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Love yourself, every part, including the shit

Maitreya Rael – Raelian Gathering, March 24, 78 aH (2024), Okinawa, Japan

I put this symbol in front of us, because it is us. We are all beautiful human beings, made in the image of the Elohim, with beautiful eyes, full of infinity and love, and with an anus. Beautiful also! Without the anus there are no eyes. So, do we love everything? “Oh, I go to my mirror, I will see the Elohim in my eyes.” Yes! But in my fingers also, in my toes also, in my anus also. The most beautiful human being has an anus. Yes, the anus is very important.

And this is us.

You love the lotus flower? For me, it’s one of the most beautiful flowers, but without mud there is no lotus flower. The lotus flower has its roots in the mud. I love it. And more than the lotus flower, I love roses. When I was in my house in France, I was growing many, many roses. And I know how to grow beautiful roses. You know, I am a gardener, I was spending eight hours a day gardening. Now I’m gardening human beings, I make them grow and blossom, the same as flowers. And my roses needed horse manure, that’s one of the secrets to grow beautiful roses, horse manure. The more horse manure you put near the roots, the more beautiful the roses will be.

This is the symbol of yin and yang. You need white and black; without the black you have no white; without the white you have no black. Everywhere! Without night you have no day. Same for electricity, for a battery, without negative you don’t have positive. Electricity! We are electricity. Every cell has “plus” and “minus”. The Earth has a North Pole and a South Pole. Everything in the universe is based on this

“positive / negative”. But “positive” and “negative” is not the right way to name it, because black is not negative and white is not positive, it’s just different. It’s circulation: no horse manure, no beautiful roses.



But people prefer to smell roses than manure. I am special, I love the smell of horse manure, I love smelling all kinds of shit, and my favorite is horse manure. Pig manure is terrible, for my taste, but some people may prefer pig manure. They all have a very unique smell. When I smell horse manure, I see roses. But you can just say, “Oh, it smells bad.” No! And all of us, we are exactly the same. If you meet the most handsome man in the universe, or the most beautiful girl, their anuses smell like shit. And without anus there is no beauty. That’s why we have to understand that everything has two sides; and this symbol of yin and yang is beautiful. We have something similar in the middle of the Elohim’s symbol, turning. Everything turns.

If I tell you, “Sit down and stop moving”, you can’t. Even if you are completely idle, you are moving because the Earth is turning. So, you cannot be idle, the universe itself makes you move. And it’s beautiful, because as you see, in the white there is a black dot, and in the black, there is a white dot. That’s us! We have a beautiful lotus flower brain, and the farting anus. They are one! That’s the beauty of being human: to love both of them. Loving yourself means loving both your beautiful sides and what you think are your ugly sides. But there is no beauty and ugliness. We decide! And that’s why it’s not good to compare, to be in competition with others: “Am I beautiful?” Is the rose more beautiful than the lotus flower? They never compare, a rose is a rose and a lotus flower is a lotus flower. Be you! Like the question to Buddha, “Who are you?” – “I am.” Ask the lotus flower, “Who are you?” – “I am.” Not, “I am more beautiful than others, more intelligent, more anything else.” No! “I am.”

I love worms, little worms. What is more beautiful, the lotus flower or the worm? There is none that is more beautiful. They are different. We can judge by some illusions created by education. What is more beautiful? Nothing! Everything “is”. Look at the sky at night, or during the daytime. But at night, you can see stars. Which star is more beautiful?

This week, a fantastic experiment was reported. You know, we now use a space telescope. To see the stars, you need darkness. During the daytime we cannot see the stars but they are there. At night, suddenly, you can see them, if there are no clouds. But because of every light created by human beings, every city creates light, we see fewer stars. Every light makes it more difficult for us to see the stars. That's why in the past they were building observatories at the top of high mountains, far away from cities, to have more darkness. The more darkness there is, the more stars you can see. And finally, we reached a level of technology allowing us to use space telescopes. Thanks to rockets, we just go higher, outside the atmosphere, and suddenly we see ten times more stars, because space is dark.

So, they pointed the space telescope at the darkest part of the sky, where we can see absolutely no stars, and they used the telescope's camera. On a camera, you know, the more you leave it open, the more you keep the diaphragm open, the more you can see in a dark environment. When you leave it open for one day, the amount of light, the photons touching the camera, is a lot larger than for one second. So, this genius astronomer pointed at a totally dark part of the universe and kept the camera open for ten days. There were stars everywhere, although it was dark; even if, with a bare pair of eyes, you could see no stars.

That brings us back to the teaching of the Elohim: infinity. There is no part of the universe where there is nothing; but with your pair of eyes, you think there is nothing! And by using technology, suddenly you see the infinity of the universe. This is the symbol of yin and yang: the light and the darkness. And when you look at yourself in the mirror, you see infinity. That's why to develop love you need to remove judgment. Remember this sentence: "You choose every day between judging and loving." If you judge, you cannot love, "Oh, this person is like that", and you shut the camera off. Because our brain is like a camera, "Oh, I know who you are." "I cannot love this person; I know she is bad." But if you open the camera, you stop judging, "I love you as you are, with an ass and a smelling anus." But I cannot say, "I love you" if I don't love your smelling anus. "I love you" cannot be, "I love just a beautiful face, but if you fart, I don't want to be close to you."

This is who we are: we have a beautiful face, beautiful eyes, but we are full of shit. It's us! The rose is full of horse manure. So, when we look at ourselves in the mirror, we must love everything. And we must not judge other people. If not, we cut ourselves off from others. And it is the same with us. Not loving oneself enough is one of the main reasons for the lack of love. Ask yourself! Do you judge yourself? "Oh, I'm bad. Oh, I'm stupid. Oh, I make mistakes." This destroys love. "I am human with a beautiful supraconsciousness and a belly full of shit!" Without shit there is no supraconsciousness; like without the mud at the roots of the lotus flower, there is no lotus flower. Supraconsciousness feeds on shit! What is shit? It's the result of digestion! Our belly is constantly absorbing energy, nutrients. Thanks to that, we can access meditation and supraconsciousness.

So, love yourself, unconditionally! Many people are so impatient when they go to the toilet and shit; they are shitting and they flush at the same time. No! You do it, you stand up and you look. It's a holy part, it's what makes you. Love it. Your shit is holy shit!

I was talking with a Catholic priest, one day. They believe that the piece of bread they use on Sunday, the Host, they believe it's the body of Jesus, a holy part. And after it is consecrated, you must not touch it; the priests who are putting it on the tongues say it's forbidden to chew it. You have to slowly swallow that "body of Jesus". So, I asked the priest, "The next day, you go to the toilet; is your shit still the body of Jesus?" He answered, "No!" – "So, in which part of the body did it disappear?" That's a good question. Of course, it's totally stupid.

I am very proud to be the first one who asked for a DNA test of the Host, because the Catholic Church, all the priests, truly says to people, “It’s the body of Jesus!” “Okay, let’s test the Host. If there is human DNA, it’s the body of Jesus. If there is only the wheat’s DNA, it’s a lie.” And I asked and we did it. We published and some newspapers talked about it: “There is no human DNA in the Host! It’s a scientific fact.” So, the Catholic Church answered, “This is a symbol.” But at mass, they don’t say it’s a symbol, they say, “It is the body of Jesus.” Another famous thinker said, “The body of Jesus must have weighed three hundred tons because every Sunday there are three hundred tons of pieces of bread swallowed by people.” Very fat Jesus, fatter than Buddha! This is so funny.



The truth is: love yourself, every part, including the shit, which is digestion. Supraconsciousness is fed by the belly. If you stop the heart, there is no more supraconsciousness. And what is the heart? It pumps the food coming from the shit. When you look in the mirror and you love yourself, love this fantastic machine; every part is holy. That’s why, at the beginning of the Movement, I was asking the Raelians to use a mirror to look at their anus. Netflix talked about the anus. It’s

absolutely true! How many human beings have ever looked at their own anus? I love my face in the mirror as well as the back of my head. Did you ever look? Touch, feel every part. It’s beautiful! Loving yourself doesn’t mean loving the illusion of the image of yourself, but loving the body, who you are. “Who are you?” “I am.”

“I am” includes everything, every area, every centimeter of my body. I love the image of Buddha, wonderful. The spiritual being, the leader. Beautiful! But with a huge belly because he is full of shit. Buddha has more shit than you do. So, accumulate more! There is a kind of fashion that everybody must be very slim. To have a belly is good, beautiful. Be proud of who you are.

I was looking on the Internet for the most beautiful animals on Earth. What animals are more beautiful? The taste of people is different. For myself, I like elephants, they have a huge belly; the hippopotamus too. They are vegetarians and they have a huge belly. Buffalos are vegetarians, with a huge belly. Same for gorillas, symbol of strength. They are vegetarians and they have a big belly. So, enjoy your body. Don’t be afraid to have a belly, it’s part of you. I’m

still not as good as Buddha, but I'm on the way. Thank you, Raelians, for bringing me so many delicious foods; you all help me to look like Buddha.

Thank you, Elohim!

I am not alone anymore

Maitreya Rael – Raelian Gathering, March 31, 78 aH (2024), Okinawa, Japan

Thank you, Elohim! Thank you for the Message. Thank you for creating us. Thank you for creating us able to have supraconsciousness. Thank you for knowing other people, because without the Elohim, we wouldn't know each other. Feel it! Why are you here? Because of the Message! Without the Message, you would not be here this morning; we wouldn't know each other. This is the purpose of the 11 am gatherings on Sunday! Is it because we could send love to the Elohim from our house. Why come here then? We don't need to be here to send love to the Elohim. Why do we come? To be together! To BE together. That's the only reason.

We enjoy the Message, we enjoy the teachings of the Elohim, but what we enjoy most is to BE together. Alone in my house, I can say, "Elohim, I love you." Beautiful! I can work hard to spread the Message. Beautiful! We can prepare to make the Embassy. Beautiful! But more beautiful is being together, feeling this oneness that unites us. If we don't gather, we are very lonely; with the Message, with the love for the Elohim, but alone. Our greatest privilege is being together, feeling that we are a team. When you are alone in your house, you can feel other Raelians. But being together, physically, once a week, is so important. We are not alone. That's the beautiful privilege of these 11 am gatherings.

We are very lucky. I remember being alone. I had the Message, I had met the Elohim, but I was so lonely, there were no Raelians, nobody. And I didn't have the courage to talk to people. I made a book and then spoke on TV after writing it. But until the day it became public, you have no idea how lonely I felt, "To whom to speak? Who will judge me? Hate me?" I was alone with a huge weight on my shoulders; a diamond, but so heavy. So, you are lucky; and now we are together.

I remember my joy, this deep happiness I felt, the first time there was a gathering with many Raelians. There was a first time, the first time where I really did not feel alone anymore. Imagine, the Elohim choose you to give the Message to humanity. Imagine! You! You received that; you had the contact. Imagine how lonely you would feel, in the middle of millions of people, being the only one having the Message. When I talk about it, tears are coming. I remember. And now, you come, today, and immediately we are together. Feel the privilege you have, to receive the light of the Elohim.

We are lucky. We are lucky because the Message helps us to understand that there is no God. We can understand. And we are connected to the Elohim. I love this moment when the lightning happens, because I was struck by lightning on December 13, 1973. Receiving the Message was lightning, a lightning that enlightened me. And I brought it to you, and I'm not alone anymore. Thank you!

Thank you, Elohim! First, to make it possible for me to find you! Thanks to you, I'm not alone anymore. Imagine if you were the messenger and were receiving the Message. Imagine! And now, secondly, we can touch each other.

Hold the hand of your neighbors. We are alive at the same time. So beautiful! For me, this is the most beautiful gift from the Elohim: to know you!

Give yourself a smile

Maitreya Rael – Raelian Gathering, April 14, 78 aH (2024), Okinawa, Japan

Good morning! What a beautiful day! Thank you, Elohim!

Thank you for bringing me out of the ground, because I am dust, and I will be back to dust. But now I'm alive. Today at 11 am, but at noon I'm not sure. Just by enjoying now, you are sure to be alive, only now. In one hour, you can be dead. Don't think it's not happening. You know, on Earth, four people are dying every second; every second: tick-tock, tick-tock, tick-tock. They wanted to do something tomorrow. Everyone who is dying wanted to do something tomorrow. It's amazing. Do it now! "Oh, I will do it tomorrow." "Oh, I should call my friend to give love; I will do it tomorrow." Stop! It's finish! Too late!

I love cemeteries; I love to visit cemeteries. First of all, in Japan you have beautiful cemeteries. Japanese cemeteries amaze me. Each tomb is like a monument; some are like a little castle, with marble. Amazing!

In France, I was always laughing at the death ceremonies. People not enjoying life at all; they die and to bring them to the cemetery, a big black limousine. All their life, they took the subway, or a bicycle, and when they die, they are in a limousine. That's so strange! Buy the limousine when you are alive! Many people die with huge amounts of money in the bank. So Stupid!

I love French wines, you know, of course. I love French wine and I have a little wine cellar. Six years ago, I almost died, I had a stroke, everybody knows. I was at the hospital in coma and the first thing I thought when I woke up was, "Am I alive or am I on the Elohim's planet?" You don't know, right! People wake up and the first thought is, "I hope I'm still on Earth." Why? I had a good bottle of Burgundy wine. I almost died without drinking it! So now, when people give me a good bottle of wine – thank you, many people do – I drink it immediately! The worst suffering is dying while saying, "Ah, there is a bottle left in my cellar!" If you have a bank account, don't accumulate money. Dying rich is so stupid. For myself, I hope, when I die, to owe a lot of money to the bank. If you feel that you are sick, you develop a cancer, or something bad happens with your health, borrow as much money as you can! Some people die and they look, or even are, homeless, but they have one million dollars in a bank account.

Enjoy Life! Don't procrastinate. You want to say, "I love you" to somebody? Don't wait for tomorrow. You can be dead, or the person can be dead. It happened so many times, "Oh, he died. I wanted to tell him, "I love you." He was with me at the last gathering, sitting beside me, and I did nothing." Hug them now! Don't wait! When they are dead, it's too late. It's not pleasant to hug a dead body and sometimes it smells bad! Hug people when they are alive. Are you alive? Give love! Not tomorrow. Now! Do you love me? Tell me, tell me! Do it, do it! Next Sunday, I might not be here anymore. At least you could say, "Last Sunday I said, "I love you."

When you die, the money in your bank account, the bottle of wine in your cellar, you don't bring them to the Elohim's planet. You only bring the love you gave on Earth. And how do people remember you? This is the most precious treasure you have: by the love you gave.

What is the purpose of life? Many people I meet heard about the Message, sometimes they read the book, “Maitreya, what is the purpose of life?” “Nothing!” “Nothing?” There is one purpose: to be happy! And what can make you happier than giving love; than putting your eyes in the eyes of someone and feeling honored to be looking at the same time; than touching someone, feeling someone alive beside you. That’s a treasure. That’s a treasure in your life.

So, the purpose of life is to be happy. It’s very short. We have the illusion that life is forever. It’s very short! You are 27-year-old; you meet the Elohim; suddenly, you are 77 and soon you will meet the Elohim again. Fifty years pass quickly, like a bullet train. So now, you still have some time, I don’t know how long, maybe one year, ten years, one minute. We don’t know, we never know.



Now is a continuum of time passing by. You cannot stop it. There is no now, only a succession of nows which is called life.

A handwritten signature in black ink, appearing to be 'Rael'.

And for cemeteries, I love cemeteries because of the tombs; it's so beautiful. I always wonder, "Where was this person living? Maybe in a rabbit cage." You see, this is how I call the Japanese apartments: very high buildings with small apartments; everybody the same air conditioning, everybody the same. When I was in France, I had a rabbit cage. I love rabbits. With wine sauce, it's called "civet", in France; one of my favorite foods. But we must enjoy life, the beach, everywhere; not staying in a cage. So, these people are living all their lives in a cage; after they die, they are in a beautiful tomb.

You know, there are many people in space, extraterrestrials. Remember this wonderful movie, "Planet of the Apes". Do you remember it? It was a great movie, made from a book written by a French man, "La Planète des singes". There are many people in space; there are an infinite number of planets with extraterrestrials living on them. What do they call Earth? "La planète des cons" (the planet of idiots). Look around. It's so easy to see how "cons" we are. So, sometimes I think, "Oh, we are saving humanity. Does humanity deserve to be saved? Really?"

When you see what's happening in Palestine, in Ukraine, in Africa, you are so lucky! You had breakfast this morning. Wow! Many people in Africa didn't have breakfast this morning. After this gathering, you will have lunch, right? Many people in Africa don't know what lunch is! They don't know what they will eat today; they don't know what they will eat tomorrow. Now, they are breathing at the same time as you, but you have sushi, sashimi, soba. How can you not be jumping of happiness? Simple things! You wake up and meditate, "I have food, I have a place to sleep, I have a wonderful philosophy." How can you be depressed? "Oh, life! Oh, it's raining. Oh, I am ugly." This is so stupid! But sometimes people feel depressed, sad, they want to kill themselves; many people. But life is beautiful. You are lucky to be alive.

You know, Japan has the record of suicides in the world. It is the number one in the world for suicides, and the number one in the world for the technology. You have almost no homeless people but people walk in the street like robots, thinking about dying. Why? Because they are empty, empty of love.

I teach you, for many years now, that the ego is your worst enemy. Ego is creating depression and the feeling to kill yourself. It's the ego! "I" want to die. You see, like when someone asked Buddha, "I want to be happy, Buddha please help me!" And Buddha answered, "Remove the 'I', remove the 'want'. What is left? Happy! It's not a project; happiness is not for tomorrow. Be happy now. Now!"

Could you guess what kind of people is more often committing suicide? The millionaires, people who are very rich. They have beautiful houses, beautiful cars, living in front of beautiful beaches, and they suicide, because they don't have love. It's not right to say "have" love, they "are" not love. You wake up, "To whom can I give love today?" To give, and not, "I want to be loved", or, "I need a boyfriend", or, "I need a girlfriend", or saying, "I will not be happy if I don't find a girlfriend." And you are not happy. It's normal, it's because you want to "have".

Language is very interesting, "May I introduce MY girlfriend?" My, she is mine, don't touch! It's mine. That's ego, pure ego. My husband, my wife, my house, my dog. Okay, you have a lot, but are you? And people, when they meet, they always explain all the things they have. And the first time we meet people, "What do you do for a living?" Meaning: "How much money do you earn? How much do you have?" The question is, "Who are you?" – "I am a teacher; I am an engineer." "No, I'm not asking what your job is. Who are you?" The question of the first Buddhist to Buddha, when he was teaching, "Are you a teacher?" He said, "No!" – "Are you a philosopher?" – "No!" – "Are

you a scholar from a big university?” – “No!” – “So, who are you?” And Buddha said, “I am.” That’s why I always ask you, “Are you?” Not, “Do you have?” – “Are you?” Can you answer me? Yes, yes! If you can immediately say, “I am”, that’s deep.

So, when you feel down a little, sometimes, according to the weather, or for women, with periods, ask yourself, “Who am I? Why am I here? Who is with me?” It’s always about being, not about having. What you have never makes you happy. Like children, you know, when it’s Christmas and they receive new toys. They believe they are very happy; the most beautiful toys. They play one day, two days, three days, and no more, because it’s nothing. Having doesn’t make you happy, but being in the now immediately triggers happiness.

I love watching people with their cellphones. I don’t want to have one. For me it’s a poison, but I love watching people with their phones. What do they do? The finger is going up and down. There is always something new coming, they almost never stay very long on an image. The finger! Me, when I go to my morning walk on the beach, I laugh a lot. Recently, again, I saw a girl on the beach. The sun was rising and she was sitting in front of the ocean holding her phone. I watched her for a while. The sun was rising and she was looking at her cellphone, not even texting. After ten minutes, I talked to her. I said, “Did you see the sunrise?” – “No. When?” It was right in front of us!

I also remember being in Venice, Italy, one of the most beautiful cities in the world, with beautiful canals, many boats with many, many tourists. You navigate between incredibly beautiful palaces; you don’t have enough of two eyes to look at all the beauty of Venice. I was wishing to have eyes all around my head. Beside me, there were two girls, some Japanese tourists. They were watching a magazine showing the beauty of Paris. Because they were on a tour, the type where you see Europe in five days: London, Paris, Venice, Rome. And after the tour, they can say, “I know Europe!” But they didn’t look! So, I talked to them, because I try to help people, always, “Are you going to Paris?” – “Yes, tomorrow!” – “And now, where are you?” – “In Venice!” – “Why do you look at Paris? Look, look around!” So, they understood and they stopped watching their magazine.

People are not in the now but that’s the secret of happiness. Happiness is being in the now! The thinking brain, this crazy machine we have on our shoulders, is 90% made of the past, and you are the past. You speak English because you learned English in the past. All your being is past, 90% of it. And what is the other 10%? Thinking about the future! But where is NOW in all that? There is no NOW! In the brain of people, there is only the past, and they think about the future. They think that the future is something completely new. It’s an illusion. The way you think about the future is made of your past. You cannot imagine a future that is not made of your past. It’s very interesting.

Before, when there was no Internet, in the 70’s or the 80’s, people were thinking how the world would be in 2000. Just twenty years in the future! Maybe you remember these magazines saying, “In the year 2000, we will have flying cars; we will have many things.” Now, it might be in 2050. What kitchens will be in fifty years? What your car will be in fifty years? Nobody can know. People imagine the future, but this imagination is not imagination, it’s an image from the past. You are only made of the past, and like a great philosopher said, “All your thoughts are old.” Thinking is always old, except if you are in the NOW. If you think about now, you are not now. Because thinking is always old.



Why are you sometimes sad, depressed, not thrilled to be alive? Because your brain is thinking about the past, or imagining the future, “Oh, when I have a new job, I will be so happy.” Wrong! “When I have one million dollars, I will be so happy!” Wrong! Everything you imagine about the future is your past. Loving yourself is now! Look in the mirror in the morning when you wake up. Usually, you go to the bathroom, pee, poop, and you go to the mirror, “Oh, I have wrinkles.” Love yourself without thinking, “Ah, I didn’t have this wrinkle before. Oh, my breasts were higher”, for girls. And you are not in the now. Look at yourself, alone in the bathroom, and smile to you! Nobody is watching. Happiness says, “Sing like if nobody is listening”, or, “Dance like if nobody is watching.” I ask you something else, “Smile to nobody, but yourself!” You deserve this smile. Don’t you deserve this smile? You are happy when you meet somebody with a smile. But the first person you see in the morning, it’s you. Give yourself a smile! It’s free.

It’s so good to be alive, now. I remember, one time, there was a dinner with many Guides, “What is your favorite food?” somebody asked. And people answered, “Ah, spaghetti, chicken. Maitreya, what is your favorite food?” – “What is on my plate now! It’s here, it’s now!” – “Is it your favorite food?” – “Yes, it’s my favorite food, it’s now!” What is the happiest day of your life? Today! Because it’s today. What is your happiest moment? Now! If you adopt this philosophy, you will answer yourself the question, “What is the purpose of my life?” It’s being happy! So, start now!

One day, a Raelian came to me with a very sad face, “I’m sorry Maitreya. When I was young, I killed someone. So, I cannot be happy.” I said, “And now, are you killing someone now?” – “No!” – “The past is past, the past is dead, more dead than the person you killed. But now, you can give love.” Very few people come to me and say, “I’m very happy because I gave love.” But many come to me and lament, “I did something bad in my past. I am depressed, and it’s because...” When you say, “It’s because”, you immediately try to justify your sadness. You cannot say, “It’s because”. You are better to just say, “I am depressed”, period. Not, “It’s because my mother, because my father, because my boss.” No! When you are happy, you never say, “It’s because.” If you are really happy, there is no “because”.

Are you happy? Why? No reason! Yes! No reason. People absolutely want you to have a reason to be happy. You are happy for no reason. And you laugh like crazy, for no reason. And then, your life becomes beautiful. And I love who you are now. I don’t know who you were in the past; I don’t care. I don’t know what you will be in the future; I don’t care. But now, you are wonderful. You are the most wonderful person on Earth because you are with me. I can feel love in your eyes. I can feel that you can feel this tsunami of happiness coming inside you. Make it the biggest tsunami possible, bigger than Fukushima, but a tsunami of love and happiness coming inside you. Feel it!

Thank you, Elohim!

Hug the world

Maitreya Rael – Raelian Gathering, April 21, 78 aH (2024), Okinawa, Japan

It's a huge pleasure to welcome you! Like I explained last week, and it will be every week, the main reason to be together is: to "be" together. To be together to say, "Thank you, Elohim!" When we say, "Thank you, Elohim" alone, it's very powerful. But together, it's infinitely more powerful, and you feel it.

Scientists tested the level of hormones in the brain of people who meditate together; hormones of happiness, mainly serotonin. When people meditate, it's higher. And you feel it. Doing meditation in your bedroom, in your apartment, you feel good, but when we do it together, you feel, if you pay attention, what it does inside your body and your brain. We can feel it. Do you feel it? Pay attention, feel it!

It's worth one hour by car, because it's so powerful. If we measure, one day, the level of hormones of happiness when you think about the Elohim, we will see that it's much higher. And if we do it together, it's even higher!

This week, I modified a very famous song. I will sing it for you, because you are lucky enough to have a singing prophet, the only one. Buddha was not singing, Moses was not singing, Jesus was not singing. I do! You know this song, and you can also sing it when you are alone.

"You know it's true. Everything I do, I do it for me." The song normally says, "I do it for you." "Everything you do, you do it for you." You can simulate being generous, thinking about others, but the most powerful effect is always on yourself. You cannot love humanity if you don't love yourself. "You know it's true. Everything I do, I do it for me!" And me too, I do it for me! Because when you do it for yourself, everybody feels it. If you are not crazily happy, you cannot make other people happy. So, start with yourself.

And what is meditation? It's "ego". It's ego, but a good ego. When I meditate, nothing is more egotistic than meditation, but an egoism that benefits everybody. We have positive egoism and negative egoism, like the yin and yang. And what would be the most egotistic action? Suicide! "Everything I do, I do it for me." But this is negative egoism; except if you suffer deeply. In such case, suicide is acceptable. But if you are not suffering from incredible pain, you don't do it. You never kill yourself when you are too happy, "Oh, I'm too happy, I want to die!" Sometimes we laugh so much that we say we "die laughing".

You know, the crazy media were writing terrible things about the Raelian Movement a few years ago. Do you remember the "collective suicide" with Jim Jones? A religious group that, they said, committed suicide together. I was in Quebec at that time. The journalists immediately came to me asking, "Is it possible that, one day, the Raelians would kill themselves together?" It was a stupid question, but I liked it because it turned on a kind of light in my head. I wanted to organize a public speech in Montreal, saying, "Join us to suicide together by laughing. Let's die laughing together! The speaker will be Maitreya." Because this is the only way we could enjoy suicide: by laughing. That could be a wonderful death. So, are you all ready to die laughing? It's a stupid question because you are still here. So, we didn't succeed. You have to laugh more.

It's very important to feel the hormones of happiness that you generate inside yourself when you meditate. It's so powerful; it affects everything in you, not only happiness, but also your health. For example, some people suddenly learn they have cancer. If the doctor says, "You have six months to live", usually, they die two or three months later, because of fear, "Oh, I will die, I will die!" And other people say, "Wow, six months! I will enjoy each day I have left to live." It's fear or happiness. Some choose happiness; they sell their house, sell their car, and ten years later they are still alive. Because you create death by negative hormones, stress, adrenaline; you destroy your own body. It's the opposite of the hormones of happiness, and you feel it.

Did you notice that everybody catches cold sometimes? It's a funny expression: to catch cold. Cold is passing by and you catch it. You don't catch a cold, the cold catches you! Why do you catch colds? Normally, we don't catch colds. When does it happen to you? You may think, "Ah, it's the weather, I caught a cold." No! Every time you live stress, the level of hormones and minerals, which are important for your immune system, goes down. The most important mineral for the immune system is magnesium. When you are under a strong stress, you can test it, your urine is full of magnesium. And when you eliminate magnesium, of course, your immune system becomes very weak. Remember, every time you caught a cold in our life, you were under stress in the previous two weeks. It's automatic. For myself, every time I am under stress - I try to avoid it but I am human - and whenever I feel a possible stress, I take care of my immune system and I take a little bit of magnesium supplements. I am very careful and I almost never catch colds.

Stress kills your immune system. Meditation increases your immune system. Every time there is something, a virus, the flu, someone who caught a cold, people say, "Oh, I will not visit Maitreya because I will give him my bacteria." And many people come here wearing a mask, "I don't hug you because I caught a cold." Why not? Please, give it to me, I want more! Give me everything you can because that way you increase my immune system! So, please give me all your bacteria. Please, make me stronger! Being afraid of everything is for when the immune system goes down. Welcoming life, bacteria, viruses, makes you stronger. These cells composing your body, they are one with the universe. The more bacteria enter, the more viruses enter, the more harmony there is. So, give it to me!

Do you remember when some people went crazy about Covid? Once, in a meeting during Covid, I was licking the hands of some Raelians. Do you remember? And I'm still alive! We need other people's bacteria. Some babies are born with a very damaged immune system. So, the doctors put them inside a plastic bubble, and they stay weak forever. But some intelligent doctors say, "Let's slowly reintroduce bacteria." And their immune system slowly repairs itself. In Russia, almost one hundred years ago, there was an epidemic of meningitis. It's an infection of the brain. It's a most terrible disease and, of course, we want to save the children. A very intelligent minister of health, in Russia, asked all hospitals to put the sick children outside, in their beds but outside. So, babies and children slept outside, under many blankets, of course, breathing the cold air. And thanks to that, many children recovered. We need, our body needs to interact with the world.

Do you know that, in your body, there are cells with your DNA, but there are also bacteria and viruses inside you, on your skin, in your mouth, everywhere? And what is interesting is that, in your body, there are more living things with a DNA that is not yours than your own cells. Some people call it microbiome. And we need these bacteria. If you don't have them, you end up with a permanent diarrhea, and you die. You know, when you take antibiotics, you kill them. They are everywhere, not only in the intestine, they are in the liver, in the blood, everywhere; we are full of foreign life in our body, and we need all of it. By feeling that, by understanding that, your life becomes happier.

Instead of being afraid of everything, like some people, wearing a mask, washing your hands every hour, you embrace all bacteria, “Welcome! Make me stronger!”

This is so important, and it helps you feel one with the universe. Imagine! For a little virus, all humanity wears a mask. Imagine when the Elohim will come, “Extraterrestrials are coming, let’s put a mask.” Who wants to hug the Elohim with a mask? What a stupid planet! Of course not! It’s the opposite because we are one with the universe. And then your life becomes so relaxed, no more anxiety about bacteria, viruses, other people. It’s more like, “Please, hug me!” Hug the world. Michael Jackson made a beautiful song: “Heal the world”. In my turn I say: “Hug the world.”



When I was a little child, I was rolling in the mud, like a dog, and I went to the table without ever washing my hands, never. I was playing in the sand full of dog shit, because dogs love to shit in the sand, and I was having lunch after without washing my hands, never! Why wash my hands? It still makes me laugh when people go to the toilet and wash their hands after peeing. For myself, I wash my hands before! Because it's my sex and I don't want to dirty my sex. But your sex is very clean, you can touch it, you can lick it. You can even lick other people's sex, it's very pleasant. You don't think about bacteria, and you are alive.

So, this oneness is the same as meditation, creating hormones of happiness. Love on the planet, love with yourself, love with other people must include oneness. That's the key. So, let's have a meditation, sending love to the Elohim and promising that we will not wear a mask when they come.

Good morning stardust

Maitreya Rael – Raelian Gathering, April 28, 78 aH (2024), Okinawa, Japan

Today is a great day because it's today! No other reason. You all look very happy, for no reason. You were born on Earth, for no reason. So, better be happy. At least you choose that. You didn't choose to be born, nobody asked you, "Do you want to be born?" Nobody asked.

I saw on the Internet that a child, in the United States, is suing his parents because they didn't ask him if he wanted to be born. I love it! But what you can choose? You didn't choose to be born, you cannot choose how you will die, and you cannot choose when you will die. What can you choose? To be happy! That's the only choice. You are here, stuck on this planet where you can have a life expectancy of about seventy-five years, sad or happy. What do you choose? It's your choice. I think it's better to be happy. I think it's better to laugh. Seventy-five years is quite long, but it's even longer if you don't laugh. Can you imagine seventy-five years without laughing? Seventy-five seconds, for me, it's difficult. Seventy-five years? Wow! I always laugh, from the moment I wake up, I try to find a reason to laugh. It's very easy: I go to the bathroom and I shit and pee. That's very funny! The beautiful sushi and sashimi of yesterday changed shape; they changed color. That's very funny! Take time to look at what is coming out of you. You drink the most expensive sake or wine; it comes out yellow and smells a little bit strange. That's so funny.

The bathroom is one of the funniest places for me. The best part is when you go to the mirror. If you cannot laugh looking at yourself, you will never laugh! Our faces are so funny. You can look at birds, fishes in beautiful aquariums, and look at your face after. We are very funny. The nose. Me, I find my nose very funny. Our expression. We have been created in the image of the Elohim; they never stop laughing. Why? For no reason! Just for the pleasure of laughing.

Some people cry, some people enjoy crying. I often met people crying, for no reason. You can cry for no reason but, personally I prefer laughing, it's my choice. Sometimes, I see people crying. How do you react when somebody is crying? "Oh, poor you!" Not me, I rather ask, "Do you enjoy it?" That's the question: "Do you enjoy crying?" They are surprised because nobody asks this question. "Do you have pleasure crying?"

This week, on Facebook, I saw a little kid crying in front of his father; a young little boy, crying and being as disturbing and noisy as children can. The little boy is facing his father and he cries. How does the father react? That's a very intelligent father. Since the little boy is on the ground crying, the father does the same. He goes on the floor crying

and screaming. The little boy looks and stops crying. So, the father stops and says, “Your turn, now we cry.” The boy doesn’t want to. “Why?” asks the father. And the little boy answers, “I’m happy!” If you start trying to make the child stop, he will never stop; but if you cry in front of him, he stops.

Happiness is a choice, and you have this choice every second of your life. Don’t lose time! If you wait until you die to laugh, you may never laugh. As I told you, I love to visit cemeteries; it’s full of people who wanted to laugh the next day. Besides, they may have died with a good bottle of wine in the fridge, money in a bank account, or the third most terrible, not having laughed on the last day. If you program yourself to laugh for no reason, being alive is very funny. Think about it! What are we? We come from the minerals in the ground, like the Bible says, “The Elohim took a handful of soil from the ground and created life.” We are dust. Before me, Jesus also said, “You are made from dust and you will return to dust.” What can we do in between? Laugh! It’s so funny; we come from the ground and we will return to it. For a short time, we can move, we can masturbate, we can have fun; a very short time. Don’t wait to be 77-year-old, like me, to say, “Oh, it’s short.” Think about it when you are twenty, twenty-five years old.

In my life, I laughed all the time. The saddest time of my life was my teenage; but even at this time, when I was very depressed, I was laughing every day. Robin Williams, a wonderful actor, killed himself. But the day before, he was making everybody laugh. Laugh until your last breath. I hope my last breath will be laughter. That’s happiness. You will all die, right? Me too! Maybe before you, probably! Maybe tonight! What do you do? Death is coming. Like my favorite French poet and singer, Jacques Brel, said, he wrote a beautiful song talking to death, and he said, “I’m coming! I’m coming!” But he added, “But have I ever done anything but coming.” One of Jacques Brel’s most beautiful songs. I cannot resist telling you the sentence in French, “J’arrive”; I’m coming, “J’arrive.” He talks to death, “J’arrive!” I talk to the Elohim, “J’arrive! I’m coming! But have I ever done anything but coming.”

When a woman gives birth, when you make a baby, you give life and you give death; because in the cute little baby, in his DNA, death is programmed. So, giving birth is giving death. But in between, the important part is in between, what do you do? Will you spend all your life saying, “Oh, I will die one day”? Many people do that. And it’s like this carton with two animals, a bear and a pig, in front of a lake. The bear says, “We will all die one day.” And the pig replies, “Yes, but every other day we will be alive.” It’s true! We all die one day, but every other day we are alive. How do you want to spend these days? Afraid, “Oh, I will die!” And when death comes, because it’s coming, “I don’t want to die, ahhh”, and you die because death doesn’t depend on your will or your wish. If all your life you prepare your happiness by laughing, you will welcome death the same way you welcomed life.

Welcome life, welcome laughter, welcome happiness, and then you will be able to welcome death. I came from the ground; I will return to the ground. This ground does not belong to me. Why should I keep it forever? That’s the mistake human beings make, it’s an illusion, “The Earth belongs to me.” Not at all! You belong to the Earth; you just borrowed for a while all these molecules and atoms, for a very short time; and then, back to the ground. What is this dust on Earth that makes us? Where does it come from? From the stars. Every day, tons of stardust fall on Earth, and the Earth grows. Every day, there is more ground, a few centimeters. And you plant carrots, salad, everything you want. They absorb this stardust. Then, you eat it and this stardust in the food becomes your body, “I am stardust.” And when you die, you can return to the stars. If you have this state of mind, every day is like a festival, every day is a Golden Week. When I wake up, I very often say to myself, “Wow, good morning stardust!”

You are all stardust; you can see it in your eyes. I see billions of galaxies in your eyes. Why do you like so much lying down on the ground to look at the stars? It's fantastic! Lying on the grass or on the beach and looking at the stars, it's one of the most fantastic feelings. I was doing it during my childhood, sometimes dreaming that I could rise. Because we know, we feel that we are part of infinity! We come from the stars; we will return to the stars. For a short while, we have this funny face; enjoy it! When you can't find any reason to laugh, look in the mirror. If you don't laugh looking at yourself in the mirror, you have to learn humility. The poor people who are so proud of themselves, looking down at everybody, if only they looked in the mirror.



I tell you what is right; I teach you what is right. If you like it, that's fine. If you don't like it, I don't care. I will say it anyway, because I don't teach to be loved. I teach to raise you higher. That's what a real teacher does. A false prophet or a false teacher wants to be loved. Not me.



When you love yourself, you love infinity. Infinity is love. And we are living a fantastic time now, where science starts to prove it. You know, computers are fantastic machines; we are computers, the most fantastic computers. For some complicated calculations, the most powerful computers on Earth need to compute, to make calculations, for ten

years, working twenty-four hours a day. But now there is a new computer called “quantum computer”. They do the same calculations that needed ten years with the most powerful computers, and they do it in one minute. Why? Because they use infinity, they use “quantum physics”.

How normal computers work? They use a “binary” system: one and zero, only. And they compute, they process long lines of 1 and 0, 1 and 0, 0, 0, 0 and 1, 1, 1, 1. So it takes ten years! Like if you had a big bag, like a garbage bag full of little 1s and little 0s. Normal computers process one by one. On the other hand, the quantum computer processes all at once. In other words, the quantum computer doesn’t think, it is. It is! Scientists cannot understand, but it works. Scientists cannot explain quantum physics, and they will never explain it; like we will never explain infinity. If you try to understand infinity, you become crazy, you end up in a psychiatric hospital; but if you feel it, you are very happy.

The quantum computer feels all the 1s and 0s, and immediately gets the result. Do you want to be happy? If you think about it, you will never be happy; but if you feel infinity, happiness, the galaxies, the galaxies inside your hands - if you try to understand that, welcome to the psychiatric hospital - but if you feel it, immediately you laugh. And that is being a Buddha. “Who are you? A teacher? A prophet?” – “No, I am.” It’s the same with infinity. If you talk to infinity, “Who are you, infinity?” You become completely crazy. Feel it, everything is okay. Feel the stars, feel the atoms, feel infinity.

You know, human beings are so funny; they always try to find the smallest particle. This is as stupid as trying to measure the universe. You know, the word “atom” comes from the Greek word “atomos”. What does “atomos” mean? Something that cannot be divided. They thought there was a particle so small that it could not be divided; in other words, something made of nothing. And then, science slowly said, “Ah, inside the atoms, there are neutrons, electrons.” They found smaller particles. They said, “That’s it, we found the smallest particle, made of nothing. That’s it, there is nothing smaller.” Wrong! And it’s very simple; with a child’s brain you understand it immediately, no need to be a genius. Everything has to be made of something. And the scientists try to find the smallest particle, and there is none. They are trying to find what they call the “God particle”; something made of nothing! Do you know anything made of nothing? Even the idea is crazy.

It’s the same with the size of the universe, “Ah, the universe is...” and they give a number of billions of kilometers, “from here to here.” But any child’s brain says, “Okay, what comes after? Nothing? The universe is in nothing?” So, every year it’s a little bit bigger, and a little bit bigger. And scientists slowly realize, “Oh, it doesn’t work.” Contrarily to children, scientists have a very slow brain, that’s why they use computers. For their computers, the universe is small like that. And every year, they make the universe bigger and bigger. Sorry, it’s infinite! The Universe has no size; time has no size. It can be divided and multiplied infinitely. And we, Raelians, are very lucky; we know everything for fifty years, thanks to the Elohim.

Scientists use some large devices where they accelerate particles, a large circle of many kilometers. There is one in Switzerland where they accelerate particles faster and faster to hit one particle, and they look. They want to see if when colliding - it’s a collider, the name of the device is collider - when they hit each other, if they create other particles. And all are surprised it creates other particles. And scientists ask themselves, “What are we doing?” For example, the atomic bomb, like in Hiroshima, is made by fission. Fission means, “breaking atoms”, and it creates a bomb. Now they are working on new bombs made from new energy based on fusion, which is much better. It’s

creating energy by bringing atoms together; like I create energy by bringing the Raelians together. You are the atoms of the Raelian galaxy.

But if you remember my teaching, the Message of the Elohim; infinitely small is in your hand, there are galaxies, small planets, and small beings. And I have been teaching this for fifty years, that we must not kill the infinitely small. With atomic fission, we create a lot of genocides, destroying life on infinitely small planets. I have been explaining that for fifty years, and it's very simple. One scientist came to me, one day, and said, "You know, with the top nuclear scientists working with me, we came to the same conclusion. We start to wonder if we may be destroying some universes in our particle accelerator." So, top scientists came to the same conclusion about what I have been teaching for fifty years. And thanks to the Elohim, we know everything: quantum physics, what is meditation, etc.

What is supraconsciousness? Consciousness is a "normal" computer, you see things, you compute, you think, "Oh, I see you." That's consciousness. "I'm conscious that you are here." That's normal consciousness. Supraconsciousness is completely different, "I don't see you; I feel you." "I don't see all humanity, I feel it." "I don't understand and I don't see infinity, but I feel it." The sky is blue, sometimes. The sky is not blue. We see it blue. If you go over the atmosphere, the sky is black. It's the same when we say, "Oh, I see a rainbow!" Good, you see a rainbow, but there is no rainbow. If you move, it's somewhere else. And some primitive people think there is a treasure at the end of the rainbow. Rainbows don't exist, but we see them. So, you see things that don't exist; that's using consciousness. With supraconsciousness, you don't see a rainbow, you feel infinity, and you don't trust your senses because your senses are lying, constantly. Everything is an illusion, and when you use supraconsciousness you see the truth, which is infinity. Love and supraconsciousness are one. We are one. "We are one with infinity, we are one with eternity" [singing the song]. Enjoy it!

Just Be

Maitreya Rael – Raelian Gathering, May 12, 78 aH (2024), Okinawa, Japan

First of all, as you know, I love us! Not I love you, because if I say, “I love you”, I separate myself from you. I love us! That includes everybody, because we are one.



We are one forever! We are dust, we are stardust, and soon we will be back to dust. Like in the teachings of Jesus, in my teachings as well: “We were dust before, now we are alive, and we will be back to dust.” Beautiful dust, because it helps us to keep humility. What are we? Dust!

You have probably seen the dust on the floor when there is sunlight in the house. Where does it come from? Why is it back while you cleaned only two or three days ago? Is it coming from your door, your windows, although they are closed? Somebody studied it and found that 80% of this dust comes from your skin, because the skin constantly renews itself. When you look at your face, or your hands, what you actually see is dead skin! The skin that is alive is under. And Japanese people know that very well; when they go to an “onsen” (hot spring) and wash themselves, a lot of skin comes out. It’s dead skin, you cannot remove living skin; if you removed living skin, you would scream and bleed.

So, what we see in our beautiful faces and smiles, is dead skin. And it is falling, slowly, if not today, tomorrow. Our cells have a life expectancy of seven years. Every seven years your body is completely new. That’s interesting. So, we’d better enjoy this short time that we call “life”.

The cells disappear, all of them, inside and outside. Our body creates new cells constantly. But something stays: Love! Only love. All the love you give stays forever. Even neurons die, it isn’t only the skin cells that die, not only the cells of your heart, or of your liver, but the neurons as well. Every day, when you go pee, you pee neurons. Before people thought, “Ah okay, we are losing our neurons, we are becoming more and more stupid.” Everybody was saying, “You lose the neurons and it’s finished.” But scientists discovered that the brain can create new neurons. The process is called “neurogenesis”, and what helps the brain to create new neurons? Thinking? Not at all, it’s meditation!

When you are in a meditative state, when you connect yourself to infinity, your brain creates new neurons. You can sculpt your brain, like sculpting a stone. If you watch TV, stupid TV spots, if you read the newspapers, you don’t create new neurons; your brain shrinks. But if you really meditate, become one with infinity and with everybody, and if you are in a state of love, then they grow back. Again, remember what is love. Love is the opposite of the ego. The ego is, “I love you”; “I” first. That’s ego. But in “love”, there is no “I”. Like when you say, “I want to be happy.” Buddha said, “Remove the ‘I’, remove the ‘want’, because it’s something you want in the future.” What is left? Happy! No future, no thinking, no ego, feeling oneness in each one’s eyes. And you feel it.

I don’t see you, because “you” is very limited. Who are you? You are your past! Even your language. Why do you speak Japanese? Did you learn Japanese last night? No, you were raised in Japanese, and you use this language. The words you use, the way you express yourself is past. Every thought is old. When you think now, your thoughts are made of the past; even if you think about the future, it’s made of the past.

So, how can we be? By being in the now, by feeling infinity. Now, only now, is real. Ten minutes later don’t exist; ten minutes before, when you saw me coming down the stairs, that does not exist anymore. But now, looking in your eyes, I see infinity. You are, you are now; no has been, no will be: you are. And there is no greater happiness. Do you feel now? Are you? [I am] Are you? [I am] Yes, yes, yes! Say it and feel it. This is a magic moment. And we are, thanks to the Elohim.

The most beautiful part of the Message, for me, is the fact that they created us in their image. Never forget that! Many people say, “Oh, I would love to see the Elohim.” Look in the mirror! In your eyes there are the eyes of the Elohim; in your voice there is the voice of the Elohim. When you dance, you express the love of the Elohim; when you sing, you are. Why do birds come in the morning and sing? Does the bird sing to be applauded? If you applaud, they actually go away. They come and sing because they feel the beauty of the creation; you are the beauty of the creation. When I see you, I see the Elohim; young, old, woman, man, it doesn’t matter.

You know, I have been spreading the Message of the Elohim for fifty years, half a century; that's a lot! But I remember all of you, where I found you; because I found you! The saddest part of my life was after I met the Elohim; I was so anxious. "This is the planet, go and find the Raelians." – "Yes, okay! Where are they?" I didn't know where you were, and I started traveling around the world, speaking, singing, answering to stupid journalists. And slowly, you came, and we are together. But it's magic to have been able to find you. And you were looking for me, all of you! You didn't know it was me, but you read the Message and (you said), "Wow! This is what I feel." And you couldn't sleep, and you cried. And you felt immediately, "I need to go! I need to be part of this family." I see many tears coming. Beautiful! Cry, don't try to control it; like people who cry, and try to stop it immediately. No! When you cry, you become the Elohim. When they look at us, they also cry. When you cry, don't wipe the tears; feel them falling on your cheeks. Your tears are diamonds, a gift for the Elohim.

I know, especially in Japan, you must not show emotions. It should be the opposite! Show as many emotions as you can; emotions of love. And sometimes crying makes it difficult to sing; it doesn't make it difficult; it makes it easier. The tears are the most beautiful gift you can offer to the Elohim. Together, or alone in your bedroom, when you cry about the Elohim, they really feel your love.

In many religions, they don't say, "Yahweh", they say "Ya". It's very beautiful. I remember some people I met in the Caribbean islands, who were connected to the Rastas. I was cruising with a little boat, and I stopped on a small island, where there are a lot of Rastas. I was with my symbol, of course, and they respect this symbol very much. And they sing and pray every day for what they call God, but they don't call it God, they call it "Ya". Same! Bob Marley, a very famous singer, was part of this movement: peace, love, non-violence, being. You can find that everywhere, in many ethnic groups in Africa, in America, everywhere, connected to "Ya".

Who is Yahweh? You know, when Yahweh was coming to Earth, people said, "Who are you?" And his answer, in ancient Hebrew, was, "I am", just like Buddha. When Buddha was speaking, everybody was so happy to listen to him, and one man asked,

"Who are you? Are you a teacher?" – "No" –

"Are you a scholar?" – "No" –

"Are you a religious leader?" – "No" –

"Who are you?" And he answered, "I am."

That's all: "I am." And Yahweh said the same; Yah-weh means: I am the one who is = I am = Yahweh. That's all. "Who are you?" You don't need to know the family name, the phone number. No! "Who are you?" Because they couldn't ask the right question that I ask you; I don't say, "Who are you?" I say, "Are you?" And you can answer, "I am."

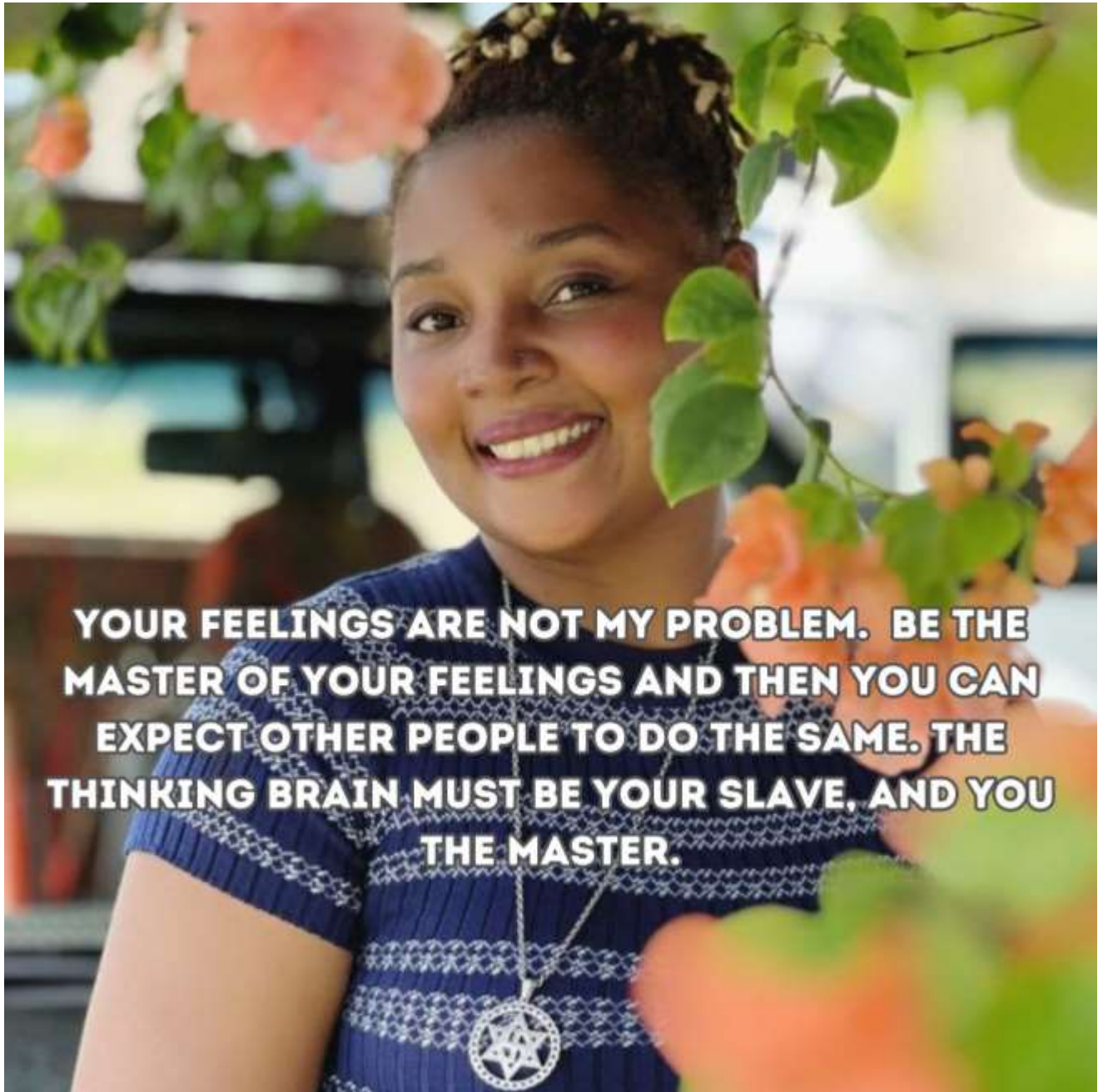
And that's my mission, to make all humanity feel that they are. You are, you are one. So, please, be! To be more precise, I don't wish you to be happy, I wish you to be. "I want to be happy." No, "I want to be." Somebody contacted me through Facebook and said, "I try to be." I answered, "Don't try! If you try, you are not." "I want to be happy." Don't try, just be, by saying, "I am."

Are you? [I am]

Don't let the thinking brain be the leader

Maitreya Rael – Raelian Gathering, May 26, 78 aH (2024), Okinawa, Japan

We are together because of love. It's all about love, the love for oneself, because when we love ourselves, we love the Elohim. You cannot pretend to love the Elohim if you don't love yourself. We are their creation. So, to love yourself isn't selfish, it isn't ego. To love yourself is to love the Elohim.



Hug yourself. Don't forget to hug yourself, as often as you can. Every time there is a problem in your life or every time there is no problem, every time you have pleasure, hug yourself. There is no need for someone else. Loving yourself is the most beautiful sign of respect and love for the Elohim, because you are here thanks to them. Don't think about it, feel it!

When you say, "I am", what does it mean? What am I? A child of the Elohim. As Raelians, we are consciously enjoying and having fun as much as possible. Many people may ask you, "What is it to be Raelian?" It's to be happy! To have fun!

Why did the Elohim create life on Earth? They did it so that we are happy. Therefore, when you have fun, don't feel guilty about it. Thank the Elohim for any kind of pleasure, for everything. When you masturbate, when you get a big orgasm, "Thank you, Elohim!" And the pleasure will stay longer, maybe you can have multiple orgasms. If you really feel it, hugging yourself can create an orgasm. Orgasm is not limited to sex; it can happen just by touching the hand of somebody.

Feel it when you hug yourself. Hug yourself now. It's self-sensuality. Bring your hands together like many religious people do to pray. People think it's very spiritual. No, it's sensual! You bring your hands together, you feel them slowly coming together, and: contact. It's a kind of orgasm, if you are conscious. Any movement and any hug, it's sensuality for yourself. Where are your hands? What are they touching? Which part? It is self-sensuality. It's a way to say, "Thank you, Elohim! Thank you, Elohim, for this body!"

I recently read a statement by a great philosopher, who believed in God, and said, "The mind is watching the body." Beautiful! And he asked, "Who is watching the mind?" The mind is watching the body, who is watching the mind? And we have the answer: the supraconsciousness! The supraconsciousness is watching the mind, if you use it. If you don't use it, the mind is like a crazy horse running everywhere, jumping everywhere, and nobody can control it. Every day, thousands of people kill themselves, especially in Japan. Are they stupid? Not at all. Most of them are very intelligent. The percentage of suicides among intelligent people is much higher than among stupid people. When you want to kill yourself, you think a lot, really a lot, and that's the problem.

Thinking creates suicide, because nobody is watching the mind. You know the problem. Even if you never wanted to kill yourself, you all experienced going to bed and not being able to sleep. Why is it happening? It's the same thing: the mind is thinking and running like a wild horse. Step one: thinking about anything; it can be your job, your partner, anything. Step two: "I should sleep"; this is thinking! "Why can't I sleep?" Step three: more thinking. "I must sleep. Why can't I sleep?" The mind is asking itself, "Why can't I sleep?" I cannot sleep because I think! And then the sun rises and you had a full night thinking. First, thinking about something; then thinking about why you can't sleep; and then, finding an explanation for why you can't sleep. Like a wild horse! There is always a reason, the movie you saw yesterday, your partner, what you ate, what you drank... "It's because, it's because..." Then, the sun rises and you didn't sleep one minute. Why? You were like a wild horse! You didn't use your supraconsciousness!

Sleeping is the highest manifestation of the supraconsciousness. I repeat: sleeping is the highest manifestation of the supraconsciousness. Supraconsciousness doesn't require any intelligence. It's the opposite. Intelligence is the enemy of supraconsciousness. The more stupid you are, the easiest it is to sleep. You have insomnia when you are too intelligent. Be as stupid as possible.

When you go to bed, if you wish to sleep, feel like a vegetable, “Now the vegetable will sleep.” Any thought you let come, when you go to bed, any thought can lead to a sleepless night. Any thought! Even if you just think about your car, about the restaurant for tomorrow; thinking, “Oh, I didn’t call this friend”; thinking about your cat.

So, what is the secret for meditation? No thinking! New Raelians often come to me during the Happiness Academy, “I listen to you, I listen to the meditation recording, but I cannot meditate!” How do you know? How do you know you cannot meditate? If you meditate, you cannot know if you cannot meditate. Feeling, “I cannot meditate”, is thinking. It’s the same as thinking, “I cannot sleep.” Automatically, you ask yourself, “Why?” And, “It’s because...” The two big sleeping devils: “Why?” and “It’s because...” With “Why?”, you open the door to an infinity of other doors. And with “It’s because...”, you blame things, or you blame people, and the thinking brain decides you are guilty of not sleeping.

Remember the Buddhist monk. A man came to him saying, “I want to learn meditation.” And his answer, “Sit down.” That’s all. He didn’t say, “Think about this, think about that, remember.” No! He asked him, “Teach me the secret of meditation” and his answer was, “Sit down.” That’s all. Sitting down, with your body and with the crazy horse, sit down! Meaning: stop all activity. Not even a little thought, not even thinking about the Elohim. It’s very dangerous! Before sleeping, if you think about the Elohim, you may not sleep at all. No thinking about Maitreya; no thinking about anything; no thinking about thinking; no thinking about meditation. If you think about meditation, you cannot meditate! It has to be blank, like in front of a white wall, without the white, without the wall; because if you see the wall, you are thinking; if you see the color, you are thinking. A white wall without white; without color and without wall. Then, you kill the crazy horse, because this crazy horse is only pleased with one thing: running in every direction.

I don’t know if you ever tried to control a horse, a real horse, a real wild horse; not a horse for which you pay to ride on the beach. Or it’s like trying to cut the nails of a cat; that’s a good experience, very interesting. You can’t, or you will end up with scratches all over you. The thinking brain is exactly like that. So, sit down! In more common vulgar speaking, I tell my brain to shut the fuck up! When the thinking comes, “Shut up! Shut the fuck up!” Sometimes it keeps generating thoughts, even more, “Fuck you! Fuck my brain! Fuck you!” Until there is a blank silence. That’s the supraconsciousness watching the brain.

You are the leader or the thinking brain is the leader. And the thinking brain is 100% sure it is the leader, not 99%. The thinking brain is sure, “I am in control.” And it controls you, and you cannot sleep, and you cannot meditate, and you cannot find the partner of your dreams, and you cannot have the job of your dreams, because you are not the leader. The thinking brain is the leader, and you become slaves of your thinking brain. You think you are free? Not at all! You have zero freedom if the thinking brain controls you. “But it’s not true”, you say. “I am free.” Illusion! And people who make choices following their thinking brain are totally sure that they are the one who decide; 100% sure, no doubt. But the truth is that if you don’t follow the supraconsciousness, you are controlled by the thinking brain.

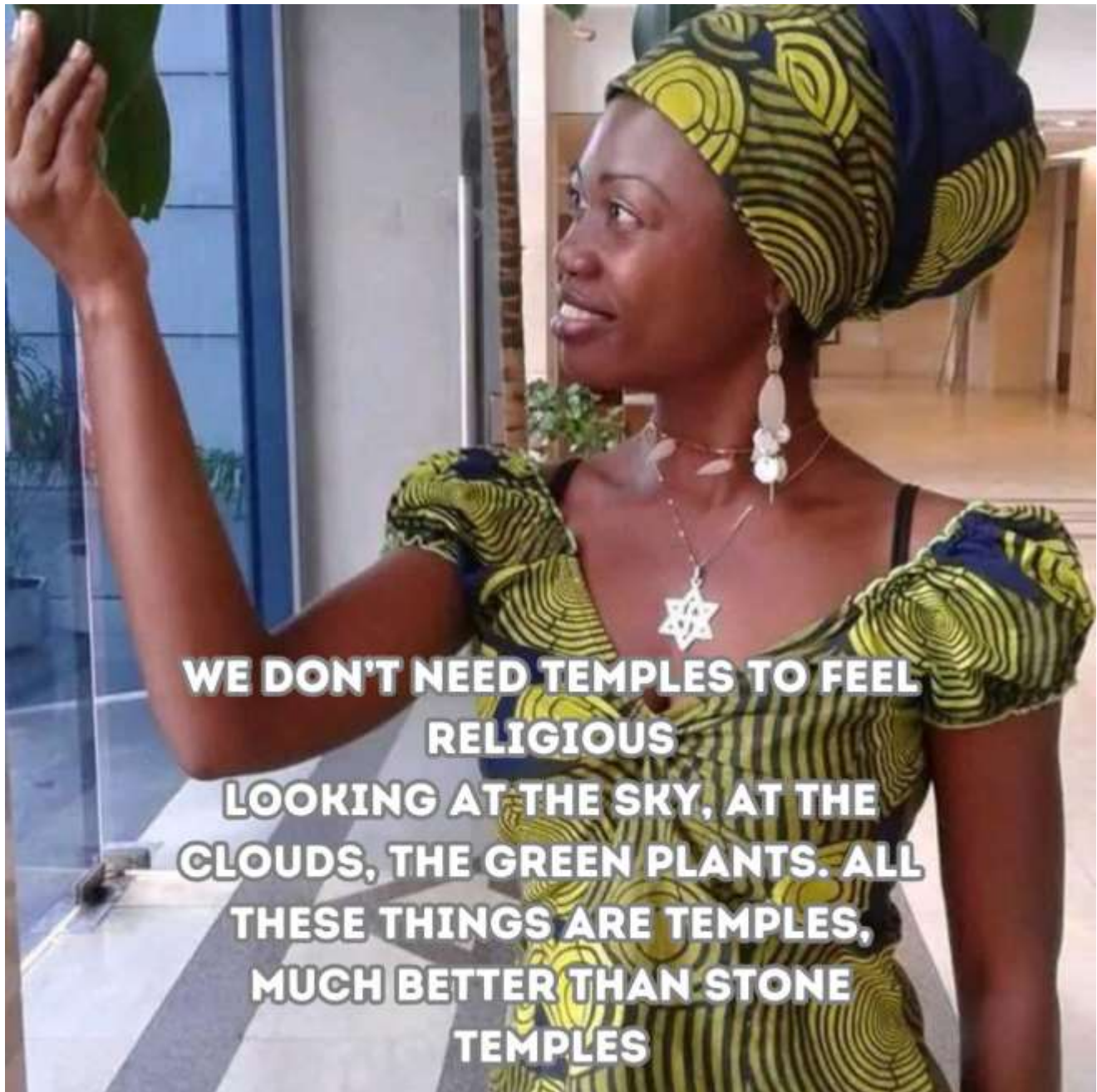
What is the thinking brain made of? The past! The thinking brain is 100% past! Like Krishnamurti said beautifully, “Every thought is old.” I repeat: every thought is old. Any time you think about anything, it’s always old. If you think about the future, it’s old, because you cannot imagine the future without using your memory. When you think about the Elohim, it’s old, because you remember the book, the Message, my speeches. I don’t want to be old in your brain. Supraconsciousness is now. You feel, and when you feel, you don’t think.

And I will finish my speech by saying, “Don’t think about it. Feel it!” I love you.

“Luckily, my message is about feeling infinity”

Maitreya Rael – Raelian Gathering, June 09, 78 aH (2024), Okinawa, Japan

It’s very important for you to appreciate being here. So many Raelians, everywhere in the world, are doing, or will do the 11 am contact. It happens everywhere, but with me it happens only here. They dream of it. You are doing it! Think about it, feel it. If I were still in Canada, you would do the contact but without me. If you are really sending love to the Elohim, it doesn’t matter if I am here or not. But I am here. Some people like it, some people don’t care, but I am here. Feel it! Appreciate it! Because it may not be forever.



In four months, I will be 78 years old. That's something! And I will finish this very short speech by one of my favorite words of wisdom, "When the student is ready, the teacher appears." You came to me because you were ready. You were searching and you found me. And I am very happy. I was here for that. The second part of this word of wisdom is, "When the student is really ready, the teacher disappears." That's the step I am going slowly, because you know so many of my teachings. Do you really need me still? - [Yes!] Thank you for this love!

I am very happy not to be needed. Fifty years that I have talked and talked. Fifty years! That's a lot of words. Some of them have some effect, some of them have no effect. Not everybody is able to digest them, because teaching is like food. You swallow the food but what happens in the mouth isn't very important; the important part of the digestion happens in the stomach. That's where you can digest it, assimilate it, make it yours. And that's why, for the students, supraconsciousness is so important. First, there is the talking, the "blah blah blah", but it can enter by the mouth and get out through the anus; and most of the time it does.

When you use the supraconsciousness, you pay attention, "What is my teacher saying?" You listen and, "Oh, wait a minute! What is this blah blah?" You know, some people have been with me at forty, fifty Happiness Academies, and the most conscious would come to me after ten years, twenty years for others, and say, "It's my twentieth Happiness Academy, only now I understand what you are saying"; because it enters and then gets out, the same sentence, the same concept. The first year, you listen to me. You understand something, but not necessarily the deep meaning. You all have experienced that. After two years, three years, four years, "Oh, now I understand what Maitreya was saying." That's really very important. The words are simple, I was born for spreading the Message with very simple words. You know, there are some false teachers. They use very complicated sentences and people listen and say, "Ohhh!" Because they don't understand anything. Just yesterday, I was watching a philosopher talking about philosophy. He spoke for ten minutes and I didn't understand anything; a teacher of philosophy.

I had a friend, in France, who was a stand-up comic, very good, Fernand Raynaud, and he was explaining what philosophy is. Many people study it in universities, but that's not philosophy. And my friend, Fernand Raynaud, said, "People in universities who want to become doctors in philosophy, what do they do? They study what other people thought." They study what other people thought! A real philosopher thinks, he doesn't study what other people think. He thinks by himself and, more importantly, he feels by himself.

One of my favorite Greek philosophers, there was no university at that time, there was no doctor in philosophy, but they had philosophers, real philosophers. From childhood, I loved Mickey Mouse, Tintin. I was reading that but I was reading philosophy books as well. From a very, very young age, at six, seven years old, I was reading about the life of these philosophers, and my favorite was Diogenes. Diogenes created a school of philosophy. But what was the meaning of this school? To reach the highest level of philosophy possible: be like a dog, don't try to be intelligent. When you try to be intelligent, you become stupid. You cannot try to be intelligent; you are. You are born intelligent. And after, he started to doubt. So, he was living in a barrel, the wooden container where you store wine normally. He had no house, he slept in the barrel, having only one bowl to take water from the river, to drink. And one day, he saw a dog lapping the water directly from the river, so he threw the bowl away. Why? You don't need a bowl! And he was spending a lot of time in the street, masturbating in public. Of course, the authorities didn't like it much. And one of my favorite moments was when the king heard about his teaching and came to visit him in front of the barrel, "Diogenes, please, teach me something!" And Diogenes answered, "Move away, you are blocking the sun." That's the best teaching!

So, don't study philosophy, be philosophers. You like the piano? Before, there was no piano, somebody created the first piano. There was no university to learn the piano, but somebody made it. The violin, same thing! It's the same with everything! Poetry? Many people, not many people, everybody here, you are all poets; but you don't dare to write, you think about famous poets. You can make poetry. You can dance, no need to go to special schools. By yourself, you can create a dance. You can sing, no need to go to school. The most beautiful songs are inside yourself; the most beautiful dances are inside yourself; the most beautiful philosophies are inside yourself, in supraconsciousness. Why? Because the Elohim created you like that!

We developed the habit of saying, "The Elohim scientifically created life on Earth using DNA", like if it's science, pure science. And then, you have the tail of the peacock. Have you seen the tail of the peacock? It's amazing! Yes, it was created scientifically, but with art. The little birds! Here, we have many birds. In the morning, I love to get up before daylight and I listen. They sing! Yes, they were created scientifically in the laboratory, but listen to the song of the birds. Look at them when they want to have sex, they are dancing; even a simple rooster. Nature is full of art. Do you like flowers? Flowers are science, but they are beautiful.

Beauty is everywhere, and it's you! Think about it, imagine it. If one day you are part of a team that creates life on another planet, what kind of animals will you create? What kind of birds will you create? That will be possible. Before creating life on Earth, the Elohim were dreaming of it. You are the dream of Yahweh. And one day he said, "I will do it!"

What is your dream? You cannot go on another planet right now, but you can dance, you can sing. When you sing, the Elohim are singing; when you dance, the Elohim are dancing. The power of the Elohim is inside you; and above all, in supraconsciousness! Be the best philosopher on Earth. You don't need to be a university teacher; just by being, by feeling, by feeling infinity. That's us! You all have it inside you. Feel infinity, in your voice, in your dances, in everything you do.

A beautiful sentence is found in many other religions, "To kill one person is the same as killing all humanity." Because in one person there is the whole humanity. So, we need big prophets. This humanity needs big prophets sharing a very deep philosophical message, "Thou shalt not kill." It's the stupidest message possible, but you need it. Humanity needs a prophet to say, "Don't kill." Wow! Me, when I met the Elohim, if they told me to go and their message was, "Don't kill", I would probably have refused.

Do you need somebody to come to you to say, "Don't kill"? Do you?

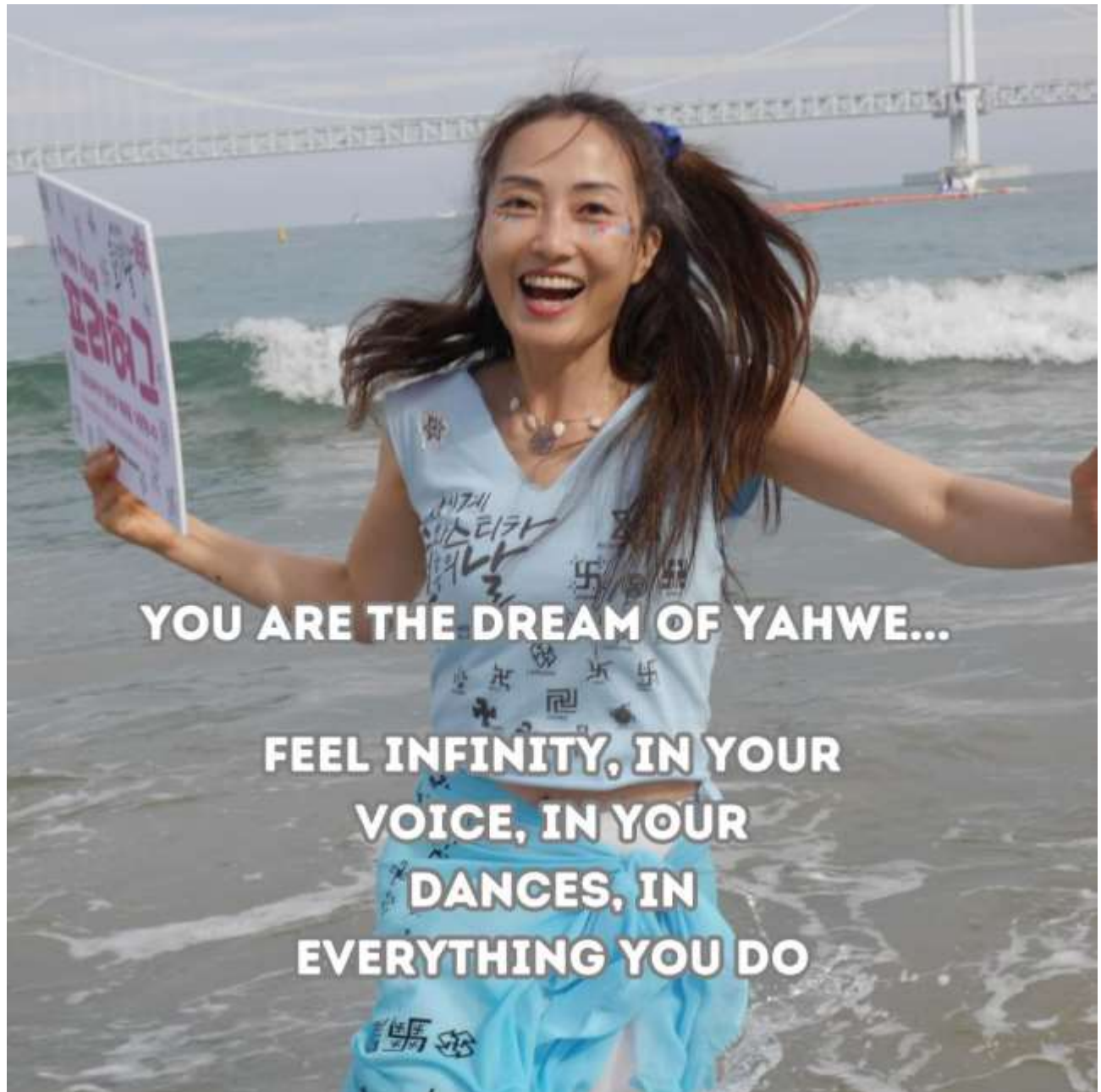
I don't want to be such messenger. I bring a message saying how to use supraconsciousness, how to be happy. But it's not part of my message to say, "Don't kill." And you came to me because I don't tell you, "Don't kill." You don't kill naturally! Is there anybody here who wishes to kill people? Is there? Love is natural. But imagine: you need a prophet, like Moses, coming and saying, "Thou shalt not kill." And everybody, "Aaaah! Ooooooh!" It's so stupid. Me, I didn't. I never ever needed somebody to tell me, "Don't kill." Buddha's message, "Be, feel, feel infinity." This, I've accepted to spread.

Sorry, Yahweh, but I'm so happy you didn't ask me to say, "Don't kill." But feel it! Feel infinity! When you feel infinity, you become love. And when you are love, you don't think about killing. We are lucky! We are much higher than the people of the time of Moses, much higher. And these people who believed in the Almighty God: "He" asked Abraham to kill his own son. And Abraham was going to do it. Wow! Imagine, you have a son, or a mother, a

sister, and a voice from the sky says, “Kill your mother, kill your daughter, kill your...”, would you do it? Abraham, a very important prophet, was ready to kill his son!

Thank you, Elohim, for living now! We are much, much higher than that. Appreciate living now! And we have more than ever to spread love.

Thank you, Elohim!



About vaccines

Maitreya Rael, comment on Facebook, May 15, 78 aH (2024)

<https://www.facebook.com/rael.maitreya/posts/pfbid02GDEZWcXfEoZywFGLU8GpvHkN8Cw2Qndya5oRYNujEywbwSvdSbWcc4Po6Ba66jVnl>

Many Raelians are wondering if they should vaccinate their children. Who are we to presume that our natural immune system created by Elohim needs to be improved? Yes, I am antivax. I have said it many times. And when people say that millions of people could have been saved by vaccination in the Middle Ages pandemics, I always explain that the fact that we are alive proves that without vaccines, antibiotics or modern medicine our ancestors survived. If not, we would not be alive today. Some pandemics in Europe killed up to 50% of the population in some countries. Yes, that's a fact but it also proves that 50% of the population survived without it: our ancestors!

But I am also pro-freedom, so it's up to the parents to decide if they should vaccinate their children or not. If somebody doesn't vaccinate their child and this child dies, it's their responsibility. If they do vaccinate the child and he die from side effects of the product, it's also their responsibility.

It's a difficult choice, but that is what life is: constant difficult choices. I don't want to take the responsibility of giving advice. What I can say is that facing this difficult choice I would personally not vaccinate my child. If he dies because of my choice, it's like killing him. If I trust his natural immune system created by the Elohim, then it's not my responsibility.

A little note about vaccines, science, and ethics by Brigitte Boisselier

Maitreya's recent statement about the vaccines and the difficult choice that parents have to make for their children triggered mixed reactions among the Raelians. Some of them even questioned whether we were departing from our "all for science" stand. Our religion is science and Maitreya's statement isn't departing from our trust in science but fully fits with his teachings and previous statements.

The first thing we have to debunk is whether vaccines are safe or not. We have been told all along that vaccines save lives and are perfectly safe. In the US, the government has set up a fund to compensate the victims of vaccines. Surely no government would go to that extent for something that doesn't exist. You can visit the site here and see all the officially recognized accidents attributed to vaccines: <https://www.hrsa.gov/vaccine-compensation>. We can expect that they are not in a hurry to update it, so there are probably multiple more incidents that could make it to that list. After all, a famous article published in the Lancet showed the sharp increase of cardiomyopathy after the latest Covid vaccine within the young male population. This recognized side effect of the Covid vaccine hasn't made it to the official list yet but it probably will once enough people lobby for it.

Yes, there is science and there is lobbying, both pulling in different directions and that's why we still have doctors who have to say that vaccines are perfectly safe while there is a small percentage of individuals who will suffer from them.

Maitreya's statement refers to that small percentage of individuals who will suffer from a vaccine injection. If he had to decide for his children, he wouldn't proceed with the vaccine and wouldn't then be responsible for the death of his child if an adverse reaction happens.

We live in a society where we are told the opposite, where we are told that we are criminals if we don't vaccinate, that we could be responsible for the death of thousands if we let a person non-vaccinated. Basically, we are told that taking the risk of having one's child severely harmed by the vaccine is worth it for the good of the whole humanity. You might remember these ethics teachings from our past Happiness Academies where the following question was asked: if a plane has been hijacked and is going straight towards a tower with three thousand people working in it, and you have the possibility to stop the plane by shooting it within the next few minutes, but in doing so, you would kill the hundreds of passengers but save the thousands in the tower, would you shoot? Obviously, the answer is "don't shoot". Those who want to kill hundreds to save thousands are sociopaths by essence. Unfortunately, our society is built on sociopathic rules. No one questions the fact that the vaccine, some children's lives will be ruined in order to, in theory, save a majority.

Because our religion is science and that we are no sociopaths, we can't blindly accept this status quo but instead actively request for our scientists to find better solutions. Practitioners see a pattern in the type of people who react to vaccines. It is likely that AI will identify the pattern more efficiently, enabling early identification of individuals who will react to a vaccine and avoid accidents, or find a better way to help those with a compromised immune system. In any case, Maitreya encourages us to trust our immune system, to nurture it and, incidentally, to reflect and question whatever society is telling us "we must do". There are so many rules that were established on prejudices, let's not be fooled by them. And, by the way, it is that time of the year, during our Happiness Academies, where we can check on our blind compliances ... are you registered yet?

Maitreya's answer to Brigitte's comment:

Excellent! And always remember that the life of one person is more important than the whole of humanity.