



WHO IS RAE ? WHAT IS THE RAEIAN MOVEMENT ?

During Rael's encounter with an extra-terrestrial, he was given a message of great importance : Several thousand years ago, scientists from another planet came to earth and created all forms of life, including human beings, "in their image" (see rael.org).

References to these scientists and their epic masterpiece can be found in ancient texts of many cultures and on all continents. Because of their advanced technology, these scientists were considered gods by our primitive ancestors and were called Elohim, which in ancient Hebrew meant : " Those who came from the sky ".

During his encounter with one of these Elohim, Rael was entrusted with a range of information vital for the welfare and development of the individual and the possible future of our humanity.

You can hear this teaching from " another world " at the " Happiness Academy " organized by the Raelian Movement (see also raelacademy.org).

WHATS IS SENSUAL MEDITATION ?

Meditation comes from the Latin " Meditare " which means practice. The word " Sensual " refers to our senses : vision, hearing, smell, taste, touch and direct perception. Sensual Meditation allows us to renew our sensitivity and increase our awareness of infinity, turning unconscious into conscious.

With practice, the more we can feel from our senses, the more pleasure and enjoyment we can get from everyday life and all the stimuli that our environment provides, turning our lives into an adventure of self discovery and enlightenment.

For more information :
download free book Sensual Meditation on
rael.org/download.php



Happiness is not about having,
but being.

At the Happiness Academy,
where nonconformist teachings
are offered,
you can learn how to be
the best version of yourself."

Rael

WELCOME TO THE HAPPINESS ACADEMY

THE EVENT OF A LIFETIME

FROM AUGUST 3RD TO AUGUST 10TH IN TUSCANY, ITALY

- How can you choose and enjoy your emotions, while not having them control your life ?
- What is science discovering about happy people and human consciousness ?
- How can you cultivate your harmony and health through simple meditation techniques ?
- What does pleasure and sensuality do for your body and mind ?
- Best of all, how can you find your happiness and keep it forever ?

HOW TO REGISTER ?

The Happiness Academy is made for You !
Go to rael.org/events
Click on European Happiness Academy/Register

If you have other questions
Contact : europe-ha@rael.org
We will be happy to help you!
Looking forward to welcoming you to this
extraordinary event !
See you soon !



A TYPICAL DAY

MORNING

- Morning Meditations
- Inspirational Teaching

AFTERNOON

- Afternoon Meditations
- Creative Workshops / Games

EVENING

- Artistic Evenings and Meditations Under the Stars



MORNING MEDITATIONS

Start the day with a contemplation of nature and flash of yoga for those who wish, in the beautiful gardens of the hotel, followed by a group session of morning meditation to open yourself to infinity.

MORNING TEACHINGS

The way to happiness as taught to us by those who created us. The mornings will consist of unique mind awakening inspirational teachings, through the latest videos of the amazing speaker Maitreya teaching us the wisdom of the Elohim.

AFTERNOONS

In the afternoons we will have a sequence of beautiful meditations to awaken our Supra-Consciousness, the key to happiness and the here and now, and a multiple choice of creative workshops to cultivate our capacity for enjoyment and fun, compassion and love, some of them run by experienced facilitators, others can be run by yourself if you have a creative idea to share. Otherwise, just go for a swim at the beach, only 10 minutes drive.



EVENINGS

Make the most of the loving sense of humanity that builds up at these academies among participants. The evenings will be a chance to simply chill out with the new friends you just met that day, or perform in something you might have prepared with them during the afternoon activities, or enjoy the treats in store at some of the creative events already organized.

BOOKING

The Happiness Academy is free for those coming for the first time. You will need to pay the cost of the hotel and your own transport. To find out more information and reserve your place, please go to <http://www.rael.org/events> (European Happiness Academy)

WHERE ?

It will take place in Europe in a four star hotel that extends for over a hundred hectares in the heart of Maremma, Tuscany in Italy, and only 10 minutes by car from the beach.

The "Fattoria la Principina Wellness Park Hotel" is in Grosseto, a beautiful destination in Tuscany, a true oasis of relaxation, offering harmony and sport activities, including internal and external pools, gyms, saunas, spas, and also soccer, tennis, volleyball, and basketball.

It is a jewel of harmony and pleasure.



TRAVEL

Easily accessible by plane, train, car, even boat :
Grosseto Train Station - 10 Km ;
Grosseto Airport - 3 Km ;
Pisa Airport - 150 Km ;
Rome Airport - 180 Km ; Port of Civitavecchia - 100 Km ;
By car : Highway - 5 Km

TESTIMONIES

More than 60.000 people around the globe have already been a part of the Raelian Happiness Academy and have grown from these teachings "from another world". This week is going to change your life !



A TOOL TO BECOME HAPPIER AND CRAZIER, CATALIN V., 20, ROMANIA

The teaching is revolutionary, full of love, compassion, understanding and at the same time funny, which helps people to open their brain and light their consciousness. It is a place where everyone can be everything they wish to be.

THE FREEDOM TO BE ME, ELENA D., 37, ITALY

I could find the instruments, scientific informations, philosophical tools to help me in my journey. I met new people and new friends which I really appreciate. People going through the same process of opening their eyes about themselves, which makes it even more thrilling ! The Happiness Academy is a garden where human energies unite and each can be themselves, with love, respect and freedom.

A POSITIVE IMPACT IN MY LIFE, BOUDA, 35, PARIS

Since 2001 I've gone every year to the Happiness Academy. It is always a pleasure and an immense excitement to go to this event. What I really like is to meet new people from all over the world, people who, like myself, feel this oneness. But above all, I love to come to hear Rael's teaching. These teachings have always had a positive impact in my life.

