elohim!” Look in the mirror! We are made in their image. We have the same face as the Elohim! So, enjoy, and don’t forget to be.

Thank you, Elohim.