

IRM NEWS CONTACT #404



Sing to the Elohim

Let the little baby
inside of you out

Feeling is loving, loving
is feeling

Praying the Elohim is
dancing and singing

Our reason to live is to
love the Elohim

Elohim, thank you for
creating us equal to
you

The freedom of choice
is the most beautiful
gift of the Elohim

We are the Elohim's
revolution on Earth

Sing to the Elohim

Maitreya Rael - Raelian Gathering, Aug 28, 77 aH (2022), Okinawa, Japan

In many religions you cannot pronounce the name of god without singing. They call the Elohim “god” and when they talk to their god, out of respect, they must always sing. Christians, Jews, Muslims, don’t talk to god, they sing. For them, talking to god isn’t respectful. When you sing, automatically it’s full of respect.

When you want to contact the Elohim, if you can, even if you are not very good, sing. It can be beautiful lyrics, or it can be just blah blah; anything, but sing! When you sing you are full of respect and love. Don’t think that you need to sing well, just sing. Like the sentence says, “Sing as if nobody is listening. Dance as if nobody is watching.” In expressing your feelings of love and respect to our beloved Creators, singing is the best possible prayer.

Sing as often as you can and never think that you aren’t good enough to sing. Try to create your song. Of course, it’s easy to sing, “Elohim, Elohim...” No! Try to make it yourself. When you create your own lyrics, it comes from inside, like everything important comes from inside. Real happiness comes from inside, and a real love for the Elohim comes from inside. So, as often as you can, sing for them. They love it, because they created you for singing. All human beings should sing for the Elohim every day, and dance.

And show your happiness to be alive on this beautiful planet. The Elohim didn’t create us to think, “Mmmm...” no! They created us to be happy. Children sing and dance all the time. Children... you are children of the Elohim, yes! Yes, it’s naturally coming. Not, “Mmmm...” no! Sing, whatever comes.

Please love yourself!

Love must guide our life

Rabbinic news



I wish you a beautiful day of singing and dancing. You make me cry.

Let the little baby inside of you out

Maitreya Rael - Raelian Gathering, January 15, 77 aH (2023), Okinawa, Japan

The most important thing: I love you! And the Elohim love you, more than anybody else. You are very, very important for the Elohim, because you live on the same island as me and you take care of me so well. I want you to know that I appreciate your love, every day. I feel your love, each of you.

Not only Sky, who is taking care of me like a baby. Hany, who saved my life. Everybody! Lotus, who sends me so much music saying how much the Elohim are wonderful. Tony, pioneer of Okinawa, who was the first who talked to me about Okinawa, while we were in Tokyo. I'll remember forever. He said, "Okinawa! Come to Okinawa!" I said, "What is Okinawa?" I didn't know.



Haha-chan, with his laughing that gives me energy. You give me energy with your smile, with your laughing. Mana, with little cookies, so good! You are a part of me... Naoko also, cookies also. Everybody wants to make me fat. Rose, every Sunday offering food also. Eh! Look, look! (showing his belly) Viva brings me so many cheesecakes. Everybody wants to make me fat! Because you think I am a Buddha, so you want to make me look like Buddha. Francois-Yves, oh yes! Cooking so many good dishes. My favorite French cook in Okinawa.

Each of you. Miles, I love that every morning we walk on the beach. Miles is taking photos. Yeah, I love it. I love to see Miles taking photos. So beautiful! Looking at the nature, at this beautiful holy place.

People read the life of Buddha, or Jesus, where he was, Nazareth, Jerusalem, all these places. But in the future, people will read the Message and say, “Where was Maitreya? In Okinawa!” Okinawa will become a place of pilgrimage, in the future. Because I am here, thanks to you!



I want to tell you how much I love you, and I feel your love in everything you do. Miki and the baguettes she cooks! For me, it's holy bread. Because they are not only baguettes, they're made with love. I'm sure when she's preparing it, she thinks of me. Machan and fantastic “chawanmushi” (steamed egg custard). You bring “chawanmushi” and it's here also (pointing at his belly). Tuan, and his Vietnamese food, here also.

Everybody! Thank you, Rafy, for not cooking! It's beautiful, it's love, you bring food, and I love it, and I eat. It's my responsibility. I can just look and say, “Thank you very much.” But no, I eat. So, this thing (showing his belly again) is my fault. I am responsible. We are responsible for everything, and for our happiness also.

There was a small image on Facebook: a man carrying a small box on which it was written “Happiness”. One man said, “Where did you buy it?” The other answered, “I didn't buy it, I made it myself.” Happiness! You make it yourselves! And even if you don't cook, like Rafy, your smile is the most important food for me. The food I need is your smile.

I am a happiness teacher. If you come to see me and you are not happy, it's like saying, “Maitreya, you are not a good teacher!” I remember, for me, the most spectacular is Viva. When he came, at the beginning, he had a very serious businessman face. And look, look at him now! That's my biggest satisfaction, to see you laughing, smiling. Of course, you are responsible for it, but if my teaching helps even 1%, I'm so happy. More than with food, sorry!

Your happiness is my happiness. If I know one of you is not happy, I cannot be completely happy. That's love! Love is the opposite of the ego. Ego is, “I am happy, I don't care about other people.” Love is, “I need other people to be happy, and only when everybody is happy can I be happy.” Feel that, do it between you! If you know one of our brothers and sisters who aren't happy, look at them, touch them, laugh with them, invite them to dinner or to lunch. It's passing very fast.





I would like to invite Jean Gary for lunch today, but, I can't. He is having a meal with the Elohim. Think about all the people who disappeared. Each day may be the last day. I'm so honored and so happy to have Ruffy at my table today. We can all disappear. I am worried for Tadao, because he isn't here. Maybe he is aging, tired. I hope he is happy. I see his posts on Facebook, so as long as he can click and post some beautiful things, I am happy. Junzo, he is also aging, more than me, but he is alive, I hope. And if he is not, no problem. But you are alive, with me. When I look in the eyes of Machan, I feel love. Everybody here. Love is just looking in the eyes.

There are some people we like more. Why? We have different tastes. We are more attracted to some people. Why do we like some people more than others? It's a very interesting question. We have been affected by everything in our life. Some people

look like people we met in the past and who acted very wrongly towards us, and because of that unconscious image in our head, even if they are completely new people, we feel a little bit of fear. So, we cannot have love. Love is looking at people as if they were just born now!

What is the difference between you-baby and you-now? Remember the oldest memory you have of your feelings when you were a little boy or a little girl. What made you happy? Maybe the smell of chocolate from your grandmother. In Asia, rice cooking, more than croissants. For me, it was croissants. But here, it's soy sauce, or "gyoza" (dumplings). No problem! But what is the memory, the "Wow!", the most beautiful memory when you were a little boy or a little girl? Remember. This little boy or little girl is still alive, inside you. There is no white-haired Tony, there is a little boy inside, and this little boy is alive. That's why "Ha ha ha ha!", because the little boy is laughing. So, whenever you tell yourself that you are an adult and therefore must be serious, the little baby inside of you is screaming, "Let me out, let me out!" And you are, "No, no. Huh uh." "Hai" Okay, let him out!

When Sky is happy, she laughs so loudly that it disturbs me, but I love it! This is letting the little child inside you express itself. All your teachers of the past helped youth become adult. Me, I destroyed everything. I want you to be back to the child, not the adult! Viva had an adult face at first, and now a little boy's. He is the most spectacular example for me. Not only him! There are others. Let this little baby come out!

And what can help you do that? Play! Play petanque, or play anything you want. Children only think about playing, only! Twenty-four hours a day, "What can I play?" How many hours a day do you spend trying to play? Think about it!

You know, there are traditional medicine doctors, shamans, traditional African doctors... When people go to them saying, "I'm depressed," they ask them, "When was the last time you danced?" When was the last time you danced? Eh! For some people, the answer is years! Dancing is important. You don't need to be professional. Recently, I was on the beach with Sky. We arrived and Miles was in front of the ocean with his camera... So good, so good! I love it. Dance, not to show, there was no public, just for his pleasure.

When was the last time you danced? Ask yourself honestly. When was the last time you sang? Not



like Lotus, eh!
In your shower. Some people never sing in the shower but it's very important! In the morning, I get up, I go to the bathroom and I sing. There are no

Raelians listening, just me. I sing anything, any song, just for the pleasure of singing.

And when you make "caca" (poop), "Merci!" (Thank you)... If you sing at the same time, it's very funny. Very funny! And it helps against constipation. Constipated people are serious, everything is serious for them, their face is serious. A serious face means a serious anus. When you laugh, I'm sure you don't get constipated.

Your body is talking to you. When was the last time you laughed? The last time you danced? The last time you sang? The last time you laughed? Some people never laugh. For me it's incredible. I know it doesn't apply to you because you are high-level Raelians, but I'm sure you have friends or family who never laugh, never dance, never sing, and they go to the doctor to be prescribed pills against depression. If I didn't dance, sing and laugh, I would be depressed also. Look at the face of Sky, "Ha ha ha ha!" That's it!

Laugh, dance and sing, and that's the best way to say, "Thank you Elohim!"



Feeling is loving, loving is feeling

Maitreya Rael - Raelian Gathering, January 22, 77 aH (2023), Okinawa, Japan

When you send your love to the Elohim, they send love back to you. I send it to them, they listen, and they send back to you. Right now, they are sending you love, do you feel it? Feel it! We forget to feel the Elohim's love. We think too much. When you think, you don't feel. When you feel, you don't think. It's a choice, always, every second of your life, "Do I think or do I feel?" It's your choice, nobody can remote control you, only you can.

Each second, do I feel or do, I think?

Naturally, because of our education, our brain thinks constantly. That's why some people cannot sleep, a thought, another thought, another thought; and suddenly the sun rises. You have to train your brain to stop thinking. How can you do it? With meditation. Meditation and sleeping are exactly the same, they stop the machine, because this machine is working so hard, constantly! Even when you think you are not thinking, you are thinking, constantly. "Not now, I'm not thinking." But if I think about not thinking, I'm thinking. It's difficult, isn't it!

So, what to do not to think? Feel, just feel. Do not think about feeling, but feel. So, what can I feel? Because we can feel many things. We can feel that we are not thinking, and that's thinking. So, what kind of feeling can we have that would stop the thinking? It's very difficult: love. When you love you don't think. It's magic. Just love. When you love you don't think.

If I start thinking, I stop loving. If I think about old mistakes, old negative experiences, there is no more love. That's how to train your brain to stop thinking. Human beings think that the more they train their brain to think, the more intelligent they will become. If you train your brain, the brain, to think more, you become stupid. Albert Einstein, who was a very high-level scientist, said, "Sometimes I think about a problem, a mathematical problem, and I think and I think, and I cannot find the solution. So, I go to my bedroom, I play violin a little, and the solution comes." It happens because he stopped thinking about it.

When you think, you become less intelligent. But we believe the opposite, "Oh, it's difficult, I have to think about it." When you think, you paralyze the most important part of your brain. What is the most important part of your brain? Supraconsciousness! Yes, which is: infinity. Infinity is supraconsciousness. Supraconsciousness is infinity. That's why supraconsciousness never thinks. When you think, the snail goes back inside the shell.

If we feel infinity, we don't try to understand infinity. If you try to understand infinity, you become stupid, in the best case. In the worst case, you become crazy. Never try to understand infinity. And it's the Prophet of Infinity who is telling you that! You will have a terrible life if you try to understand infinity. But if you feel it, it's a paradise! When we feel it, just naturally, everybody smiles and laughs.

Feel infinity! Let the antenna open, "Wow, I want to feel infinity." On the other hand, "I want to understand infinity" automatically closes everything. Just feel. It's the same for love. When I love someone, I don't try to understand them, I just feel. When I look at them, I see infinity. Do the same! Remember, you have the choice between judging or loving, thinking or feeling. Feeling is loving, loving is feeling. Look at the eyes of someone, see the universe, feel the universe. So, always remember, to feel and to love is the same.

When the thinking brain looks at somebody, the first reaction for a normal people is to try to judge, “What is wrong with this person?” “Hum, I don’t like your shirt.” “Hum, she changed something in her hairstyle” “Uh, she looks stupid when she laughs.” Judging separates you from love.

When you train your brain to be, to feel and to love, you look at anybody and no judgment can come. No judgment about the shape of the body, the hairstyle, nothing, just somebody is in front of me. When I look at someone, I feel infinity in the eyes of that person. And when this person looks at me, maybe he or she can feel infinity in my eyes also. But I’m not expecting it, because if I expect, it’s thinking.

“I love you. Do you love me?” Ha ha ha! That’s not love! Stupid people, partners, often say that, which is terrible. Some people are so uncomfortable, they constantly ask, “Do you love me?” “Yes.” “Do you love me?!” Sometimes every hour, sometimes every ten minutes! I remember when I was young, I had a girlfriend who would ask me, every five minutes, “Do you love me?” “Yes.” “Do you love me?” “Yes...” “Do you love me?” “No, no more, because you ask too much.” Asking so often is a good way to destroy love! When people ask so often, “Do you love me, do you love me, do you?”, it’s a lack of security.

Real love is, “I don’t care if you love me or not.” And I really don’t care. And I don’t ask, “Do you love me?” I don’t care. But I love you. When I love someone, I don’t expect anything. I don’t know if he or she loves me. Maybe yes, maybe not. It’s their problem. Me, I love them!

Put yourself in this automatic way of using supraconsciousness. It’s connected with the three basic questions:

Where am I? - In infinity.

Why am I here? - Because of infinity.

Who is with me? - Other little pieces of infinity.

When I look at someone, I am that person, and I hope he or she feels they are me also, because we are one. For a while we have the illusion of separation. But we are one.

“We are one with infinity...” (singing). You remember my song?

Feel it. Don’t try to understand, just feel. We all come from the same matter, from the Earth. But the Earth, the matter of the Earth, is made of dust from the stars. Every day, the Earth is a little bigger, a few millimeters. Sometimes we can see a shooting star or a meteorite falling. Tons of meteorites fall every day and make the Earth. And we eat vegetables or animals from the Earth; they are made of stardust. We are made of stardust.

So, when you feel infinity, you just feel who you are, who is with you. We all have been in every star of the universe, and we will go back. It’s coming. But now, we can love each other, for a short time, a very short time. That’s why we must not think or judge.

Before ending this little reminder, I have a question for you. We all want to permanently be in supraconsciousness, so where is it better to be to reach this goal? In a monastery? In the countryside with many trees, a beautiful river or a beautiful ocean? In the nature? Or in a bedroom, a small bedroom, like Japanese people have small bedrooms, with

a small bed, concrete, and through the window you can see thousands of buildings made of concrete, and you are just in the center of a large city?

Where is it better to trigger supraconsciousness? In the city's little apartment or in the countryside? Think about it, or feel about it. What do you think? Where is it better? What would you choose? Take your time. Naturally, it is tempting to say, "In the countryside with trees, with a river..." Naturally, that's what we think. But it's not true. It's in the little concrete room, because it's inside. It's an inside job!

If you look at the ocean, the trees, they are beautiful... you are outside. That's why, in a Zen monastery, the Buddhist monks sit in front of a wall, just a wall, no painting, no decoration, a wall. They don't know the color of the wall. They just sit in front of the wall, and then they can work on the inside and not be distracted by what is around. So, feel that.

If you think about it, you may say, "Oh, yes, but, but..." "But" is one of the poison words. "But", "it's because..." are poison, garbage words. "Maybe I can be a Buddha with a very high level of supraconsciousness and be in the countryside." That's thinking. Yes, why not? Yes!

Buddha is Buddha in his little room, and in the forest.



But to reach this level, you need the wall, then you grow inside. After, you can hug trees. Because when you are distracted by the sunrise, the beautiful trees, the beautiful river, you don't work inside. When you reach this level of Buddhahood, supraconsciousness, then the trees, the birds, they don't disturb, and you can enjoy the contemplation. It's called contemplation.

Looking at the beauty of the plants, the beauty of the moon, but inside. You are in supraconsciousness. Normal people who are not in supraconsciousness see the beauty of the moon, and usually they go, "Wow! Wow!" Okay, but when you are in supraconsciousness, you look at the moon and you become the moon. You look at the sunrise, there is no wow. I watch it every morning, I am. I am the sunrise. I look at

someone's eyes, no wow, I am this person! That's the importance of developing what is inside. After, you can laugh, no problem.

People imagine Buddha, like the Thai Buddha, serious. The real Buddha is the Chinese one, laughing, laughing without thinking! That's what you can develop. To reach this level, you need to stop the machine. Every beauty in the world can make you closer to supraconsciousness, or separate you from supraconsciousness.

For example, music. Music is infinity, but many musicians use music to separate themselves from infinity. They are not real musicians. They are just like if looking at the sunrise or the moon they would go, “Wow!” That’s true for everything. The moon, the sun, music, plants, can bring you closer to infinity or separate you from it. And, one more time, the key is love.

Feeling, feeling the trees, the ocean, the space, other Raelian brothers and sisters, and then love grows. Love and infinity are one. When you are in love, you are infinity. What is the most beautiful love? An infinite love. Real love cannot have limits. You cannot measure love, “Oh, my love is big like that.” “No, no, mine is one kilometer.” Very stupid! “I love you.” “I love you more!”

There is no “more.” You love or you don’t love. Infinity can’t be cut in two. If I give half my infinity to someone, it’s still the same amount. Infinity is infinity, like the universe; uni-verse, what a beautiful name. Universe meaning “one”.

Some stupid people now think that the universe is that big, but there could be other universes. They call it “multiverse”. Multiverse means “many”. Universe is simple, it’s one. If there are other universes in this direction, it’s the universe. If one cell in my forehead suddenly discovers there are cells in my fingers, it’s not another universe, they are one, we are one.

The universe, like infinity, cannot be separated. The universe and infinity, when we become one with it, I cannot find another word to describe it, it’s orgasm. When you feel one with everything, it’s orgasm. That’s how you meditate.

Real meditation is orgasm, much stronger than sexual orgasm. So, start!

Praying the Elohim is dancing and singing

Maitreya Rael - Raelian Gathering, January 29, 77 aH (2023), Okinawa, Japan

I’m so happy to be with you. Sunday mornings are such wonderful moments spent together. Okinawa is cold, but with you I feel warm, because of your love.

Singing is beautiful. When you sing, if you are really in the moment, it’s infinity singing through you.

You know, every bird sings. They don’t learn, they cannot write music. Naturally, they wake up... We have three little birds living on the house. They wake up and, immediately, they sing. Singing is infinity expressing itself through your voice. And singing is one of the most natural arts we can have; singing and dancing. You don’t need any tools! To paint, you need a brush, you need colors. To sculpt, you need tools. To write a poem, you need paper and a pen. Every art requires tools. For singing, however, we are born with the tool, so beautiful. Same for dancing. Your body is the tool. If you have legs - even if you have no legs - you can dance. You can sing. We are born for that.

From the moment they come out of the egg, nobody teaches little birds to sing. Naturally, one day, they start, because they enjoy it. Dancing is the same. Human beings are not the only one to dance, many animals dance as well. You can see examples on the Internet. Rabbits, I love looking at rabbits. They dance “chung chung chung chung.” In Japan “pyon pyon” (hop hop). To run, like when escaping a fox, they jump. But, sometimes, they are in the middle of a field and for no reason they start jumping. It’s so beautiful.

When I was young, I was looking at them going in the middle of the field, eating, suddenly feeling so happy, they went “chung chung chung chung” and they continued to eat. I’m sure you all saw lambs and sheep; they can walk. They walk but sometimes no. Sometimes, it’s, “pong pong pong pong”, the pleasure of dancing. The dance of the sheep is so beautiful. Goats too, the same! You watch goats and sometimes they go, “pam pam pam chung!”, for no reason, just for dancing. And every animal does that. Cats dance sometimes. They climb the trees, for no reason. There is no bird to catch. They just dance on the tree. Every animal. Dogs love to dance also. When they walk, “tung tung tung tung...” They don’t walk just normally. They can do it, but sometimes “tung tung tung tung ...” They open their legs, and they dance!

Not only birds!

Your dog can bark, that’s one way. But some of them go, “Owooooo”, a long howling. Howling like wolves. If you have a dog, you can make it sing. Any dog. You look at the dog and you do, “Owoooo”, and they do, “Owooo.”

Do you think butterflies are flying? No, they dance. I watch them every day here. They pass, they could just fly. No. They “tung tung, tuk tung tung...” They dance. Every animal sings and dances. The only animal who forgets to dance and sing is the human being. For many humans, legs are made for walking; voice is made for teaching, to give orders. But we, Raelians, are lucky enough to dance and sing. Sometimes I cannot stop laughing when I see such serious people, I imagine them having sex. Wow, it must be so boring!

Sex is a dance, and sex is singing.

But if you are serious, it makes me laugh to look at very serious people, “Hai!”, especially in Japan. How do they make love? They probably don’t. I’m sure they find it boring. Do they masturbate? I think some people cannot... But us, we can howl. We can, and it’s a pleasure. You know, when I howl with dogs, I enjoy it as much as them.

“Owooooo...” Try it! And do it at night when you look at the moon. Other people will say, “They are strange...” Yes, we are! And we are happy to be strange. Be proud to be strange! If you do that, anywhere, it’s not forbidden. There is no law against it. No police can come and say, “Hey, you cannot.” No! You can dance in your city! When you spread the Messages, sing, dance, howl, all together. Spread leaflets and meditate one minute for peace.

Maybe we can launch a “Howl One Minute for Peace”. That would attract many people. Imagine. Next time you have an action, do it. Yes, together! “Owooooo...” one minute with meditation. Everybody will be interested.

Praying the Elohim is dancing and singing.

“Oh, me, I don’t know how to sing, I’m not very good.” Howl! That’s a way to say, “Thank you Elohim.” Why do the dog and wolf hooooowwl? Wolves, dogs, foxes, they all do it. They say, “Thank you, Elohim.” Barking, “arf arf arf...” No. But when they go, “Owooooo...”, they always look up, “Thank you, Elohim.”

When you dance, don’t dance like in a night club, dance to celebrate the Elohim: “Thank you for giving me legs, thank you for giving me this body, I can move and express my happiness to be alive.”

We have a voice, a beautiful voice. There are many, many kinds of instruments on Earth: piano, violin, flute, koto, so many! But the most beautiful sound is the human voice. The best piano in the world, the best violin in the world, cannot do what human voice can. Of course, some opera singer shows it. You know, you can use a piano, a violin, a trumpet, anything you want, you will never break a crystal glass. But with a human voice, you can. You can make a sound so focused and concentrated that you break a crystal glass. The Elohim gave us that. We are so lucky! But some people never use it. They just say, “I’m sorry”, “Thank you”, “No”.



This voice is meant to sing; to sing the beauty to be alive, to sing the beauty of being part of infinity. You feel it when you do the “AOM” meditation.

For me, it’s a crime to have these legs and to remain sitting. When you have such legs and you never dance, for me, it’s criminal. The Elohim look and say, “Why did we give beautiful legs? They don’t need legs! Maybe we should have just given them some short legs, or no legs, like snails...”

They gave us long legs to dance, beautiful voices to sing and laugh.

So please, celebrate the gift of the Elohim.

Our reason to live is to love the Elohim

Maitreya Rael - Raelian Gathering, February 12, 77 aH (2023), Okinawa, Japan

You know why we are together, it isn't for Maitreya's speech, it's for the contact! We get together to send our love to the Elohim. That's all. But that's a lot. That's much more important than speeches. That's our reason to be alive: to love the Elohim.

The love of the Elohim must enlighten every moment of our life and this contact must not be damaged by the ego; like saying, "Elohim, I love you, but I want to receive your love." No, don't expect anything! I often met Raelians who told me, "I love the Elohim, but I want to see them!" "I work a lot for the Movement, I spread the Message. Why can't I see UFOs?" That's ego, "Hey, come to me!"

No, no, it's not like that.

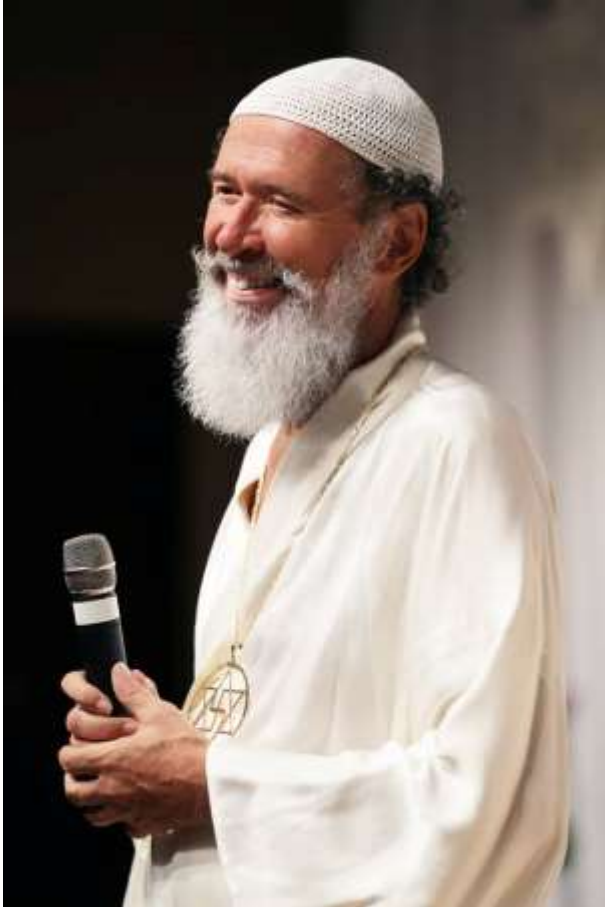
When you love the Elohim, you give and you don't expect anything. "I love you, Elohim. Do you love me?" No, no, no! I love without expecting anything in return. No help for your health. Sometimes people are sick or at hospital and they say, "Elohim, please help me." No!

You know, a few years ago I had a stroke, I was in a hospital for three weeks. Not once did I talk to the Elohim to get help. Never! Not a single time. On the opposite, "Oh, I'm coming. Be ready!" But not a single time, "Please, help me recover. Please help me." No, no, no, nothing. Only giving love.

I remember waking up in my hospital bed, I have been in a coma for two days. When I woke up, very, very slowly, because they gave me so many medicines that I felt like a ghost. I was not sure I was alive. It was a very interesting experience, "Where am I? It looks like a hospital. Am I on Earth still, or on the Elohim planet? I don't know." You open your eyes and, it's like in a dream, "Why am I here?" Second question: "Where am I? Why am I here?" and... "Who is with me?" I saw nurses, "So, that looks like a hospital." But I was so intoxicated by many medicines that I was a little bit, how can I say, hallucinating. I saw a Raelian cleaning the hospital floor. Every time a nurse was passing, I saw somebody from the Movement. It happened because my brain was still, not in coma, but a little confused because of the medications. But it was a very good feeling, "Ah, a Raelian is cleaning the floor." A doctor passing, "Ah, Marc Rivard is here." I wanted to say, "Hello!" and, "Oh, Toshiaki." But there was nobody. Nobody! My brain was mixing the real people who were there, with you Raelians! But I was very happy; it was a very good experience, "Oh, I'm still on Earth, and all the Raelians are coming to the hospital to help me." It was a wonderful feeling. It was not true, but a very good feeling. Slowly, slowly getting better, and every day these two fantastic angels were there. I was enjoying being in the bed, no pain at all, no suffering. On the contrary, because of the medicines, I had a very good feeling, because it was a kind of drugs so, I was feeling so good. My head felt big like a moon. I didn't know, but I was feeling so good.

And, I will tell you something funny, very funny. Every night, with the help of the doctor, probably, I don't know, I had tubes everywhere, so probably they were putting something, and I fell asleep. But real life and dreams were mixed. I didn't know I was sleeping, for me it was real. I was getting out of my bed, in my head! I was going to the first floor of the hospital; there was a little bar with someone playing piano. I was sitting, drinking something, and then going outside. There was a beautiful beach with many girls in bikinis dancing Hawaiian dances. And the sun set, it was so beautiful! Afterwards, I was returning to my bed. But I was always inside, in bed! It never happened. For

three weeks I was in bed. And in the morning, I was asking my assistant, “Did you see the beautiful beach in front of the hospital?” She said, “There is no beach. We are in the city, only streets here!” I was angry, “I go every night to this beach. I know there is a beach. Please check!” “No, no, Maitreya”, she said. Every night, I was getting out of my bed. There was no other room, with my computer, and there I was playing my favorite game. All in my head! I was sure it was real! And I said to my assistant, “There is a room with my computer beside.” She said, “No, there is another room. Look, you have tubes everywhere, you cannot move!” But I was so sure. And the funniest thing, one



morning, I woke up - I didn't wake up in reality - but I thought I woke up. Right above my bed, a dead rat was hanging on a rope. Over my bed! I said, “What kind of hospital is that? I have to write to the Minister of Health, a rat in a hospital!” It was all inside my head. Very interesting! A few molecules of drug could make me see things. Incredible! That's a good memory. Not the rat, but the beach!

That was a fantastic time, and I was constantly sending love to the Elohim, “Thank you Elohim for this wonderful hospital.” I sent love to the Elohim, at all times, never asking anything. No ego! Not even asking, “Remove the rat, please!” It was a real pleasure, and the biggest pleasure was to give love. And I returned home after three weeks in hospital, but not a single time did I ask anything to the Elohim. Never anything!

I couldn't walk, because after three weeks in bed, I had difficulty walking. But I worked to be able to walk by myself. I remember the top doctor who was taking care of me, he was very good. He opened my head, like a convertible car. He cut the bone and removed the blood; it was full of blood. He cleaned everything, stopped the blood coming out of the artery... But he knew that with this kind of health problem,

90% of people die. Those who don't die, they remain handicapped. Some cannot speak anymore... I think I can speak; or maybe it's an illusion? Some are paralyzed, they can't walk, they can't move their arms. For me, everything was working. The doctor said, “You know, I am not sure your life can be like before.” Because every day I wanted to go back home. He always said, “Tomorrow we will talk.”

So, I said, “Can I go back home?” After a while, he was tired. He said, “Why do you want to go home?” I answered, “When you finish work, don't you want to go home?” And he replied, “You know, from this hospital, we will transfer you in another hospital for handicapped people. You will never be able to live like before.” I answered, “Okay, in one year, we will go on the go-karts race track and I will beat you!” He was laughing because he was sure of what he said. I had difficulty walking but I returned home. I never went to physiotherapy, I did it by myself. I didn't ask the Elohim, “Please help me.” I could have done it to be able to give love to the Elohim, not to receive.

And that's the goal of this contact: not asking anything, but giving. We never give enough love, never enough. Look at that, look at the beauty of this planet, “Wow! Thank you, Elohim.” Look at the beauty of these smiles. Every

morning, “Thank you, Elohim!” Don’t ask anything; but, “Thank you, Elohim! We love you.” And that’s the goal of this contact.

When we feel love, we naturally cry. Real love. If you really think about the Elohim, it is the same thing. Thinking about the Elohim, naturally some tears may come. That’s it. There is no better way to end the contact. Normal people say, “Don’t cry!”

Me, I say, “Please cry more for the Elohim!”

Elohim, thank you for creating us equal to you

Maitreya Rael - Raelian Gathering, February 19, 77 aH (2023), Okinawa, Japan

Good morning, everybody!

I hope you enjoy the smell of the “boeuf bourguignon”. It’s cooking right now! Mmmm... French beef stew cooked in wine...



What is the connection between boeuf bourguignon and the contact with the Elohim? Cattle were created by the Elohim! Grapes were created by the Elohim! So, for everything we do, “Thank you, Elohim!” When you eat rice, it is thanks to the Elohim. Without the Elohim there wouldn’t be any rice!

Sushi: “Thank you, Elohim!”

Every fish, every food we eat connects us directly to the Elohim. For all the food on the Earth: “Thank you, Elohim!” We are so lucky! The plants, every lettuce: “Thank you, Elohim!” Every nut: “Thank you, Elohim!” That’s for food, but it is true for our drinks also, because originally, there was a huge ocean. We cannot drink the ocean’s water, so they created continents; and continents created water, drinkable water!

So, thank you, Elohim!

Every time you drink water, there is a very interesting question to feel connected with infinity. Every time I take a glass of water, I wonder, “How many times has it been drunk before?” Because the water we drink, H₂O, was drunk by several animals; they peed, then it returned to the ocean, to the clouds, in the rain; and we drink it again. So, it has been in every possible animal on Earth before being drunk by us. Even when the Elohim were on Earth, they were drinking water; and water is water. So, when you drink water, always wonder, “How many people drank the same water before me?” You will drink, then you will pee, and it will go in the river, in the ocean, evaporate, become rain, and other people will drink your pee! It’s the beautiful cycle of water.

Everything composing us has always existed, as matter or energy. I told you a few weeks earlier, we are stardust. This is stardust, these beautiful smiles are stardust, and we will return to dust, sooner or later. But for now, we are alive, and we can give love. We can use this matter to give love. That’s the only reason to be alive: to give love. So, thank you, Elohim!

The matter and the energy connect us to infinity. And we are so lucky, the Raelians, to have this symbol. Christians pray in front of a cross, which was an instrument of torture. Not only was Jesus killed on a cross but thousands of people have also been killed that way! You know the image, Jesus between two criminals on the cross, a cross that was not a cross! Making a cross is very difficult, so it was a “T”, a piece of wood with another piece of wood on top. Because making a cross requires a high knowledge of woodworking. So, it was a “T”. But Christian people wear a cross and pray in front of a cross. Like I said in my book, “If Jesus had been hung, would all Christians wear a little rope?”

The Jews go and pray in front of a wall, and it’s a wall. A wall is just a wall! There is this joke that I love about an old rabbi, the oldest, long white beard. Every day, he goes in front of the wall and prays Elohim. A journalist asked, “Why do you pray? What do you pray for?” The Rabbi said, “I pray for peace.” “And what do you feel after so many years praying for peace?” And the rabbi answered, “I feel like I’m talking to a wall.” A wall. You can talk to a wall: it’s useless.

Normal Buddhists are supposed to be sitting in order to feel connected. But no! They pray in front of a statue of Buddha, and they write little papers that they fold and place in front of Buddha. What is on these papers? “Help my health, my family.” No connection with Buddha’s teachings. Zero! “Please, help me succeed in my exam!” Ahhh!...

Muslims are kissing the ground! Only us, Raelians, have infinity; and we feel infinity. We don’t need a wall, we don’t need a cross, we don’t need to kiss the ground. We have it here, and more importantly, we feel infinity. This is the most beautiful gift of Elohim! Jesus doesn’t pray in front of a cross.

People praying a God feel inferior. They say, “It’s God and I am just a little human.” The Elohim Message tells us, “Human beings, you are equal to the Elohim. Don’t fall on your knees.” They say, “Stand up on your legs, feel infinity.”



Every day, the Elohim meditate in front of this symbol, the same symbol. It's on them, on the UFOs. So, there is no other more advanced symbol in the whole universe.

Christians are not equal to their god. Muslims are not equal, they say, "Allah, Allah is almighty. I am a poor little human." Jews also... every religion. Only one religion tells us to look at the sky and say, "Thank you, Elohim, for teaching us that we are equal to you!" We don't have the same level of science, but fundamentally we are equal, even better. The Elohim say, "We may have created you a little bit better than us." Wow! That's amazing!

For the first time in our humanity's history, human beings can stand up and look at the sky saying, "Thank you, Elohim. I'm not bending down saying sorry anymore. Thank you for creating us equal to you!"

Remember that and feel the privilege of having this symbol.

Can you imagine, right now, the Elohim, Yahweh, meditating in front of the same symbol, like us?

Thank you, Elohim!

The freedom of choice is the most beautiful gift of the Elohim

Maitreya Rael - Raelian Gathering, February 26, 77 aH (2023), Okinawa, Japan

To have a contact with the Elohim, we need to have connection. Not a connection from a telephone. When we talk about connection, everybody on Earth goes, "I have connection." For them, connection, for you also, probably, is from a telephone! With the Raelians, we have connection without telephone!

Do you feel connected? No need to search for the signal! This place is very connected, wireless; no wire, no cable, but a huge connection. Do you feel it? During the contact, do you feel the Elohim? Do you? Do you feel the connection with the Elohim?

"Who are the Elohim?" They are messengers of infinity. So, when we are connected to the Elohim, we are connected to infinity. Why do they come and sometimes pick a messenger? Is it to create a new god? "Oh, Elohim, please help me with my life! Fix my health. Make me become rich..." Every person who believes in God, that's what they think. Not Raelians, not the real Raelians. Some Raelians may remove God and replace it with the Elohim. But not the real Raelians!

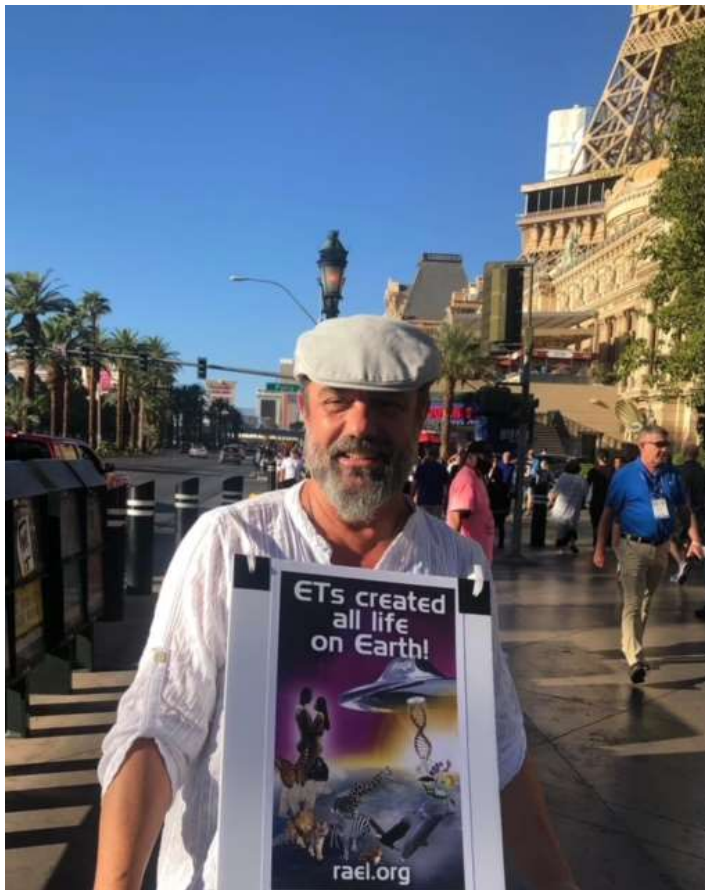
What is the essence of the Message of the Elohim? Infinity! Feel it. Feeling the Elohim at the contact is feeling infinity. Where is infinity? Outside? Inside? Everywhere. You ARE infinity! You can look at the stars at night, or at your finger, it's the same: infinity! Now, many people in your fingers are in meditation about infinity. And when we feel infinity, we feel infinity everywhere, outside, inside. And if people in my finger are feeling infinity at the same time, we are one!

That's the concept contained in the idea of God. People who believe in God are saying, "God is everywhere." "God is inside me." It's infinity. The difference between infinity and God is that God can dictate, order things, give orders. And that God says, "You have to do that; you have to do this..." This is giving orders, not infinity! In order to have

a god you need to have a center. A center, a place. Many scholars keep asking, “Where is God? Where?” “Ah, everywhere.” But if he is everywhere, he cannot give orders. To give orders, you need to have consciousness and supraconsciousness. You need to see people, to feel people and to tell them what to do, or what not to do. With infinity, no! We are. We don’t receive orders from anybody.

The Elohim, in their huge wisdom, don’t give any orders. They respect and love us. It’s real love. Every Christian, every Muslim say, “God loves you!” They say that. But you have to do what God says! And if you don’t, he doesn’t love you. “Don’t make any sin, follow the orders!” With the Elohim, no! The Elohim are saying, “If you wish to meet us... if you wish!” It’s our choice, not an order. They don’t say, “Build an embassy!” No, they say, “If you wish...” That’s the Elohim. “If you wish, build an embassy.” It’s not the almighty God saying, “Do this, do that!” The love of the Elohim is a real love.

What is real love? It isn’t saying to your partner, “You belong to me! Don’t look at the other boys. Don’t look at the other girls. Do what I say!” That isn’t love. There is no respect. Love cannot exist without respect. And that’s a very important part of the Message of the Elohim; they respect us, they don’t punish us.



“If you have a good life, if you spread light and love around you, we, the Elohim, we will give you the reward of being eternal.” But you are not forced to do it. You have the freedom, the freedom to be bad, to be mean, to be a criminal. It’s your freedom! But then you will die, from dust to dust, no need for eternal life.

Having eternal life after death doesn’t make us happier now! Happiness comes from the freedom, from the respect of the Elohim. The number one thing you can appreciate in the Message of the Elohim is the deep respect they have for human beings. They say, “Don’t kneel. Don’t put your face on the ground. Stand up and look at your universe.” They don’t say, “Look at OUR universe” but “Look at YOUR universe.”

Because the universe - the infinitely large, the galaxies and space - doesn’t belong to the Elohim. It also belongs to us.

“Human beings, stand up, embrace infinity. Hug, enjoy, appreciate, feel!” You cannot appreciate if you don’t feel. You cannot love your partner if you don’t feel her or him. When you feel, naturally, respect comes. It’s the opposite of order. This planet looks like hell. Why? Because we are free. The Elohim could have controlled everything.

The good old question of choosing between good and bad. We are free to choose. Every morning when you wake up, you can bring love to the planet, or hatred. Every day, you can make people happy, or kill them. Your freedom. Your choice. If you don't enjoy being alive, you can even kill yourself.

The Elohim created life on Earth, and in one move you can destroy it. You can kill yourself, or you give love. You give life, consciousness; and then, you can have eternal life. Eternal life to spread love. You don't want to be eternally hating other people or yourself.

Some Raelians ask me sometimes, "If I kill myself, will the Elohim give me eternal life?" "No! Because you don't want to be alive." The Elohim will not say, "Ah, you are depressed, you don't like to be alive? We will give you eternal life!" That would be a punishment. You have to be happy first, enjoying life. It's your freedom! But it isn't mandatory. This notion of freedom of choice is the most beautiful gift of the Elohim. They don't say, "Build an embassy and we will come." No! It is more like, "We would love you to build an embassy to welcome us IF you wish."

I remember a Jewish man, very religious, who survived the Auschwitz concentration camps. He lost faith, he stopped believing in God. He was very religious, praying God every day. But after Auschwitz, he said, "If there is a God, I want to meet him and I will spit on his face. Because, how could he, all-powerful, almighty, let Auschwitz happen?" And this guy was right. We know there is no God. Everything happening on Earth is our choice, our responsibility! And this responsibility gives us the ultimate freedom.

If you are forced to love somebody, it's not love. I love you because I feel the freedom to love you, and I don't expect to be loved. If you love me, I'm very happy, but it's not a requirement.

The beauty of the Sunday contact is that we are free to do it, or not. Nobody forces you to come, nobody will punish you if you don't come. But you feel the freedom to come, the freedom to feel the Elohim, and that's our best treasure.

Thank you, Elohim! That's so beautiful. Do you feel it? I see it in your eyes. I see in your eyes your love for the Elohim, and you are free. Some people, some Raelians hate the Elohim, "Why and why?" They are angry. But you are free to love!

I love you, not because I must, but because I feel.

Feel the Elohim! Not only on Sundays. I feel the Elohim twenty-four hours a day. Maybe that's why I have some insomnia. Day and night, I feel the Elohim. Enjoy the Freedom to Love!

We don't know where the Elohim are. We think they are up there but maybe they are down there; maybe on the left, maybe on the right. So, it's like infinity.

We don't know where the Elohim are and that's perfect!

We are the Elohim's revolution on Earth

Maitreya Rael - Raelian Gathering, March 12, 77 aH (2023), Okinawa, Japan

Good morning, everybody! I love you. I want to say it every time, as if it's the last time. It's probably not the last time, but we never know. You buy food, you buy medicines, and there is an expiry date, "Best before". We are the same: "Best before dying".

So, enjoy being alive.

You are so lucky! Feel it when you wake up. You are staying on the best island. What a paradise! You know, the Raelians who live in Tokyo, or Seoul, or Paris, they dream of the Elohim's planet; a paradise, a tropical island. They dream of being re-created and to see the beauty of the Elohim's planet. But you, you will arrive on the Elohim's planet and you will see it's almost the same as Okinawa! No big surprise, no big difference. For the people in Paris, or Seoul, or Tokyo, it will be a huge difference. So, appreciate it, we are so lucky to live here. Every tree, every animal, everything you see around here is so beautiful.

Let's review the three questions:

Number one, where am I?

Okinawa, paradise. For me it's a paradise. Some people ask me, "Are you happy to live here?" No, I'm happy to die here! And dying with the heat... oh, so lucky! Every morning, I get out of my bedroom, right here, and I look, and I feel so lucky. I have lived in many different countries. Thank you, Fukushima! This is the best outcome. For us, not only for me.

Number two, why am I here?

Why are you here, today? To be close to me? You have the most important prophet of humanity's history, living with you. The most important prophet of the history of humanity, "Hum, Maitreya is losing humility!" Humility doesn't mean to deny the truth! Why am I the most important? Moses, Jesus, Buddha... Why am I the most important? Because I am with you. Jesus... we don't know. Amaterasu... we don't know. But me, I'm here. Feel it! Sometimes, Raelians come to me, "Oh, I would love to see the Elohim!" I am half Eloha. So, look at me! That's something! You are not only living with me, you can touch me, you can hug me.

And... I am the Last Prophet. Other prophets were talking about the future. Me, I talk about now! Not about the future. Not the future. Now! We welcome the Elohim now! I am the lucky one to build the Embassy to welcome them. Jesus was thinking about the future. Moses the same. All the prophets. Buddha was talking about the future, "One day, the Buddha from the west will come." Me! That is the truth! So, enjoy this privilege.

And they did not talk only about me. They talked about all the miracles of the future that are happening now! We can travel in space, we can make blind people see again, using science. We can clone people. There are no miracles of the future. No miracle, just knowledge and science. We are so lucky!

Many Christians are still going to church and pray a god. We don't pray a god. We don't pray the Elohim, we understand! We understand and we will do the same thing they did. Think about the first human beings we will create. Soon! They will look at us like we are gods. There is no God! Only science!

This morning, I read a sentence that I love, from a very important philosopher. He said, "On Earth, the problem is that people who have nothing to say, never stop speaking. And people who have something to say, they don't let them speak." We give no right to speak, on TV, anywhere, to people who have something to say. I should be on TV every day. But no!

Meanwhile, people who have nothing to say, politicians, every day, speak everywhere. And they have nothing to say. Listen to the politicians of any country. The politicians, the journalists, the so-called "philosophers", the intellectuals, they have nothing to say. Nobody! You can listen to the speech of the top politicians of America, France, Japan, Russia, it's the same empty blah blah!

They say, "Think about democracy." There is no democracy. You know the French president, Macron. Only 25% of French citizens voted. Only 25% have cast their vote. That's not democracy. Three people out of four didn't vote. And he says, "I was elected by the majority." No!

They talk about freedom. There is no freedom. If you say things that don't fit the official narrative, you cannot speak. Covid gave us a good example. For Ukraine, it's the same thing. It's a blah blah that means nothing. "We must promote democracy", they say. Never! It's the same in America. The one who was elected is not the one who is supported by the majority.



One country has democracy: Switzerland! In Switzerland, if you collect fifty thousand signatures, people can vote or change any law. The people decide, not the politicians. It's the only country. In every other country, it's politicians and their blah blah.

Some people have something to say, but they never have the right to speak on the main television networks. We bring a Message that also includes politics, Geniocracy, economy, Paradism. These ideas were never promoted on TV. It's a blah blah on capitalism, communism; and then nothing else. Paradism is the only possible future for humanity.

You know, you have more and more computers and robots doing the work of human beings. More and more factories, where one thing used to be produced by one hundred employees, now have only one employee, but many computers and many robots. The profits of these companies go to the owners, who are richer and richer. Not rich, rich is not enough. They are Crazy Rich!

You are not informed on the level of wealth of the richest people. They buy yachts that cost ten times more than a building in Tokyo. And you have people sleeping in the street. Why? Because with computers, they can fire every employee and make the same profits. Before, this profit was made to pay employees so they can feed their family.

This is unstoppable.

One philosopher recently said, “We are now starting to have three kinds of human beings: the super-rich nomadic people; they are the ones who move. They may collect a lot of money in one country, like France or America, and they go to Dubai, Bahrain, the Philippines, anywhere, Saudi Arabia, anywhere where the government says, “Please, come! You will pay no taxes.” And they go and they live a luxury life, with a bathtub made of gold, with houses as large as stadiums, twenty Ferrari... and no limit, because they have billions of dollars. Not millions, billions! That’s one category.

On the Earth, we are now eight billion people; and 1.5 million are nomadic rich people; rich people who take their money and go. They are not attached to any place. Some are from Japan. They are from every country, and they disappear! They go where there are no taxes, and they hide their money.

The second category of human beings is created by the super-rich people. It’s created because they make profits from factories without employees. So, the employees become homeless. They are in the streets of every city. Paris is full of homeless people; I’m sure in Tokyo also. It’s everywhere! They are created by the super-rich people because of the profits generated by computers and robots. And they are almost seven billion of the eight billion people on Earth. Roughly speaking, 90% of humanity is fighting just to be able to eat.

And in between, there is a third category of human beings called middle class, who have a small income. But they can have a house, they can have food. You! They can have a car, a television, and they are happy. But they have two types of thinking: dream and nightmare. The dream is to become one of the super-rich. So, they play lottery. The dream to become super-rich is in everyone. And what is their nightmare? To become homeless! So, they are in between, “Oh, oh!...” everybody trying to be a billionaire, and the big fear to become homeless. And they are squeezed between this dream and this nightmare.

That’s why every morning you see them on the highway, in a small car, going to work. You! Forced to work. If you stop working, you become homeless. And you don’t like this life. So, you dream of becoming billionaire. That’s the life on Earth.

But, if we install Paradism, it’s finished. Everybody is happy, everybody is healthy, having good food and a place to stay. How? By giving the money created by computers and robots to everybody. It’s simple! It’s a part of our Message: Paradism. We have no other way out; or we will have a lot of people dying because of starvation. And that’s not what we want.

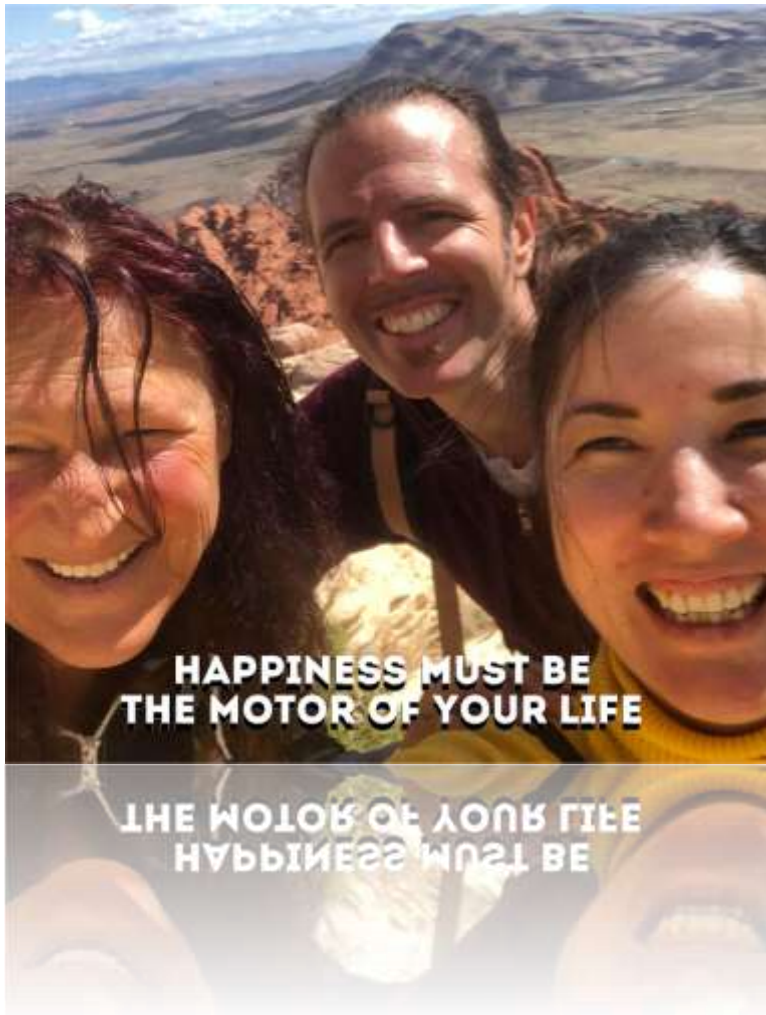
So, you have the masters and the slaves. You are all slaves, but you don't want to be slaves. You are forced to work. That's a definition of a slave. Why did the slaves work? To have a place to sleep and some food. So, it's the same! If you stop working, you have no place to sleep and no food. That isn't life! So, we must promote Paradism. That's part of the mission of the Raelians.

And I am very proud to be the Last Prophet. All the prophets of the past didn't bring any political or economic solution. I am the first! Before, the prophets were saying, "God, God, God. Love each other." Me, I bring a solution: Geniocracy, Paradism, to bring happiness to everybody.

So, we are bringing a huge gift to humanity. And you are helping me. People think, "Ah, the Raelians are all about UFOs." No! "Ah, the little green man." They look at us, "Ah, do you believe in UFOs?" "Do you wear a tin foil hat?" That's the way they look at us.

We have much more. And they look at us, they're almost laughing at us, "Oh, UFO believers!"

We are the Elohim's revolution on Earth.



Please love yourself!

Maitreya Rael - Raelian Gathering, March 19, 77 aH (2023), Okinawa, Japan

So happy to see you all, here! You know why you are here: for love. That's the only reason! You know why I am here: for love. I love all the Raelians, but there are some that I love more than others. I will not name those I love less.

I love you; I love everybody.

When you come on Sunday, it's love. Love for whom? Not for the little human being I am, not for the Elohim. For yourself!

We all think love is about another person, "Oh, I dream of meeting a man, or a woman, who will be the love of my life." When people tell me that, I say, "Look in the mirror." The greatest love of your life should be yourself. Nobody else can love you as much as yourself, even the person of your dreams cannot know you as well as yourself. At least, you should know yourself more than anybody else.

Sometimes, you can be lucky enough to meet a guide, a teacher, or a guru... "Guru" is a great word, it means: "the one who awakens you". Because so many people don't love themselves and don't know themselves.

We are living in a world of illusions. Everything around us is illusion! Democracy, religion, God... everything is illusion. The illusions around us are very easy to see. And we can live with them, we cannot be without illusions. So, what I recommend is to choose your illusions! You live in a world of illusions, but at least choose the ones you accept. They are there and we cannot escape from illusions.

And as for a fish in the ocean, when there is a typhoon or a storm, the fish is still moving in the ocean. And we are like that, in the ocean of life: illusions. Yes!

"This illusion I like, I choose."

But the worst illusions are inner illusions, the illusions about yourself. These are the most terrible. And you can accept illusions around, but you should never accept illusions about yourself. You look in the mirror, in the morning, what you see is you, it's you! Most people see somebody who is absolutely not them. You all do, "Oh, I am aging! Oh, I'm old, I have wrinkles, my breast is lower." This is not you! The real you never age, it is never ugly. The real you is more and more beautiful!

The body can degrade, age, but the brain is younger and younger if you take care of it. If you keep saying, "Oh, another morning. Oh, I have to work. Oh, just for money. Oh, I don't have the love of my life. Why am I alive?" It creates terrible damages! When you reach seventy, eighty, ninety, most of old-age people are shaking non-stop. Or, many other people, hundred years of age, go back to the university, pass exams; they keep working. In fact, they never work. When you work, it's because you do something you don't like. If you like what you do, if you love what you do, you never work!

It doesn't necessarily need to be a top job that everybody admires. You could just be taking care of sick people, like working in a special residence for aging people. You could say, "Oh, what a terrible job! I clean shit every day." It's

beautiful, it's giving love. If you clean old people's ass, that's really love! If you look in the eyes, you give them love, it makes them feel alive.

An experiment was done in a hospital for very old people who were almost like vegetative state. Somebody comes and makes them sing a song that they knew when they were young. And suddenly, they open up, they sing; and they become beautiful, they even dance. That's love! Instead of looking at them as vegetative.

You know that a few years ago I was in hospital after a stroke. But recently, I learned that a beautiful Raelian who works at an old people residential facility said, "If Maitreya needs help after, I will be happy to take care of him and clean his ass." That's beautiful! Thank you! I still can clean my own ass, but knowing that someone is ready to do it if I need makes me very happy! I hope I will never need it. But this is love.



"You know, Maitreya, I want to offer you a Ferrari, a Rolls-Royce." "Yes, you are very kind." But, "If you become handicapped, I will be honored to clean your ass", that's better than a yacht, or an airplane, or a Ferrari for me. It's real love.

I have a question; I hope it will not make you uncomfortable. You all have neighbors. Is there any neighbor of yours to whom you never said hello? You know! Don't give me the answer. Every time I go somewhere, I want to say hello to every neighbor. Someone bought the property next door. Immediately, I went to the newcomer's house and I offered them a bottle of wine as a welcoming. That's love! I don't expect anything from them, but I want to give love.

You saw the angel statues in the garden, they are beautiful. One day, a young boy came from the neighbor's property and knocked the statue. He knocked it and broke it, right in front of me. Poor boy! So, we contacted the neighbor. Of course, very Japanese, very sorry, the neighbor came with the young boy to deeply apologize. The father paid for the statue and I could feel the boy was very, very sorry. And then, he went away, back home with his father.

So, I was thinking about how bad he must feel. It happened that a Raelian offered me a little remote-controlled helicopter. I never used it. So, the next day, I asked someone to bring him this toy. I wanted him to feel love. Even if he damaged my property, the answer was not hatred. I wanted him to say, "Wow, I damaged his property and he gave me a toy!" That's love. And that's why you came this morning.

When you give love to others, it's a very selfish action. Surprise! Yes, because when you give love to others, you give love to yourself! Be selfish like that! When you give love to others, you feel good. True? If you hate others, you feel bad; so, you punish yourself. If you give love, you feel good. You know that. So, be as selfish as possible!

Make yourself happy by giving love. Because nothing can make you happier than giving love.

Give love to the Elohim. Don't expect anything from them! Don't even expect eternal life. If you love the Elohim praying and saying, "I want to deserve eternal life with you after." That isn't love. Love is loving without expecting anything.

And you have this, in the Messages, the prayer, the beautiful prayer to the Elohim: "Elohim, who am I to expect a sign from you? I don't deserve it." If you say, like some bad Raelians, "I have been spreading the Messages for ten years, I want them to come to see me", that isn't love, it's trading. I don't like being with someone who constantly asks, "Do you love me?" If it's really love, you don't expect anything. Many men say, "I love you" but they want sex. They look, "Ah, you have beautiful eyes"... but their eyes are on the nipples. That isn't love.

I love to say, "I would like to have sex with you!" That's clear, that's the truth. But lying, "Oh, I love your personality. I love you... you are so intelligent", and they just think about sex. That's not love.

You have to give love without illusions. Giving love is the most important thing. Not making love. I don't like this expression: to make love. You don't make love. Maybe in Japanese it's clearer: you have sex. And that's clear, or copulate. And that's good, it's very good to feel like having sex. Very good, but it's not: "making love". You can have sex without love.

Now, men and women are raped, right now, by men. They have sex, but there is no love. You cannot rape somebody if you want to give love. Giving love, okay. Making love, no! You cannot "make" love. There is love, or there is no love. But you cannot "make" love. You can have sex, that's great. With love, or without love. And the best is to give love to yourself... masturbation.

Masturbation is wonderful! But it's the same, you have to do it with love. Many people think it's bad, they think that a god is watching them. Especially for Christian people, it's a taboo. They masturbate with guilt, disgust. That's terrible! When you make love to yourself, when you give pleasure to yourself, do it with love! Love yourself! Hold yourself in your arms, and the masturbation becomes infinitely better.

So please, love yourself! We are here for love, but first, love yourself. You cannot give love to other people if you don't love yourself of an infinite love. And what is fantastic, I said it before, we are aging. When you love yourself, aging is not as strong.

I know women spend a lot of money in creams not to age. If you love yourself, love is the best beauty cream. Suddenly, you look in the mirror, you smile to yourself. Look in the mirror and say, "I love you!" Did you ever say, "I love you" to yourself? Some people never did! And if you don't love yourself, you cannot love other people.

It's in the Bible. Elohim, "God", says, "Love your neighbor like yourself." It's written, "Love your neighbor like yourself!" It's not written, "Love your neighbor." It's written, "Love your neighbor like yourself!" If you don't love yourself, you cannot love others.

So please, love yourself!

Love must guide our life

Maitreya Rael - Raelian Gathering, March 26, 77 aH (2023), Okinawa, Japan

Merci, Élohim ! Merci pour la vie ! Thank you for life!

It's so interesting to feel that without the Elohim we would still be on Earth, however, not in this body, but as minerals, the ones that are everywhere and which were used to create us. We would be the ocean and the ground under the ocean. When we look at the ocean, we forget that there is ground under. And deeper and deeper, there is fire, magma, melted stones.

It's interesting to think that our responsibility is the same as the Elohim's. The Elohim picked a planet and said, "Let's create life!" It's a huge responsibility. It isn't a responsibility about what these people will do, but about the responsibility of creating sensitive people, sensitive beings from something insensitive. The atoms and molecules of the earth and the ocean don't feel anything, they don't suffer. But if you create life, you create suffering. To be alive is to have the capacity to suffer, or to enjoy. To enjoy isn't the problem. When you create life, you create the possibility of suffering, and that's a huge responsibility. That's the main concern of the highest consciousness among the Elohim: Satan.

They created humanity and he sees that these human beings kill each other, they torture each other, they rape each other, they make each other suffer.

The Elohim created life for love, but we make everybody suffer! And Satan said, "Look, we made a mistake! All this matter - atoms, molecules - that are not suffering, we came and made it alive, and created the possibility of suffering."

That's something we experience ourselves. When you make a baby, you create the possibility of suffering. When a woman gives birth, she goes through a lot of pain, and the baby is covered with blood, and he is crying and screaming. That's life, it's deep!

So, Satan said, “We shouldn’t!” And we have the same responsibility, now, or when we will go to another planet to create life: will we be Yahweh, or will we be Satan? What a huge responsibility it is to create life! Because somewhere there is a planet where our scientists will choose to create life. Is it good to do it, or not? Imagine!



Some women say, “I don’t want to have a baby because I don’t want to suffer.” Most of people, unconsciously, just have sex and babies are born. But we have condoms; we can have the pleasure without procreating. So, if you make a baby, it’s a choice. You know, before giving birth to a baby, that you create someone who can suffer. It is the same when you create life on another planet. So, ask yourself, if you were the scientist responsible for creating life on another planet, would you do it or not? Think about it! This is a huge responsibility.

And we, supraconscious people, when we act out of love, when we alleviate the suffering of people, we say, “Yahweh, you were right to create life!” And when you are violent and create suffering, you are saying, “You were wrong to create us!” That’s why love must guide our life.

That’s why love must guide our life.

“Elohim, I love you.” No, that’s shit! Do you love Elohim? Prove it! Prove it!

A former Raelian, former member of the Raelian Movement, now wants to be back. One of his friends said, “Why? Why do you want to be back in the Raelian Movement?” The Raelian answered, “To speak, to testify, to be a witness of the one who brings love.”

I am love, you know, and I need witnesses. You are not just members, you are my witnesses on Earth, witnesses of the truth, witnesses of love.

What’s the point with the Message of the Elohim if there is no love. Being a good Raelian is not spreading the Message. DNA, Jesus, the creation of life... yes, that is good but that isn’t the most important. The most important is love, the love of the Elohim. They trusted the capacity to create love.

If you have ground, if you have technology, you can create life, or not. When you create life, you create the possibility of suffering, or the possibility of love. What do we choose? It’s our choice, every day, every second. What do you choose?

“I choose love.”

When we choose love, we put ourselves in the shoes of Yahweh when he created life on Earth; the most beautiful and important moment in the existence of life on Earth! And that’s why we can say, “Thank you, Elohim, for creating me!” Who am I? A vessel of love. If we don’t give love, we are saying, “Satan, you are right!” Satan is not a devil, he just looks at Ukraine, Hiroshima, Palestine, and says, “Look! I told you they are a mistake.” By our actions we help Yahweh say, “No, I was right! They can love.”

Can we?

I love you! Have a beautiful day!



Rabbinic news

On February 23, 77 aH (2023)

For those who speak French, you might enjoy this conversation between Ariel Léon Mellul and Rabbi Elyahou Boccara recorded last February.



https://www.youtube.com/live/LIw_EB9zONU?feature=share

Leon's dream has always been to be able to debate with rabbis to bring the Raelian angle into their stale Jewish theology. It was the first time that Leon was invited as the Grand Rabbi of the Raelian Movement and the interview lasted more than three hours!! Multiple excerpts of the Torah were reviewed and hopefully some of the audience will get it! Leon just told us that he was invited for another "round" this time with Grand Rabbi Dynovitz.