



Summary

- Messenger of love.....1**
- Give your laugh.....2**
- The importance of laughing.....5**
- You have to be you to love the Elohim10**
- The light of the Elohim14**
- Be better than human, be supraconscious.....18**
- The real ego is love ...21**
- You are the gardener of your supraconsciousness ..24**
- Swastika day on the planet, June 24.....27**
- Rabbinic news.....28**

Messenger of love

Maitreya Rael - Raelian Gathering, April 09, 77 aH (2023), Okinawa, Japan

What is improvised is always so full of love for the Elohim and for me. And for me!

“Maitreya, how can you accept that people give you love? We are together to give love to the Elohim, not to this little messenger!” Some people may ask, “Is he treating Maitreya like a God?” No, It’s love!

I know you love me, but you love me because I am “them”. In your heart, in your mind, there isn’t Maitreya, this little man with two legs and two arms. I am the Message. I am the light of the Elohim on Earth.

Being the light of the Elohim on Earth, I welcome your love. Because I know it isn’t for me. Through me, it’s for them. I am the best vehicle to transmit your love!

When you sing, they listen.

When you talk, they listen.

When you show your love and respect for the Elohim, they watch through me.

So, it isn’t the little man who is important. It’s the link, the link between them and us, and I proudly do it.

I don’t want to fall in stupid humility.

I am, I am their light on Earth.



So, your love, your respect, your songs, I welcome them. I am a double messenger: I bring the Message of the Elohim to you, but also, I bring your love to them. I bring your love to them! I am very happy to be the vehicle. Not any vehicle, being the vehicle of your love is being a Ferrari or a Rolls-Royce.

So, it would be stupid for me to be falsely humble. I'm so proud, so proud of being the messenger, the messenger of the Elohim. But I am even more proud to be a messenger of your love to them.

So, give me your love, give me all, everything. It is never enough because, I take everything and I transmit to them. You can call me "Messenger of Love".

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

Give your laugh

Maitreya Rael - Raelian Gathering, April 16, 77 aH (2023), Okinawa, Japan

First of all, I love you! That's the only thing I want to tell you, nothing else. Nothing is more important.

One day, we will all be back to dust. What will be the best memory? The love we gave! Not the money, not the power, not the seduction. Just the love we gave. The moment when we did forget the "ego". The moment when we did put ourselves to serve others and not to take.

We are born babies and we want to take. And when we grow, slowly we can understand that taking is not important, but giving is. Giving what? Love!

What is giving love? It's not money, not power, not even art, but giving, paying attention to others, forgetting ourselves. That's very difficult. Because naturally, from the time we were babies, we wanted to take, to take everything. Take food, take attention from Mamma, take the time of others. And that stays all our life. It's what we call EGO, "I want to take everything, the attention from others, the love from others, the money from others, everything, never enough. The ego is never satisfied.

When you have a beautiful house, you want to have two. When you have a beautiful car, you want a bigger one. When you have a beautiful partner, you want another one. Never enough! The ego is never satisfied. The ego never says, "Ah, that's enough!"

You see the super-rich people, billionaires, you cannot imagine what it is. For most of us, making one million dollars is amazing. It's being rich. The super-rich people, they make one million dollars every minute. Every minute! You cannot imagine. But it's never enough, they want more and more... and that's why we are destroying the planet.

If you get one million dollars from winning the lotto or by any other means, what would you do? Most of us would stop working and enjoy life. That's because you don't have it. If you had it, you would want two. And when you have two, you want four... and it never stops.

That's why the percentage of suicides among billionaires is ten times higher than among poor people. When you are poor, you have this illusion, "When I have money, I will be happy!" It's an illusion.

One million dollars every minute and they kill themselves! Interesting. Because, finally, with ten houses, ten cars, ten girlfriends, at night, when you go to bed, you ask yourself, "What is my life?" And you are not happy.



That's very important to realize. But if you are in love, not in love with somebody, in love with an inner love, then you are happy. You don't need ten houses, you don't even need one house; just being ready to give.

There's a story about a poor monk walking in the country and seeing a poor man, naked. So, the monk cuts the coat he wears in half. He has nothing else, but he gives half of what he has. That's love! "I don't need a full coat; I can do with half." That's love! Looking in the eyes of other people and looking at them with love.

What is love? Looking and saying, “What can I give?” What can I give, not what can I take. Because it will not make me happy. What can I give? You can all give something.

You know, the three free gifts of Buddha, the simplest: a smile. A simple smile to somebody is a gift! But people are so afraid to smile. If you are in the subway in Tokyo or Paris and you smile at somebody, sometimes the person gets angry, “Why are you smiling at me? What do you want? Do you want my money?” By being so much in the “ego” people cannot understand that somebody is smiling at them for no reason.

This is one of the three gifts. Looking in the eyes of other people and think, “What can I give?” A smile, but not only, I can give my attention.

You know, every day, thousands of people kill themselves. Why? Because nobody smiles at them! With one smile you can save people. We are like them; we are not different. You love when people smile at you. It’s so exceptional! And it should be natural.

Laughing... This week, I read again the story of the three laughing monks. A long time ago, three Buddhist monks were going to villages, sitting in the middle of the place and laughing. No teaching, no speaking, just laughing. And of course, people living in the village were coming, “What is so funny?” And they would come closer and closer. And what happens when you see people laughing? You feel like laughing also. So, slowly all the villagers start laughing. The whole village was laughing for no reason, just because of what we call now “mirror neurons”.

When you see somebody smiling, naturally you want to smile. When you see somebody laughing, naturally you want to laugh. The thinking brain will try to find many justifications, “Oh, they are crazy... hahaha... they are crazy!” But you laugh! It doesn’t matter what the stupid box (showing the brain), here, is thinking. What is important? You laugh!

And when everybody was laughing, the monks left and went to another village, sitting in the middle of the place and laughing. You don’t need great knowledge, you don’t need to have studied philosophy, you sit and you laugh.

Give your laughter! Is it stupid? Maybe, but it’s good, it’s love! Love doesn’t have to be intelligent. Ego is very intelligent, but it isn’t love.

So, they were laughing... and again all the villagers came. They kept moving from village to village and they became very famous. And one day, one of the monks died. So, all the villagers said, “Oh, they will not laugh this morning.” They came to the central place of the village, the dead body was there fully clothed, and the two monks started laughing like crazy. So, somebody said, “How can you laugh? Your friend is dead!” “Because he won. He wanted to die laughing and he succeeded! He laughed until the last minute he was alive. So, we laugh because we are happy for him.”

So, even when there is death, disease, getting broke, no money, people can remove everything from you, but not your laughing. And you laugh not only for you, but for other people.

I hope this little speech makes you laugh. Many among you attended my Happiness Academy. What is the easiest way to recognize happiness? How do you know if somebody is happy? Because they laugh! You don’t think, “Oh, this person is sad” when you see somebody laughing. And in my Happiness Academy, people were laughing all the time, all the time.

In French, it's easier for me to make people laugh, but even without speaking the language, I make people laugh. One of the exercises, maybe you remember: HA! Are you ready? HA! ... HA! HA! HA!

Naturally! I didn't say anything intelligent. I don't want to be intelligent! I want to be funny; I want to make you laugh.

What did you learn during Happiness Academies with Maitreya? To laugh. It's simple! If I can die and have given thousands of people a good laugh, I'll be very proud of my life on Earth.

Number two: HA! ... Number three: HA!... HA!... HA!...HA!... HA! HA HA HA HA... Simple!

I'm very stupid but I make you laugh. It's better than being intelligent and make you sad. That's love!

I hope, when I will disappear, that you will laugh a lot. Please! Nobody should lament for Maitreya's death. No! I would be very angry; I will listen from the Elohim's planet. I want to hear your laughter. That's the best way to remember me. Promise? Allez... start!

When we will all be at the Embassy... What will we do? LAUGH!

The importance of laughing

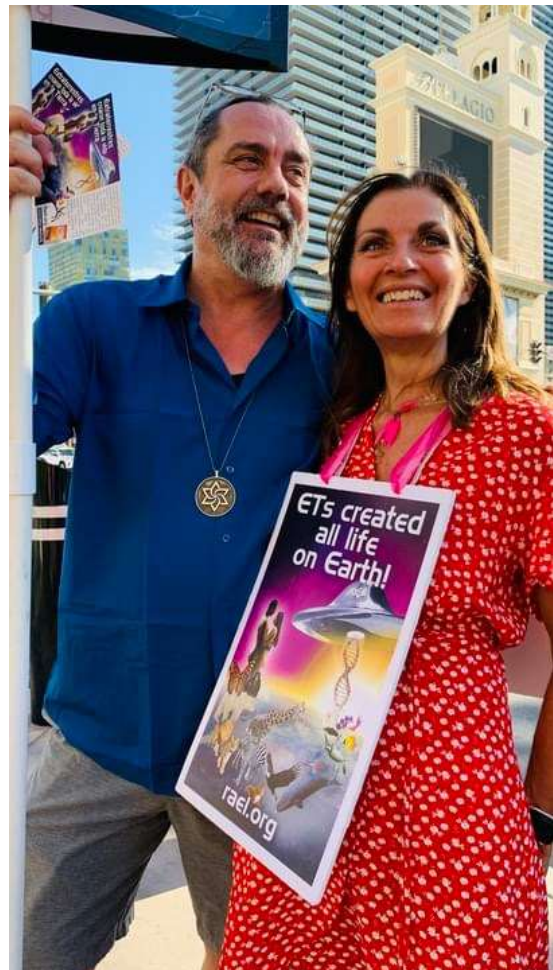
Maitreya Rael - Raelian Gathering, April 23, 77 aH (2023), Okinawa, Japan

I will start by the most important: I love you!

I am happy because I was listening to everybody from my office and there was so much laughter. So, I think you remember my teaching. What is the most important thing in life? Yes, laughing!

We can never laugh as much as the Elohim. You know, people imagine that the Elohim are very serious. They laugh constantly, like children. They are not serious. When I was with them, not one minute was serious. Laughing, for no reason, like I teach. When Yahweh came out of the UFO, he was laughing. You know, people imagine the Elohim walking... like masters. No! He was laughing like a little child. Maybe for no reason, maybe because of my face. Before meeting the Elohim, my forehead was smooth, but when I saw them, suddenly all the wrinkles appeared. People sometimes say, "Do you have any proof that you saw the Elohim?" "Yes, look!"

So, from my expression, I understand that Yahweh was laughing. It must be very funny to see a primitive human being looking at a UFO for the first time. I would have laughed too. But I was not laughing. I was not Maitreya yet; I was just a regular human being. Imagine if it happens to you. Maybe you'd have even more wrinkles. Unforgettable!



And what impressed me most was Yahweh's laughter. I didn't describe it in the book, but when I talk with you, I can. And one more time, I understand perfectly, because I must have been so funny! I was between, "Do I run away or do I stay? Is it dangerous?" Because, like all of you, before that day, I saw many movies on TV where beings from space came and had laser guns. "Will they shoot at me?" I was not sure. So, I was between wonder and fear. And I remember clearly the first thing I checked, "Is there any guns?" It's very funny! I'm sure Yahweh knew what I was thinking. I looked at the hands, empty hands, belt, no gun, no gun anywhere.

You know, I had a very rational brain. A race car driver is very attentive to the smallest details, evaluating the risks. Number one: guns. Yahweh with a gun... hahahaha... Nothing! And he was smaller than me. That was good. He was walking towards me: small, no gun: "No problem. I can manage!" If he was huge and more muscular than me, maybe I would have run away. So small, and he smiled and laughed. I understand he was laughing at me, for sure. Because I know he knew everything that was happening in my brain. He is aware of everything.

You see, when they show themselves, they know that people are afraid to be kidnapped. Yes, with a kind of laser... A lot of people, on Earth, believe that extraterrestrials kidnap human beings. And they develop all kinds of beliefs: strange beings, reptilians, monsters with many legs! No, just a small man, nothing looked dangerous, and he was laughing. His laughing made me cool down a lot. And naturally, I was almost laughing myself.

So, people always imagine the first contact between Yahweh and Maitreya like something very serious. We were laughing, not serious at all. And that eased the contact a lot. If I had met a serious person, maybe I'd be afraid.

People ask me sometimes, "Were you afraid?" When the door opened, I was very afraid, ready to run away. When I saw two feet, two legs, I was very afraid. I was thinking, "Maybe there will be four, six legs." So, only two legs, then the body was human, and a being came down. And the first thing I checked, as I said, the hands: no gun. If anything had looked like a gun, I would have run away. But nothing! And he came towards me, laughing.

When you meet... whatever being you meet that is laughing, it makes you cool down. So, the fear totally disappeared. And then, my main concern, "Okay, no danger, smaller than me, but can we communicate? What if he speaks Chinese? Or Japanese. Even English!" But he started speaking perfect French. Perfect French! Really beautiful, a beautiful voice. And that also made me comfortable, "We can communicate!"

"Why are you here?" "To see you!" And laughing, "To see you!"

"Wait a minute, that's too much." So, I immediately thought, "Okay, I didn't smoke any hashish, no alcohol, no drugs." But I was not sure it was real.

"I come to see you!" My name, what I was doing, he knew everything. Wow!

So, I tried to remember if I slept well the night before, "Am I awake?" Because I thought it was a dream. "It's too beautiful!" And then you know the following, because you read the Message!

But this morning, I wanted to share with you the importance of laughing. One day, we will go on another planet, we will create life. We have to remember this. And if it happens to you to... it's possible... to meet with the Elohim, remember to laugh.

Laughing is cosmic communication. Every advanced consciousness in the universe laughs. Serious people are always primitive. To do war you need to be serious. Nobody has guns and laughs, except people with mental issues. But normal military and politicians, you see them on TV, they don't laugh, "We are at war. It's a very dangerous time." No laughing! But when they meet people who believe in UFOs, they start laughing. That's good! We bring laughter to humanity.

Love and laughing go together. You cannot love seriously. Love is always funny. Whatever kind of love it is. Human beings are very funny, and when you raise your level of consciousness, you laugh even more. When you reach supraconsciousness, you never stop laughing, like Buddha.



Imagine. I returned to my car thinking of the whole planet, with billions of people, and I had the Message! I was laughing in my car, "How can I do that? They are crazy, they are crazy! Why me?" And I couldn't stop laughing. Not anxious, just laughing, "Nobody will believe me!" I typed the book, every day typing and sometimes wondering, "What will I do with that?" So, since I met the Elohim, I never stopped laughing.

I had to find you, because Yahweh told me, "There are many people on Earth waiting for you!" ... hahaha... Oh yes, of course, "I will go in the middle of my town and start speaking, and wait for the ambulance. Because nobody would believe it." And I was sure that nobody would believe it, 100% sure, but, "You ask, I do!" Secretly hoping that the book would never be published.

So, as I said before, I sent the manuscript by mail to the most important publisher in Paris. I remember putting the envelope in the mailbox, at the post office. Not even registered, regular mail: "I did it. I can go back to racing cars." And... and you know what happened after.

And when they contacted me to go to Paris and to speak to the publisher, for a short time I stopped laughing... And I went to Paris and spoke, and they said, "We will publish your book, but you have to make some changes." I started laughing again, "No, never!"

And I returned home saying, "I did it!" And as you know, they lost the manuscript. They pretended to have lost the manuscript. And you know after, the television story. It was the same, during that televised show, I spoke, but thinking, "Everybody will laugh." Which is good! And I spoke, went back home by a one-hour flight, and that was it. And you know, after two days, I received thousands of letters. So, I said, "Wow! People are ready, some people are ready to help me." And I am here with you, and we can laugh together.

Remember that when you spread the Message. When you are in the city, or anywhere, to spread the Message, laugh! Enjoy, don't be serious.

Remember, some Raelians, "This is the Message." People go around, they avoid you if you are serious. You can even use the laughter as technique to spread the Message, "I have a funny message for you!" "Really?" When passersby see people on the street with pamphlets, they think, "Oh, another religion, they will talk about God." They are afraid.

"I have a message for you. There is no God!" That makes them laugh. "And there are UFOs!" Oh, it makes them laugh. "Do you believe in UFOs?" "No!" They laugh. And then, you can explain the Message, "Read this funny pamphlet!" Don't be serious. It's a big mistake when some Raelians say, "We have to be very serious." No! Nobody wants things to be serious. "I have a funny message for you. There are small beings in the sky who created life on Earth. Small like that." That's funny. That's how you can use laughter to spread the Message.

In Asia, it's easier than in Europe, because in Asia you have Buddha, the laughing Buddha. It's part of the Asian culture. In Europe... blood everywhere, they love suffering.

I am 100% sure, the brain of Asian people is more intelligent than the European's. Because you grow up with Buddha, with dragons, not with people covered with blood. Imagine that from early childhood, they bring you to church and the first thing you see is a man on a cross with blood everywhere. And they say, "This is your God!" How can you develop your brain?

And because, a long time ago, a woman gave an apple to a man, "You are guilty!" You are guilty, because this woman, a long time ago, ate the apple. Can we laugh more than that? "And you will have to have a difficult life to pay for this sin. Repent! Regret the mistake every day of your life." This is said to children! "And if you don't, after death you will go to hell, in fire, your body will burn!" Not burning and finish, no! Burning eternally. To your child! And this is how you discover life.

So, the brain is damaged. It's real child abuse. And it's happening everywhere. In Asia you are not damaged, there is Buddha. ... I'm sure, sometimes your family brings you to Buddhist temples. What do you see? Laughing Buddha, happy Buddha, flowers, beauty. That's very different, and that's why you have a better brain than Europeans.

Everything is connected... I'm not surprised that Asian countries did not develop colonialism. China, the biggest empire in Asia, never colonized other countries. Why did Europeans colonize all the world? Because their brains were damaged by the stories of suffering, sin, by their religion. So, you are very lucky to be Asian. No damage!

And we Raelians, we help, by making everybody laugh. Not only Asians, but Europeans, people everywhere. Why is the Raelian Movement very successful in Africa? They love laughing! They love laughing and they suffered from colonialism that forced them to deny their cultures in front of a bloody God. Before Europeans came to Africa, they had beautiful religions, similar to Buddhism. African religions were connected to nature. Very beautiful! Only Europeans damaged everything.

So, enjoy being Raelians. We are so lucky! Buddhists laugh a lot, but Raelians must laugh more! We are connected to laughing gods. People know that the Elohim can see you through my eyes... and they laugh.

Laughing and love are the same. When you see children playing, naturally you laugh. And they see us as their children. When we play, they enjoy it. Why did they create us? To laugh! The main reason they created us is to laugh.

Imagine, the first laboratory on Earth where they created animals, plants, human beings. They never stopped laughing. There was a competition every week: "Who created the funniest animals?" Somebody came saying, "Look, I made a peacock." Everybody laughed! "I created a shrimp." "Oh, so funny!" Shrimps are funny. The winner created the crab! Every animal walks forward, every animal, every fish swims forward. Only one walks sideways. The crab is a laughing creation. When you look at flowers, animals, birds, you never stop laughing.

I love to take a magnifier and look at insects. So funny, so funny! My favorite is the praying mantis. I love the praying mantis, it's so amazing! Look carefully at nature, at everything around you. If you pay attention to animals, insects, everything around you, you never stop laughing. Birds are also so funny, so funny!

Here in Okinawa, you are lucky, you have bats. So funny, one of the funniest animals, for me. They hang in the trees... upside down. And very interesting, here is another example of the Elohim's humor: bats poop like us, but their ass is up. So, if they shit, it would go in their face, and they don't want that. So, I always watch, when I can see this animal, the bat. Beautiful. Upside down, and then they turn their body to shit. It's an Elohim's joke. If they don't, it will go in their face! So, you can see the humor and laughter of the Elohim, everywhere.

Thank you, Elohim, for creating us able to laugh.

Laugh and laugh, and never stop!

You have to be you to love the Elohim

Maitreya Rael - Raelian Gathering, April 30, 77 aH (2023), Okinawa, Japan

Before all, as usual, I love you! Always the most important thing.

Do you love yourself? “Oui!” (Yes) Very important. You cannot give love to other people if you don’t love yourself. Love yourself for real! Not just, “Ah, I love me, I love myself.” No, no, no! It must be deep, very deep.

I don’t know if everybody here has been in love with somebody in their life, I hope so. Have you? Really in love. Do you remember? The heart beats quickly, you cannot wait to see the person, you want to be close to him or her, you think about him or her day and night, when you cannot sleep, you want to be as close as possible. So, you know what it is to be in love!

Real love is so powerful. We can lose sleep for love, we can lose the family, we can lose jobs, we can change countries. There is no limit. When you are in love nothing can stop you. I hope each of you have gone through this experience. It’s magic! That’s the right word.

The colors of nature become different: the blue of the sky is bluer; the green of the trees is greener. You know this feeling! Everything is different. You listen to music, beautiful music, very beautiful, but if you are in love, it’s much more beautiful. Everything becomes more beautiful. Food tastes better. Okay, you eat, but when you are in love, you want more cake, more sweets, more sake, more beer. You are in love, you don’t walk, you fly, especially when you go to meet the person you love. Your legs are not fast enough, you run. You know that!



And if you are very shy or sensitive, when you see the person you love, you cannot talk, you become stupid, you are afraid that what you say will destroy love. Girls spend hours in the mirror, “Is it okay? Is it okay?”, in preparation to meet the loved one. And trying dresses, “Maybe this one. No, another one...” For hours! Shoes, ah, that’s very important. Men no, shoes are not important for men... But girls, ohhh... They have twenty pairs. And no mirror is large enough for them, right? It’s so funny!

Every girl believes she must have beautiful shoes. I will save you time for the future, you can have more time for important things: men never look at your shoes. We never look at your shoes! We don't care. We look at the breasts, the ass, the legs, the lips, the eyes, but the shoes, never! That's so funny. Every time I am with beautiful Angels, they spend a lot of time on shoes! They have twenty pairs, thirty pairs, fifty pairs, it's never enough. It's a kind of obsession for women, the beauty of the shoes. And we don't care! We never look.

Caring for your eyes? Yes. The lips, yes. The breasts, yes. But the shoes? Save your energy for something else! Do some yoga to be fit, some gym. But stop thinking about your shoes. That's a little help, but I know, I have been saying that several times, but angels still... And it's so funny, because we don't look. For us, it's a waste of time and very expensive - very expensive, you know - for nothing. You look at your feet, but nobody else looks at them. Love yourself, your smile, your eyes, the love you express that we look at! It's "loving yourself".

Probably, girls who love shoes so much don't love themselves, or they don't love themselves enough, so they need Chanel, Louis Vuitton, very famous brand names. If you spend more energy on who you are, we care; if you express love, real love, sweetness, kindness. And for that, you need to love yourself; not the shoes, not the clothes, but you!

When you go, in the morning, in front of the mirror, what do you see? What do you see? Me? No! You see the child of the Elohim; in your eyes, you can see the eyes of the Elohim. Don't forget, they created us in their image.

Raelians often say, "Maitreya, I want to see the Elohim." Okay! I bring people in front of a mirror and I say, "Look!" You are a creation of the Elohim. You have to see, to love the Elohim in your eyes. We are the Elohim! They created us in their image, with a smile, with laughter. That's us. Love your smile. Be in love with yourself more than with any partner. No partner should be loved more than yourself. Nobody is better than yourself to love yourself. And partners can come and go, but you don't go!

They come and one day, "Bye, bye!" And you, "Ohhhhh..." You never leave yourself. The best partner of your life is you! Because you can trust yourselves 100%. You will never say, "Bye, bye" to you. On this planet or on the next planet, you are forever with yourself. So, not to know yourself is terrible.

When you are in love with somebody, you want to know everything; you want to learn every part of his life, every aspect of the body, every part, even the anus. Nothing is dirty when you love. You love the eyes of somebody, you love all the body, including the anus. "I love your eyes but I don't want to see your anus." No, that's not love!

So, love yourself completely, from the tip of your hair to the toes. Love is complete. Love your past, your history is fantastic, where you come from. It's part of you! When you look in the mirror, you see somebody "now". But you have a history, there is a little boy or a little girl still there! Don't forget it, it's still inside you!

In your eyes, I see the little girl, playing, laughing, never taking anything seriously. That's you! Of course, there is a lot of shit at the top: education, be serious, be the best. That's shit! There was a little boy or a little girl running, jumping into a little puddle of water, playing with insects, dreaming in front of the stars. That's you! That's the dreams you had when you were a child.

What were your dreams when you were a child? You had dreams, "Oh, when I will be an adult, I want to be..." Most of the children's dreams are very important. Most of their dreams are, "I want to be...", not "I want to have..."

“When I will be an adult, I want to be an explorer.” Stewardess, for girls. Captain, fireman. You always had dreams of what you wanted to be. Musician, dancer, Santa Claus assistant. Children’s dreams are always, “I want to be...” When you age, slowly the dreams become, “I want to have...” You replace “being” by “having”. “I want to have a bicycle. I want to have a car. I want to have a house. I want to have a partner.” Not “have”, I want “to be” with somebody who loves me. That’s beautiful. “My husband. My girlfriend.” No! A girl who loves me. A man who loves me. Not “my” boyfriend. “May I introduce my partner?” No! “May I introduce a girl with a fantastic personality?”

From the child who says, “I want to be...” to “I want to have”; be careful about that, because even in your spiritual life, it’s the same thing. People can ask, “Do you have a philosophy? Do you have a religion?” No! I don’t have: I am. I am Raelian. That’s very different. You don’t have, you are. And the goal of the Happiness Academies is to make you “be” more. And number one: to be in love with yourself.



Please, tomorrow morning, or today, look in the mirror like if you look at yourself for the first time. “Ah, Maitreya says I should love myself, yes I love myself.” No, no, no! Look in the mirror, “This person is the love of my life, it’s me. I am the love of my life.” If you start like that, every minute of your life becomes magic. And masturbation becomes much better. “That’s just masturbation.” No! “I love myself. I want to have the first conscious orgasm.” It’s very different. Enjoy yourself, touch your knees, touch your hands like when you touch the hands of the best partner you can have. Invite yourself to dinner, alone. You bring yourself, or at home, you prepare a dinner for the most important person in the universe: yourself! Put flowers on the table, you deserve it, buy the best food possible, put up a candle, a beautiful music, because you have dinner with the most fantastic lover possible.

Life changes totally if you treat yourself like a lover. Every meeting we have, on Sundays, I say, “I love you!” Why do I love you? Because I love myself. I see the Elohim in the mirror, in my eyes, I feel the Elohim in my body. And then I can love you. So please, if you want to show your love to the Elohim, on Sunday morning, prepare yourself by loving yourself.

Don't say "falling in love", falling is a stupid idea. You don't fall, you rise in love! The language is so interesting. Like if it was a disease, you fall in a disease. You rise in love. Love is the most beautiful feeling and emotion you can have. All emotions are wrong, because they are based on expectations. Opposite of the teaching of Buddha: expectation brings frustration. Stress is not the same thing. Frustration is: you want something, you don't get it and you feel sad. It can create stress, but it's not the stress that matters, it's expecting something, "I don't get it and I feel sad." A real Buddha, and you are all Buddhas, never expect anything.

When you meditate, if you sit saying, "I will do my meditation then I will feel good." No! In meditation you expect nothing. You just meditate, no expectation. If you say, "I will feel better after", it isn't a meditation. It's like saying, "I will go to see my girlfriend so I will feel good after." That's expectation. You go see a girlfriend, you want to have sex... oops, she has her period. Frustration. That's not love. Love has no expectation: I meet the woman or the man I love, I don't expect anything from him or from her, not even a smile, nothing! But I'm ready to give.

When you are ready to give, you never live frustration, because it's coming from you. It is the same in front of the mirror, you can be very disappointed. You go to the mirror and see less hair, a white beard; frustration! If you expect a handsome young man, and you see an old Prophet, you can be very frustrated. But if you have no expectation, you see who you are, and you are more. Even to yourself: you cannot love yourself if you have expectations or judgements. Do not compare.

I see quite often, on the Internet, people saying, "We should not be in competition with others, but with ourselves. Don't try to be better than others, try to be better than yourself." That's what they write. That's wrong! Don't try to be better than yourself, you cannot be better than yourself, you are you! No competition with others and no competition with you. "Ah, I was stupid when I was young, but now I'm better." It's wrong! You have been you all your life. You learn, you grow, you are better and better, but you are not better than when you were a child, you are just different. You are just taller, stronger, but it's still the little girl, the same little girl, dancing in your head.

So, justification is wrong, it's a poison for you to say, "I was bad but I am becoming better." You are and if you follow the teaching of the Elohim, ten years ago you were also, and ten years later you still will be, you cannot compare. You are you, forever! But you can enjoy every second of it. You don't have to be better than yesterday, because yesterday you did your best, and today your best is different, but it isn't better. Best is not better. Between the best of yesterday and the best of today, the best of today is not better, but it's now.

And if you live your life like that, every minute is magic. You want to be happy "now", only now. So, do you think you will be happier in the future than now?

People think that having a bigger house or a bigger car will make them happy. Of course not! So, why not "now" be the best happiness of your life? Why not exactly now? You can, if you make this instant the happiest moment of your life. Feel it! You will never be as happy as now if you feel this happiness. Not when you will have more money, not when you will have a better partner, not when you will have a better job, not when the Elohim will come. Now! If you really feel happiness, nothing in the future can make you happier. Think about it. If you are like a Buddha, nothing in the future will make you happier.

And that's why laughing is so important. When you laugh, it's "now". You can never say, "Oh, this is funny, I will laugh tomorrow morning." You laugh now! And it's the best laugh of your life. Was there any laugh better than this one in the past? No! Tomorrow, will you have a better laugh? No! So, laughing brings you right "now". And this, by

loving yourself, makes the present now - it's difficult maybe to translate - the present now, because life is a succession of now. Yesterday, there was a "now", but it's not now. The only important "now" is the now of now. Feel that!

And now you are with me, you are with the last Prophet, still alive, today. Tomorrow, I don't know, but today: Yes. Enjoy that! You are. Be you! That's all: be you! Because family, education, everything, tries to make you something else. Be you! Are you you? Beautiful sound: are you you? If you are you, this is the best moment of your life.

And before leaving you, I will say something, think about each word: I LOVE YOU! It's not just, "I love you". I = I am. I LOVE YOU. And to love you, you have to be you. My happiness loves your happiness. Feel that, keep it all day, all week... why not all life?

Remember: I LOVE YOU. I LOVE THE ELOHIM. You have to be you to love the Elohim. On Sunday 11 am meeting, "I love Elohim"? No, no, no! I, loving myself, being proud to be your creation, I LOVE YOU. You cannot love the Elohim if you don't love yourself. "My life is terrible, I'm not happy in my life, but I love the Elohim." That's not good. "I love my happiness and my happiness is at your service, my smiles are for you, my laughter is for you." And then you can say, "I LOVE YOU."

I love you!

The light of the Elohim

Maitreya Rael - Raelian Gathering, May 14 77 aH (2023), Okinawa, Japan

This week, I was searching on the internet and I found one of my old speeches. I don't know, it may be from five years ago, I don't remember, the name is "The light of Yahweh". And I watched it, I watched myself and I was so happy.

I lost all humility. I'm so proud of this speech. It was like five years ago... "The light of Yahweh".

I don't know if you all remember this video, this speech. It was recorded at the 45th anniversary of the First Encounter. I recommend that you watch it again.

And soon it will be the 50th anniversary! Fifty years speaking! Making many, many speeches. But after watching that speech, I think it was the best ever! Watch it again. You should watch it regularly because what I said is so beautiful. I told you; I lost all humility. I always tell the truth, but when I say, "I am the light of the Elohim and I transmit this light, and you also become the light of the Elohim", that fixes the problem of humility. I am the light of the Elohim? No, no humility! But I give you this light and you become the light of the Elohim. No more pride. I receive and I give. And now it's your problem! I received this shining Message; I carry it and I give it. No more my problem. You have it now: it's your problem! And you feel how important it is to give it to everybody.

Love and light are the same thing. If you keep it, you are poor. If you are full of love but you keep it for you, you are very poor. But if you give your love, the more you give your love, the richer you are. Money no, if you give your money away you become very poor. Love is the opposite: the more you give, the richer you are. Because what you give comes back, automatically. No need to calculate, no need for a computer: you give, it comes back. You give your love to humanity, humanity gives you back your love, more, ten times more, hundreds of times more, infinitely more!

When you spread love, love comes back from everywhere in the universe. You just have to sit and feel it. You give love around you, these waves of love you cannot control them, you cannot say, “Okay, I give love only to these people. No more.” It doesn’t work. You give love, it goes everywhere, you cannot limit it. And it comes back from everywhere.



You give love to the Elohim; the Elohim send you love. You give love to the universe, and the infinity of the universe sends you love. So, don’t be selfish, give your love, give your light. Because love and light are the same thing. You give your light.

That’s why this speech is so beautiful. I’m so proud of it, without losing humility. Why? It isn’t my speech; the Elohim are speaking through my mouth. I watched it like if I was nobody, and I feel the power of this speech. It’s not me who is speaking. So, I can be very proud of it. Yahweh is speaking through my mouth. The little Maitreya, “I am the light of Yahweh.” No, no, no! The little man... but it’s Yahweh speaking, he uses my mouth, but it’s Yahweh speaking.

And when you spread light, be proud of it! When you are the light of Yahweh, you are not the little you. You are the light of Yahweh, feel it! The world, all the world, needs your light. We don’t have the Embassy yet, so Yahweh cannot come and give it personally.

How can humanity feel the light of Yahweh? Through you! Feel how important you are. Don't have humility for that. Feel it, say it, "I am the light of Yahweh!" In your music, in your dance, in your speaking, feel it! You cannot be depressed or worried. Because you are the light of Yahweh!

Your boyfriend or girlfriend leaves you, you lose your job, you have no more money, but you are the light of Yahweh. Then you become indestructible, nothing can destroy you. You become almighty, by the power of love and light that the Elohim gave us. You are not a little human being; you carry the light of Yahweh. Feel it!

You know, when I was a child, like everybody here, you probably have had a stupid mother like I had, and a father who said, "Be successful, be the best at school. You need to be successful; you need to be better than others..." All this is bullshit, "competition". And you felt bad because we are not made for competition. And they always say, "You have to become somebody! You have to become somebody!" This shit, from childhood was constantly repeated, for many years. I was polluted by this: "You have to become somebody!" And for many years I tried to be somebody. I tried to be a singer, I tried to be a race car driver, to be SOMEBODY! And then suddenly, I received the Message, and it took me years to become NOBODY!

All education pushed me to become somebody, the light of the Elohim pushed me to be nobody! And when you are nobody, you can be happy. If you want to be somebody, you are always in competition, fighting to be better than others. And some people think they are better than others by thinking, "I don't want to be better than others, I want to be better than myself." Bullshit also!

Don't be better than yourself! Don't be better than others! Be nobody! When you are nobody, no pressure, no competition. You try your best to be. And to be, you cannot be if you are somebody! You are an engineer, you are a teacher, you are a race car driver... As soon as you put something after "you are", you are not! Are you happy? No! You are. Don't say, "I am happy." Say, "I am."

The followers of Buddha came to him, "Who are you? Are you a teacher?" Buddha said, "No!"

"Are you a university teacher?" "No!"

"Are you some erudite from the past?" "No!"

"Who are you?" "I am."

Buddha said, "I am. I am nobody, I am."

So, be! That's why I always repeat, "Be!" Be you, be nobody. Be nobody! When you are nobody, you ARE. And you feel the pleasure, the deep happiness, the only deep happiness to be! To be, like Buddha. Buddha is constantly laughing. Why is he laughing? Because he is nobody! "Who are you?" "I am." When people ask you, "Who are you?" Don't start, "Oh, I am a computer designer. I am an engineer. I am a teacher. I am a taxi driver..." No, no, no! "I am." That's enough. Because nobody is, nobody is! So, you are.

There are people who are not, they have, they have their job, they have their money, their position, so they are not. Without money, without a position, sitting in the street, naked: you are. And that's the beauty of "The light of the Elohim" video.

And just one little more thing: Enjoy the privilege! The incredible privilege you have to live now! You live now at the same time the light is coming from the Elohim. You are alive at the same time as the last Prophet. It's not the Bible,

the book, the book of Jesus, or Moses, we don't know what they looked like. You live at the same time as the Last Messenger. He is alive, he is with you, you can touch him, you can kiss him.

So, be the light of the Elohim. With this huge privilege, feel every day how lucky you are! Because if you had been born one hundred years ago, nothing could have happened. Or two hundred years ago, they didn't know that I exist. They didn't know the light of the Elohim. You know! Feel how lucky you are to live at this time. And send your love to the Elohim, because they are constantly sending their love to you.

Thank you, Elohim!



Be better than human, be supraconscious

Maitreya Rael - Raelian Gathering, May 21, 77 aH (2023), Okinawa, Japan

When we make the contact, no need for a university speech, no need for high-level language skills. Just express a pure emotion of love. You can make a beautiful contact without talking. Just one tear of love.

To let tears of love for the Elohim fall, there is nothing better! One tear of love is better than a thousand words. Being, being with them. And the three questions: “Where am I? Why am I here? Who is with me?” We can say it quickly, but those are deep questions.

Our history, the history of each of you, is so special, so different. So many different histories, but there is one thing in common: one day, you read the Message and you said, “I have to go!”

I was always the worst student in history and geography. From childhood, I was on Earth, that’s the only thing I knew. For me, there was no France, no Switzerland, no Quebec, but Earth. So, “Why do I have to learn where each country is? I don’t care!”

Countries are not a creation of the Elohim. The Elohim didn’t create China, they didn’t create Japan, they didn’t create Korea. They created life on one planet. After, men made separations: “We are from the north; we need to kill you.” “We are from the south; we need to kill you.” North Korea, South Korea. That’s the most terrible example on Earth. Same country, same language, members of the family on each side of the border, but they are ready to kill each other.

When the Elohim look at that, they laugh so much, because we are still there, we are still trapped in these artificial borders. And we the Raelians, we feel this oneness. We feel one, we feel the Elohim, no difference. We don’t even feel the difference with the Elohim. It’s not “them and us”. “Them in the south, they are the enemy.” “Them in the north, they are the enemy.” We feel... it’s not “them”. It’s the Elohim and us.

Sunday morning, when you come here, you don’t feel “them and us”. We are one. I will repeat, I always say that, but I’ll never say it enough. Do you want to see the Elohim? Look in the mirror! You are. The beauty of your eyes, of your smiles, it’s them! When they created life on Earth, they were constantly laughing, and we are the result of this laughing creation. So, why be serious? Look in the mirror. How can you be serious when you look in the mirror? We are so funny!

“Oh, he is Chinese. Oh, he is African. Oh, he is Chinese, Korean...” We are one! And this is the most important teaching of the Message. You have to explore inside yourself if there is any judgment. Judgment, looking down on other people: “Oh, he is Chinese, dangerous! American, dangerous!” We are one. But our brain is trained to make judgment.

What is racism? Black skin: “Oh, that’s bad!” For everything. Imagine when the Elohim come. They are not white, they are not black, they are different. And they love us. But when we train ourselves, with the bad education we have on Earth, to judge, to judge like on autopilot for judging everybody. When you meet somebody new, your brain can be “loving” or “judging”. Be aware of this very important way of training your brain. It’s not only about the skin color or personality. Unconsciously, when you meet somebody new, your brain, the thinking brain automatically

judges, “What kind of person is that? Is she good for me? Do I like her?” You don’t know anything about this new person, but the brain automatically starts making judgments, “I don’t like her clothes, I don’t like the hat.” “He is laughing, I don’t like people like that...” Judge, judge, judge. And there is no love when there is judgment.

Love. When you see somebody new, you immediately love this person, unconditionally. You look at a person at a full being, not the color of the skin, not the shape of the eyes. Just, there is a conscious being in front of me. And with love, what is it? We are one! A black man comes from Africa, looking very different. We are one. The Elohim come. We are one. Another being comes from another planet, with four eyes, not two, four eyes, one, two, three, four: “Oh!” Judgment. But with love, we are one. He has four arms, more hugging capabilities! We are one!

Some people living on other planets look like spiders. We are one! When we are conscious infinity, then, automatically, there is love. But we human beings, even with the same color of skin, “He is bad, I don’t like his laugh, I don’t like his voice, he doesn’t speak good Japanese.” That’s not love.

I remember once... I go walking every day and I went to the nearby island on foot. And on the little road in front of the ocean, suddenly a Buddhist monk came, dressed in a very ritual Buddhist dress, with a shaved head. He came right out of the forest in front of me. Immediately, I opened my arms and we hugged. He didn’t know who I am. He smiled and he was so happy to embrace me. We were one, immediately! Without speaking. It was a beautiful moment of love. He could have been a spider; it would have been the same for me. Are you ready to hug a spider? That’s the question! Because, if he was a black man and you wouldn’t, imagine a spider with eight legs coming to you. Are you ready? That’s our job, the Raelians.



To love human beings, we should not even talk about it. Of course, we need to love each other, but it should not be needed to say it. But to love different shapes of beings from space, that’s even more difficult. We are the only ones preparing for that! It’s an exercise. Meditate and imagine: a frog comes from space and wants to hug you.

What do you do? Do you run away? Or do you open your arms? That’s our training! We are very special, the Raelians.

You know, stupid people... there are a lot of them on Earth; 96% of the population. The most terrible insult they can make to others is: “He is not human.” You look someone down and say, “He is not human.” That’s terrible! Like if being human is better than anything else. Hiroshima, hundreds of thousands of people killed immediately! If this is to be human, I don’t want to be human. I prefer to be a spider or a frog, because people think being human is superior. It’s not! It’s actually very inferior!

For twenty-five thousand years, we kill each other. At the beginning with knives, now with atomic bombs. Now they are preparing more atomic bombs. Is that being human? If so, I don’t want to be human. If people say, “Maitreya is not human”, I agree. Some such insults: “Ah, but he is not really human.” I don’t want to be a human! Maybe they

live in luxury when every day thousands of children die in Africa. Is this human? If so, I don't want to be human. Be better than human, be supraconscious, ready to hug a spider.

What do you prefer? To spend one week with Adolf Hitler or with a spider? We don't want to be human. We want to be better than human. In the universe, when civilizations talk about the Earth, they talk about the planet with non-human beings, monsters, "It's a no-fly zone." That's why you don't see UFOs often, there is some kind of a large sign: "Avoid this area!" So, all the space travelers avoid Earth. And they are right! If they appear over America, the Americans send rockets. Russia, same. China, same. Switzerland no, because they don't have rockets. If they had, they would also shoot. This is being human. You don't know what it is? Like the military say, "Shoot first, ask questions later." Normally, if you are human you say, "Who are you?" We communicate, we love. No, "Shoot first, ask questions later." Dead! You kill them and after you ask, "Who are you?" That's being human! I don't want to be human.

And I hope none of you want to be human. Be better than human, be supraconscious, ready to hug any shape of beings. Ready to love, not ready to judge. We are always in competition. Education brings you in competition. We are not better than anything. You are not better than anybody. I'm not better than you. I am a messenger, but I'm not better. Education says, "You have to be better than others." That creates competition, wars, and suffering. We are not better than anybody. We are not inferior either. Not superior, not inferior. Equal? No! We are not equal, we are different. Spiders and frogs, they are different. Loving to be different, that's love!

I love your difference. You are different from me, and the goal of my teaching at the Happiness Academy is to make you more different. Religions try to make everybody the same. I want to make you different, to be different by yourself, not because I make you different. Be you! You are not inferior, you are not superior, you are not equal. You are you! And then you can say, "I am." Please, say it, everybody, now, and feel the vibration: "I am." This is the AOM: "I am." Not anything, not human, not Raelian: "I am."



The real ego is love

Maitreya Rael - Raelian Gathering, May 28, 77 aH (2023), Okinawa, Japan

It is another wonderful moment together, in the pleasure to BE, to BE. When we are, we ARE. No need to say, "Raelians", no need to say, "in contact with the Elohim". We ARE!

Are you? When you are, you are You; the unique you! Because there are eight billion people on this planet now, but only you, no others, only you are YOU. Feel it. Feel how lucky you are. Not to be with me, not to be Raelians, but to BE.

Never will you feel enough happiness to be. Because everything that composes your body, your consciousness, your supraconsciousness, was on the Earth, always. A hundred years ago, all that composes your body was already there. A thousand years ago also, but as dust. Before the Elohim came, all that composes you today was already in the universe, but as dust. And today, you ARE. It's so amazing! Feel it, every little part of your body was dust of infinity, not conscious, not aware. But now, you ARE!

In a few years, or a few months, I don't know, we never know, we will be back to dust. But now, we ARE. Enjoy! When I say, "I am", I am now. Maybe tomorrow I will say, "Yesterday, I was." I'm not sure I will be tomorrow. Feel it! Not only me, because I am seventy-six. Each of us we are, we ARE. But suddenly, the heart stops and we ARE not! Feel this little pomp beating here, touch it. If it stops, you are not anymore.

How lucky we are. And it doesn't stop, for now. In the next minute we don't know. So, every second becomes magic, the magic to BE: "I am." Are you? When you are, you are everything and nothing; infinity, eternity. This matter has always existed. There was a little piece of You, ten thousand years ago, floating on the ocean. But now it's right here, together. This little piece of dust, being together, makes You.

If the heart stops, feel it, if the heart stops right now, one minute later you cannot say, "I am." So, enjoy! Because it isn't forever. That's why this meditation, although very simple, is so important, saying, "I am." Do it: "I am." Feel it! Again: "I am." Again: "I am." ... Yes! Feel it, because it can stop any second, and it can become: "I was", if you are lucky enough to be on the eternal life planet! Only! If you're back to dust and not given the privilege to be on the eternal life planet, you cannot say, "I was." You cannot say, "I am", and you cannot say, "I was." Nothing. The "I" disappears, no "ego".

How to totally destroy the ego? Die! That's the only way to totally destroy the ego. Meditation, having a good guru, a teacher, can never totally destroy the ego. There is always a little piece left. What is this little piece that even the highest Buddha in the history of humanity cannot destroy? The heartbeat. The heartbeat is the "ego", it beats for you, to make you able to say, "I am." If this little pomp stops, you cannot say it.

So, the heartbeat, breathing... That's why the most powerful of Buddha's meditations was about breathing. Breathing is pure "ego". Sometimes, some Raelians come to me and say, "I don't want to live anymore, I want to die." I always say, "It's simple, I will help you. Stop breathing!" Very simple. But people say, "Okay, I'll stop." But after a few seconds, you breathe again. You can try. Children try sometimes, when the mother or father says, "Don't do this, don't do that." The child says, "I will stop breathing!" We've all tried, but after a while... we can't.

Breathing is ego. If there is no “ego”, zero ego, you have stopped breathing. So, it’s impossible to totally destroy the ego. At the root of the ego is the heartbeat and breathing. And that’s why the meditation of Buddha is so powerful, it brings you back to the pure “ego”. And when you reach the pure ego, there is no more ego. The only way to destroy the ego is to reach the basics of ego. Then you are touching the root of the ego. Feel your heart beat! It doesn’t stop.

Some very advanced meditators can slow it down, but you cannot stop it. No meditation master in the whole universe can stop the heart. This is the ego, this, the “I”; this is your body: “I am and I beat.” Fantastic! All these little hearts around us, breathing, you cannot stop them. You can meditate, slow it down instead of being stressed. When you are stressed, the heart beats very fast and you breathe very fast, as if you were afraid. You can slow it down, but you cannot stop it. Because it’s the root, the essence of the ego, pure like a diamond. The real ego is beautiful. When you say, “I am”, it’s 100% ego, but good ego, the physical ego, the one you cannot destroy, except if you die. And it’s coming! There is a clock inside our body... tick-tock, tick-tock, tick-tock ... bringing us to death.

From the moment you are born, from the moment you are conceived by the spermatozoid and the egg, the fetus in the mother has a heartbeat. With the echography you can see the baby’s heartbeat, there is the ego: “I am.” Maybe inside the womb the baby feels, “I am.”



Remember the meditation I was teaching forty years ago: the cycle of life. There is a trace inside your brain of the moment when the egg and spermatozoon got together, it’s recorded. We have difficulty remembering when we started walking, we have difficulty remembering the oldest memory, but it’s there, including the moment we began to be alive. It’s not the birth, it’s the magic moment when the spermatozoon and the egg became one. We cannot remember, but it’s recorded. This magic moment when DNA was created, with the chromosomes from Papa and the chromosomes from Mama, suddenly...

puff... this is me! Before, it wasn’t me. The spermatozoon cannot say, “It’s me.” The egg doesn’t say, “It’s me”. But when they get together, like the bearded woman, “This is me.” (The song’s title) It’s recorded in your brain, all of you!

You can meditate and try to remember. Some people can, very few. All your life, from zero second until now, is recorded. Each of you is connected to the Elohim on a huge computer - we say a “huge computer”, it can be very small - recording everything you do; everything, good or bad. Everything is recorded. And when you die, you are in a new body but with the old memory. Thank you, Elohim! You can wake up in a new body and say, “I am.” You can say, “I am dead”, meaning: “I was on Earth, now I am alive on the Elohim’s planet.” It’s the only way to say, “I am

dead”, being alive. Because if you are dead, without the Elohim, you cannot say, “I am dead.” You cannot say anything! You cannot even say, “I am not.” I am as long as I am alive. When I die, I am not.

So, enjoy! Because, for me, it looks like you are alive now. Maybe it’s my illusion, maybe it’s your illusion, but you look alive. Feel it! Enjoy it! Because every second, it’s possible you cannot say it anymore.

Thank you, Elohim!

I am the light of the Elohim, you are, we are. The beauty of the Sunday morning contacts is bringing many “I am” together. We are. I am more thanks to you. You are more thanks to me. That’s why making the contact together is so important. You can do it alone at home, but being together is much more powerful. And you feel it. If not, you’d stay in bed.



Thank you! Thank you for being. Don’t stop being, being you! Billions and billions of particles, and atoms, and molecules in the universe. How magical! They are now YOU. Little molecules that could be on the Moon, on Mars, in another galaxy: they are here! That’s why you have to feel that, when you say, “I am”, this “I am” is the vibration of all the little particles that compose you. They are very happy to be you. Feel the happiness of your cells, to be together and to be you.

When we do this meditation and say, “This is me. I love myself”, it’s pure ego, beautiful ego! That’s the beauty of the real ego. And the real ego is LOVE. You cannot love others if you don’t love who you are. “I am” is the opposite of the ego. “I am, so I can give love.”

People who are full of hatred, violent, warmongers, they are not. You can kill other people only when you are not. If I feel the privilege of being, I don’t want to hurt anybody, I am more and more, and I want to help others to be more

also. And what is love? Helping others to be. Like when I met my partner, she came to be with me, my first sentence to her was, “Be you!” I know she loves me, but if she is not herself, she cannot love me.

I feel you love me. You love me because you are you! “I-LOVE-YOU.” If there is no “I”, there is no love. If there is no “ego”, there is no love. “I-LOVE-YOU.” Feel it! That’s why I said, at the beginning of this speech, “Be you! Be!” When you are, naturally, LOVE comes, and you feel it.

You are the gardener of your supraconsciousness

Maitreya Rael - Raelian Gathering, June 11, 77 aH (2023), Okinawa, Japan

Another beautiful day on this beautiful blue planet. We are so lucky! And especially in Okinawa.

There are so many places on Earth where we could be. You know, the three questions you ask for meditation: “Where am I?” That’s very important. “Where am I?” is also: “Where am I not?” You could be in Africa, in Russia, in the North Pole... we are in Okinawa!

Personally, I choose Okinawa. I am here and I chose Okinawa. I could choose somewhere else, “Oh, I would love to be... I don’t know, in Mongolia, in Korea.” No! I chose Okinawa. Because for me it’s one of the most beautiful places on Earth. It’s very good. Where could you be? Where am I? Where am I not?

There are so many places where you could have been born, and so many places where you could have gone.

I am here because I chose to be here. The accidents of life brought me to so many different places.

I was born in France... nobody is perfect; I’m sorry, I was born in France. I’m not proud of it. I don’t know why they chose to make me born in France. I don’t agree with this choice. If I could choose where I was born, it would not be in France at all. China, Okinawa, Japan, Italy, but France, no! No, thank you! But I was born in France. And then, I moved to Quebec, and then Las Vegas, Miami, and finally to Japan... and Okinawa. Wow! What a roller coaster. But I’m very happy to be here. Why? Because of the blue ocean? No! I don’t care, I almost never look at the ocean, I meditate in front of the white wall. Because the ocean is beautiful for contemplation, but not for meditation. Meditation comes from inside. Like all Zen monasteries, they meditate in front of a white wall, because it comes from inside.

So, this... Okinawa is also beautiful because there are many butterflies. Beautiful, but it’s outside. The butterflies you have inside are more important. How many butterflies do you have in your head? Do you have any? If you don’t meditate enough, you have nothing! Okinawa is beautiful because there are many orchids. They are beautiful but the orchids inside are much more beautiful. Because inside, in the supraconsciousness, you have a garden. When you meditate, what are you doing? Gardening! You make orchids grow in your head, roses, any flower you want, much more beautiful than in any garden. If you don’t have any, you are not doing meditation. You are the gardener of your supraconsciousness, every day. It’s the most beautiful garden in the universe. Every day, you have to make it more beautiful. If you don’t pay attention, weeds grow everywhere. In the garden here, it would be full of weeds if we didn’t go and remove and cut weeds every day.

Inside, it's the same. Why are there weeds growing in the garden? Wind brings seeds, bird shit brings seeds. In your head, television brings seeds, newspapers bring seeds, everything you see in the civilization is trying to damage your garden. In your meditations, think about it! What kind of weed is inside? Only the flowers you choose must grow inside. In most of people, there are weeds, only weeds! And they are depressed, angry, negative, violent. Why? Because they have an ugly garden!

When you have a garden inside full of orchids, roses, butterflies, birds, you are not depressed. Why... When you feel bad a little bit and nervous, what do you do, naturally? Do you wish to go to the noisiest part of the city? Or do you wish to go to a beautiful garden? Naturally, you have so much trouble in your life, you want to go to a garden, smell flowers, watch butterflies, listen to birds. That's what naturally you want to do.



Meditation is the same thing, but you don't have to move! Sitting here, right where you are. Are you full of weeds, or full of beautiful flowers? Ask yourself how is your inside garden. If you are not satisfied, who can change it? Can anyone else go inside your head to garden it? No, they can't. Even Maitreya cannot! Even Buddha or Yahweh cannot! Who is the gardener? You! You are the only gardener of your supraconsciousness.

So, if you are negative, depressed, sad, the only person to blame is the gardener. Who is the gardener? You are! Others cannot be the gardener in your head. Only you. Oh, what a power! When you sit, or lie down, and say, "Okay, I will meditate", you are gardening! It's so beautiful!

Meditation is not cutting yourself from outside, it's connecting yourself with inside, making beautiful flowers, the flowers you like. We are all different. Really, visualize your head, your supraconsciousness, like a garden. Do you take care of it? Only you know. But if you are not laughing, if you are not smiling, there are no flowers, no butterflies, and no birds in your garden. So, start!

I wish to finish this morning's little speech with a beautiful sentence from the great Lao-Tzu, "When the student is ready, the teacher appears. When the student is really ready, the teacher disappears."

You need to learn to garden inside, you need a gardener, a teacher. But when your garden becomes beautiful, there is no need for a teacher. You are gardening every day! What happens if one week or one month you don't take care of the garden? It becomes very ugly, very quickly. Every day, you remove little things, another little weed, every day! Every day, you are in the garden, cutting, looking, watering, every day. Every day!

It is the same with the supraconsciousness. You cannot say, "Okay, I will meditate on Sunday at 11 am." Some Raelians are like that, "Okay, Sunday I will go to see Maitreya, I will do meditation." No, do it every day! The flowers inside need your attention every day. Once a day? No! Every hour? No! All the time, to become the Buddha you are.

What is a Buddha? He is a gardener of supraconsciousness. You just need to be constantly gardening, and then you feel it. Naturally, the garden inside becomes so beautiful that the fragrance of your flowers makes everybody else happy. That's why when you meet a Buddha, you feel good immediately. That's why this sentence also, "The silence of a Buddha is more powerful than thousands of words from a fool."

The question to Buddha, "Who are you? Are you a teacher? Are you a professor? Are you a scientist?" "No! I am." Meaning "I am". How do you say, "I am" in ancient Hebrew? Yahweh!

"Who are you?", the men said. Looking at Yahweh coming, they said, "Who are you?" "I am." That was "Yahweh". And so, people said, "Oh, his name is Yahweh!" Like if you go to a primitive island and somebody asks you, "Who are you?" and you answer, "I am." And they will all say, "Oh, his name is I am." That's "Yahweh": He is. Is he a teacher? No! Is he a scientist? No, He is! And because he is, we are.

Remember it. Each of you, when you sing "Yahweh", you sing, "I am."

Because I am, I can say, "I-LOVE-YOU." If I am not, I cannot say, "I". Think about it! If you are not, you cannot love. The more you feel the treasure of being, the more the fragrance of your love spreads on everybody.

So, I-LOVE-YOU! One more time... you can say it also if you love me: "I-LOVE-YOU."

Swastika day on the planet, June 24

Raelians held worldwide events to keep informing people about the ancient and peaceful meaning of the swastika.



In Switzerland



In U.S.A



Rabbinic news

On June 25, 77 aH (2023)

Since February, Leon has kept up his incredible momentum, with eight interviews in English and French. You can find them on our website: The Elohim 3rd Temple

<https://www.youtube.com/@theelohim3rdtemple625/videos>



Interview of Raelian Chief Rabbi Ariel Leon Mellul by L.A. Marzulli,...



Interview of Raelian Chief Rabbi Ariel Leon Mellul by Robert Kalil - ...



Interview of Raelian Chief Rabbi Ariel Leon Mellul by Marquise...



Ken Goudswaard of Dimensionfold invited Rabbi Ariel Leon Mellul - 9...



Entrevue de Léon Ariel Mellul Rabbin raélien et Richard Glenn - 6...



Interview of Raelian Chief Rabbi Leon Ariel Mellul by Barbara Jean...



Interview of Raelian Chief Rabbi Leon Ariel Mellul by Brian Ruhe - 1...



Aliens Or God? The Creation Debate | Rabbi Mellul vs Dr. Mark & Mr...