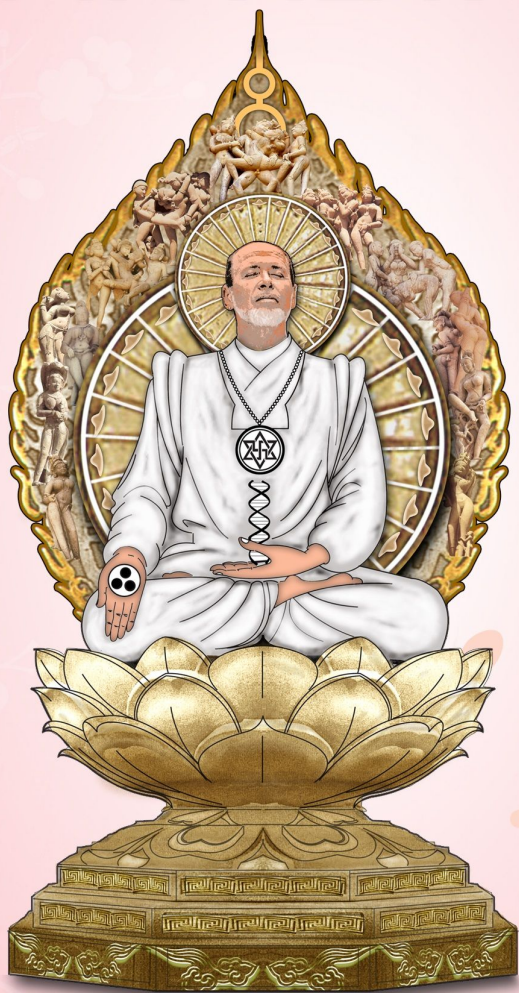


THE MAITREYA II



RAEL

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SBN: 9781790562169

Publisher: Nova International Corporation

The publisher may be contacted at: publishing@rael.org

Credits:

Project Manager: Brigitte Boisselier

Chief Editor: Chris Antille

Composition: Eliane Wurmser

Cover-Design: Jules Windfield - Claude Chevey

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THE MAITREYA II

EXTRACTS

FROM

HIS TEACHINGS

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Foreword

This edition of "The Maitreya II" gathers excerpts of Maitreya Rael's speeches and writings over the past 15 years.

Its release coincides with the celebration of the 45th Anniversary of the first encounter between Maitreya Rael and a representative of the extraterrestrial civilization who were responsible for the creation of life on Earth.

These creators, known in the Bible as the Elohim, gave him a large set of information that is gathered in Maitreya Rael's original book called "Intelligent Design". The content of this original book is often referred to as "The Message" in this current edition as it represents a unique message from this civilization to the people of Earth.

Since that initial encounter on December 13, 1973, Maitreya Rael has toured the world, explaining tirelessly that the Elohim, our creators, who wish to meet us officially in an Embassy built for their welcome, also and most importantly wish us to be happy. He initiated a series of Happiness Academy tours, week long gatherings on every continent

where he invites the attendants to use the tools given to him by the Elohim for our self-development and fulfillment.

The texts gathered in this edition are an attempt to illustrate the different themes that Rael has covered over the past 15 years. Every year brings new angles and new tools in the reach for happiness, love and infinity.

To attend one of these Happiness Academies, go to www.rael.org/events

You may also see some of the videos recorded during these academies on: <https://www.youtube.com/c/RaelAcademyChannel>

B.B.

1. Happiness

"A decision and a discipline"

You were born for a purpose

April 66 a.H. – 2012 Okinawa, Japan

You are born to help infinity become aware of itself. That is why every time you make a decision, especially the decision to be happy, you are not alone.

Each one of you is connected to every star in infinity. You are a part of the infinite universe and you are connected to it. When you are sad, when you decide not to be happy, the entire universe is helping you become sick and die. You are on a termination program. But when you decide to be happy, the entire universe is helping you be happy.

When you smile for no reason, you send a signal to infinity. I am you, you are me and I am a part of this infinite universe and the universe brings you happiness. Breathe,

smile and feel the happiness. What is happening when you do that? The whole universe is plotting to make you happy.

Knowledge doesn't bring happiness

February 66 a.H. – 2012 Okinawa Japan

We, Raelians, love science, technology and we love love and harmony, meditation, and above all, happiness. Everything else is not important, only happiness is important. Why develop science, if it doesn't bring happiness? Why meditate if it doesn't bring happiness? Everything we do has only one purpose, to make us happy.

Happiness is the main reason behind everything and should be so. Why are we alive? Why did the Elohim create us? Because they were happy doing it. Why were we born, each one of us individually? Because your father and mother were happy doing it. No father or mother ever had sex thinking they had to because it was their job and is boring. They did it because they were happy to do it. So, happiness is the reason for everything alive on earth. Why do flowers blossom? To have sex. Flowers are the plant's sexual organs. Blossoming is about happiness and pleasure. Why do birds sing? They are saying "This is my territory, females please come!" Why is everything alive moving? For happiness and pleasure. We are the fruit of the Elohim's happiness. So we may think that it is important to study, many people think that studying is very important and that it will bring happiness. That's not true. We are coming close to a time where we won't need to study. Studying doesn't bring happiness. Learning is not happiness, being is happiness.

People study and they are so proud of it, they say and think that through science they will understand everything in the universe. That's not true. We will never be able to

understand everything. Our knowledge, even with the most advanced science, is very limited and will always be very limited. The more we learn, the more we know that we know nothing. Only stupid little scientists claim "we know many things, we are full of knowledge". Only stupid scientists say so. Top scientists, the ones at the highest level say: "we know nothing". And the more they learn, the more they realize that we know nothing. What is the ultimate knowledge? Is it infinity? Can we understand infinity? We cannot understand infinity. We will never be able to understand infinity but we can feel it, we can enjoy it, and we can be happy doing this. Trying to understand it will always make you sad, depressed, anxious. Don't try to understand infinity, just feel it. Feel it in the flower, in the field, in the bird, in you. Feel it. You are part of infinity. If we do more and more powerful studies on the infinitely small, use more and more powerful computers, then we have the illusion of understanding the infinitely small. We found the atoms and said that "this is the smallest particle". In Greek 'atomos' means something which is small and cannot be cut in two or three or ten. Then scientists discovered that atoms are made of smaller particles, but they continued to use the word atoms, which is very funny.

They use the word atoms which means something which cannot be divided into smaller parts, even after they discovered that there are electrons, protons, much smaller particles inside the atom. And they say "we discover". Then after further research they discover even smaller parts, quarks, smaller and smaller particles, and they will always find smaller and smaller particles, because there is no end to infinity. So why study it? It is not interesting. We imagine that the Elohim must be so technologically advanced, that their research must be so advanced. It isn't. When they reached a certain level of knowledge, which we are very close to reaching as well, they stopped their research. And similarly, they have stopped space exploration. They travel a little bit, but when you realize that the universe is infinite, why keep travelling? Since it is infinite, it is better to be happy where you are.

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Here are two big revelations:

- The Elohim don't continue to progress scientifically.
- The Elohim don't travel in space anymore, because they know it is not necessary.

When you reach a certain level of science, then you realize it is totally worthless to study and that what is important is to be happy. Happiness doesn't come from studying and research. Our science and knowledge will always be limited. But what is important within this limited knowledge is to be happy, to be, to feel, because happiness is infinite and immediate. It doesn't need research, it doesn't need studying. Don't think that after more seminars you will be happier, no! If you discover what real happiness is, it is right now, immediately. Not tomorrow, not after studying the Message for ten years and coming to Raelian seminars. If you really discover what happiness is, being a Buddha, it is right now. If you are a Buddha right now, after ten years you will not be a better Buddha. When you are a Buddha, you are at the top. You cannot go higher, But the good news is that you can do it right now, by feeling, infinity, power, energy, happiness, right now!

And you will never be better, if you reach this level. In the same way that you can go up, you can go down, you can stop being a Buddha. If you stop feeling, if you stop being, you can go down. The state of being a Buddha and being happy is not forever. You need to constantly use supra-consciousness to feel, to be. You cannot be better but you can be worse. It is like climbing a tree. You climb up the tree and there is wind. Life is a wind, and what is difficult is to stay at the top. You cannot go higher because when you reach the top of the tree, there are no higher branches, you cannot climb higher. But you have to use your supra-consciousness to stay at the top forever in the wind of life.

So, remember that studying is worthless. There is no progress in supra-consciousness, it is immediate. The more you study, the more you think happiness will come from

studying, the worse you will feel. That is why Jesus said "happy are those who are not very intelligent". Being intelligent doesn't bring happiness. In fact, being intelligent is stupid. The percentage of people with high diplomas who try to kill themselves, who are depressed, who use antidepressants, is much higher than among uneducated people. Because studying doesn't bring happiness. It brings the illusion of knowledge. Scientists are among the most depressed people, those committing the most suicide, especially doctors, medical doctors. Medical doctors know they cannot do everything they want. They cannot cure cancer and every day people come with cancer and they have to say that they can't cure cancer. So they are very depressed with a lot of knowledge which doesn't bring happiness.

Happiness has nothing to do with studying. It is immediate, right now, no need to study, no need for anything outside yourself. You don't need anybody else, you just need to be. The world is sick from intelligence. There is a culture of intelligence, and what is the result of intelligence? Fukushima. Very intelligent people, studying nuclear energy and making nuclear power plants, and killing everything. Very intelligent people governing America and dropping a bomb on Hiroshima. Very intelligent! Very intelligent people thinking that "communism is a great idea"; very intelligent people, and you have the communism nightmare of China. Very intelligent people thinking that "capitalism is great" and the whole planet is being destroyed by capitalism. All this is "thinking": very intelligent and very dangerous. One more time, that is why Jesus said "happy are those with simple minds". It doesn't mean being stupid, it means being. To be, to stop thinking. Thinking only brings drama and devastation on earth. We have a lot of military people in Okinawa from America. Why are they here? It is none of their business being here. They are in Korea also. The Americans are everywhere, why? Because there are very intelligent people in Washington who want to dominate the world. The American empire. They don't feel remorse in bombing people for their own benefit. They kill people everywhere "to

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bring peace"! They go and kill people in Libya "to bring peace", they say that it is to bring peace and love. Now they will maybe attack Iran and Syria "to bring peace". They will send bombs. Wow, a lot of 'peace', thank you very much, I don't need this peace.

If you love this planet, you don't want to be in the military. Every ideology brings war. Communism, capitalism brings war, in fact any ideology brings war. Every ideology, even religions. Muslims, Jews, fighting. Stupid! That's not love. But Christians think "we fight for our religion", what kind of religion pushes people to kill other people? Muslims think "we must kill in the name of Allah". What kind of god is that? And the Jewish people are killing the Palestinians, in the name of god! Ideas, intelligence, that's what creates suffering. They study the bible for 20-40 years and they say: "go to war". So studying makes you stupid. Don't study anything. Just feel love. That is why you don't need to study, you just need to feel love, immediately. If all the planet stops being intelligent, maybe we need a huge world government of stupid people who think only about being, about happiness, and the world would be a much better place. We are becoming ill from intelligent people, having ideas, thinking and killing people in the name of ideology, of ideas. When you think, you become stupid.

Don't think, just feel, be.

When I look into someone's eyes, I feel the human being behind them. Start among yourselves, because even Raelians, sometimes, look at each other wondering if the other is intelligent or if the other sees how intelligent they are. Look at other people with love. Don't care about their intelligence or lack of; care about whether they are happy. Are you happy to see this human being in front of you? Whether he or she is intelligent doesn't matter. Be warm, be love, feel the human being in front of you. Whether they are a doctor or a scientist doesn't matter.

Any human being who is full of love, who is a Buddha, is much more important than the best scientist in the world.

Yahweh, the leader of the Elohim, created life on earth, to create happiness. Of course we need a little bit of science to be able to manage our immediate environment. To progressively reach a level where computers can do everything, everything scientific. On the Elohim's planet, there are no scientists anymore. All the work, all the research, all that is necessary, is done by computers. And the Elohim don't study! Why do you want to study when you know everything at your level? When we know how to cure diseases, - soon this is coming through genetic science, cloning - when we know how to cure diseases, through natural ways, when we know how to manage the earth and create a paradise, when we can soon destroy money, then why study? Then you start to feel happy naturally. Then we can reach eternal life because science and research are limited, and when you start to realize it is limited, then you discover that happiness is the only thing unlimited. Happiness, consciousness, feeling, being. So, yes, we love intelligence. Real intelligence is not what human beings call intelligence.

Someone who sees a flower and gives it water, is much more intelligent than a nuclear scientist. A simple mind who sees children suffering and gives food to the children, is much more intelligent than any top scientist. We should be afraid of intelligence, as intelligence, ideas, thinking, are right now destroying the earth. This is the result of science and technology, because it is exploited without supra-consciousness. So we have to go back to being and supra-consciousness, and love. Then add a little bit of science, a little, but not too much. Because remember, soon, within 20 to 30 years, we will have discovered everything we need to know. Like the Elohim we will not need to know more. Within 20 to 30 years, we will reach a point where thanks to the acceleration of computer science and technology we will reach a level where we know everything we need to know. When the Elohim reached that point, they stopped, because there is no point in continuing research and discovery when you have enough to manage your own level of civilization. Of course we are very primitive, so we think that we need to

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continue scientific research forever, and that we will travel everywhere in the infinite universe. We don't. When you reach a high level of technology, which is very soon, you stop and start to work on what is more important, not on knowledge, but on the happiness of the people of the earth; until there is no one left who is not happy.

When you reach that level of knowledge, you are not travelling like a tourist in space in every direction, but being happy right here, as happiness is not somewhere else, but is right here, on this little blue planet, exactly where you are, that is where happiness is. Imagine, in the infinitely small in your hand, there are very small planets, with very small human beings, not one but an infinite number, and they reach our level of science at their level, and they start to travel in space, so they explore one finger, and then the other finger, that takes a lot of travel, a lot of science, another finger, and then they realize, this is not a universe there is a hand and a body. Maybe they will explore the hand, maybe the whole body, go to the foot. It is the same everywhere.

Then what is the purpose of travelling, what is the purpose of exploring? Then they realize that they'd better stay here, go back to the center of the hand, and realize that they don't need to explore any further. We don't need further discovery, we just need to be happy at our level, right now. So they stop scientific research and they stop travelling in the universe. And they start to have a beautiful life, with a planet full of Buddhas. On the Elohim's planet of eternal life, everybody is a Buddha and this is real knowledge. Imagine, imagine the earth with 7 billion Buddhas. You can go in the street, you can go everywhere and everybody is happy. Everybody has enough food, everybody is. Everybody is. That is heaven and we can do it. And to reach this level, we must stop worshiping intelligence, education and knowledge, which is necessary, a little bit, like salt in the rice. But it is not the most important thing, the most important thing is being instantly a Buddha. I know it is very fashionable to have instant soup powder, for instant soup,

instant soya drink, instant coffee. Instant Buddha is better. And that is my teaching, right now, right here, become immediately a Buddha. Don't think it will come after studying, don't think it will come after I finish speaking, it is right now. Climb the tree, and stay at the top, in the wind of life.

Happiness lies in the preparation for the Elohim's welcome

September 66 a.H. – 2011 Okinawa, Japan

We want to build the Embassy to welcome the Elohim. What will be the happiest time of our life? Is it when the Embassy is built? Or is it while preparing for the Embassy? Of course the day the Embassy is complete and the Elohim have arrived, that day will be a beautiful day. But will it be more beautiful than today? Like when you are preparing a good meal, what is the best moment? Is it when you eat the meal? Or when you prepare it with all your love? For me, preparing is better than eating because I love cooking, and when you cook, you put in a lot of love, and you visualize how good it will be to eat afterwards. It takes a long time, and you enjoy the preparation all along. The actual eating is however quickly done and good, but preparing is better. We are now cooking together, preparing the building of the Elohim's Embassy. For me that is much more exciting because it takes a long time. It is the same when you have sex, the moment you reach orgasm, which is a goal, is quickly over. But preparing, kissing, talking, gently kissing everywhere that is exciting, much better than the last AHH!! Of course the orgasm is good, but preparing, slowly, by being kind, touching, talking, reading a poem that is much better, and lasts much longer!

It is the same for the Embassy. We are preparing. We are flirting with the Embassy, we are kissing the Embassy

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project, like the lips of a beautiful girlfriend. We are gently touching the project, and like that, everyday is beautiful, every step you take towards the bedroom when you make love with your girlfriend is beautiful. Every step.

And in the end, enjoy the path which brought you that which you wanted.

If you think that happiness is when you reach the goal, you will never be happy. If you enjoy the pathway that brings you to the accomplishment of your goal, then happiness is now. The day that we build and finish the Embassy will not be better than today because now is happiness, the happiness to work together towards our goal. Today is a holy-day, the most important day of your life, because it is today. Next week, maybe you will be back again listening to me, but it will not be today. So today is today. Now is now. Maybe next week I will not be here. I can die. So enjoy now, being together right now, sitting here, working towards the Embassy. We are on the way to the Embassy, and that is much better than when it is finished. It can take a long time, 5 years, 10 years, 20 years, but if you are only happy when the Embassy is built, then you may be unhappy for 20 years. But if you are happy every day which brings you closer to the 20 years or so, then it is constant happiness, and that is better, then it is a life of happiness.

Happiness is not tomorrow, or next year, or 20 years later. Happiness is right now, and I'm very happy to be with you here and now, very happy, because I feel your love. We are together now, and by sitting here, we are making the Embassy. Because the physical Embassy, the building we will make, is nothing compared to the Embassy which we are building inside our hearts. To build the Embassy physically one day, we must first build the Embassy inside ourselves, welcome the Elohim inside ourselves first. That is much more important than the actual building, and we are doing that right now.

Live every minute as if it's your last

January 66 a.H. – 2012 Okinawa, Japan

I want you to feel your own happiness. Sometimes we are happy but we don't feel it, so we think we are not happy, because we forget to feel our own happiness. Ask yourself "are you happy right now"? Not yesterday, not tomorrow, not one hour before, not one hour after, just right now, are you happy right now? Do you know that? Even when you feel a little bit down or if sometimes you have a little bit of a concern, just ask yourself: "how do I feel right now"? Suddenly happiness returns, because happiness disappears when we think about the past, or the future. Regrets of the past, believing that it was better before, when you were young, when you had money, and fear of the future, fear of becoming old, of developing a white beard like Maitreya and wearing your hair like him, all these emotions keep you away from happiness.

Happiness is when you think of right now, without any regret of the past, without any fear of the future. The past is dead, you cannot change it, you cannot live it again, it is finished, gone. As for the future, we don't know, it may never exist, it is possible that today is the last day of our lives. It is possible, for anybody, you never know when your heart will stop. Maybe in one hour, in one minute, so if this is the last minute of your life, imagine, do you want to live it with fear or with happiness? In any case, we will die, maybe tomorrow, maybe in ten years, it doesn't matter.

Live today as if it is the last day of your life. If it is the last day of my life, there is no other place in the world where I would like to live, more than here and now. With you, with your smile, with your eyes full of love. Feel the privilege and the luck we have to be alive right here, right now. And make every day like that, one day at a time. When you take life like that, life becomes so beautiful. Live every day of your life as if it is the last day. Then, all the colors become more

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beautiful because they are the colors of the last day of your life. All the smiles of the people around you become more beautiful, because they are the smiling faces of the last day of your life. All the trees, all the flowers, the rain, become all the last of your life. Instead of being disappointed by a rainy day, see how beautiful the rain is. These clouds may be the last clouds I see on this planet. Everything becomes beautiful, when you become aware that each day may be the last day of your life. That is how, guided by the consciousness of the Elohim, we can have a very happy life forever. Because the Elohim are guiding us. The Message of the Elohim is a key to happiness, a path to happiness, which starts right now by living each minute as if it's the last of your life. I hope you can apply this teaching every minute, everyday. Then, you will have a beautiful life and a beautiful life is a happy life.

Then you can have eternal life with the Elohim because the Elohim love you, they don't want you to suffer forever. If you are not happy, you don't deserve eternal life. It is the complete opposite of the Catholic teaching. According to the Catholic teaching, if you suffer a lot, if you are sad, then after death you will deserve eternal life and you will forever be sad. That is terrible.

Instead, the Elohim say "be happy if you want to have eternal life, because we love you too much to give you eternal life if you are not happy". When you are recreated on the Elohim's planet, you are recreated with the same brain, the same mind. They would be very sadistic if they were to say "this person is very depressed, suffering deeply, let's recreate them so they can suffer forever". If you are sad and depressed, when you die, you go back to dust, there is no more pain. But if you are happy, then you deserve an eternal life of happiness. All the Eternals on the Elohim's planet are happy. Not because they have money, there is no money. Not because they have special talents, not because they have a lot of diplomas from universities, as there is no diploma on the Elohim's planet. They are happy because they live each minute as if their last.

When you live each minute, like it's the last one, an eternal life is not enough, you want to live forever. But if you are very depressed, then one minute is too much, that is why many people kill themselves, they commit suicide. When you cannot bear even one more minute of life, then you kill yourself. But eternal life is the opposite, you are so happy right now that you want it to continue forever. Remember, your happiness is a key, the essential key for eternal life. It is an act of love from the Elohim, they will give you eternity only if you are happy. And how to be happy? By being happy right now, not yesterday, not next minute, right now.

Destroy every goal, target, objective

February 66 a.H. - 2012 Okinawa, Japan

You were born happy. Everybody is born happy, all of you were born happy. However most of the time, life, education, family, school, society, destroys this natural happiness. Thanks to the Messages and the Elohim's teachings, we discovered that we can get this natural happiness back, because the laughing little baby that you were a long time ago, is still alive inside of you. It's time to get back to this baby and if you do, happiness comes back immediately. Immediately. Of course it's good to do many seminars, to learn, but real happiness is right here, right now, not tomorrow. In other words, you can all be a Buddha immediately, immediately. Right here, right now. Maybe for the first time in your life. It doesn't need training, it doesn't need learning, just being. When a baby is born, it is perfectly happy. It didn't study, didn't go to school, doesn't know how to write, nothing, but it is happy. But men, women, the more they learn, the less happiness they have. So it is very important to destroy this myth, a very very bad myth, the myth that we need goals, targets, objectives. This is poison.

When we need goals or objectives or targets, it's saying that in the future, we will reach something. It is the same for happiness. It's very stupid to say that one day, you will be happy. It is right now or never. If we say that you will be happy tomorrow, it will never come. Like in the famous American song "it's now or never". Every time you have goals or objectives, you create problems in your life. It can be through money, believing that you will be happy when you have one million dollars, a beautiful girlfriend or a beautiful boyfriend. It never happens that way. It is right now, right here.

Destroy every goal, every objective, every plan. This is true for sex, for money and also for philosophy. Don't believe that you are not happy now but you will be when the Elohim come. This is very stupid. I'm happy now.

We have a target, an objective, a goal to build the embassy but it doesn't bring us happiness. Happiness is now, and our whole life is a succession of "nows". Every second is a new now. Every day is a new now. And through a succession of nows, we have a beautiful life. But never say "tomorrow I will be happy" because if you say "tomorrow", happiness will never come. Happiness can only exist right now, not one minute later. Breathe the first happy breath of your life and keep it forever.

Being happy makes other people happy

April 66 a.H. - 2012 Okinawa, Japan

The Maitreya is supposed to be the Buddha of happiness, so I must be the happiest but I cannot say I am the happiest because if I say "I am the happiest", I lack humility.

Are we lacking humility when we say "I am the happiest in the world"? No! It's not a lack of humility to say "I am the happiest in the world". You cannot say "I am the strongest in the world", that is a lack of humility. You cannot say "I am the richest in the world", that is a lack of humility. But you can say "I am the happiest in the world", each one of you.

Being Raelian, knowing the Message, feeling the deep teachings of the Elohim, if that doesn't make you the happiest person in the world, you don't understand anything. The number one goal of the Elohim's Message is not intellectual, it is not to make you more intelligent, it is not to make you more powerful, it is to make you happy. The Elohim created life on earth to create happy people. When we are depressed or sad, we betray the Elohim. So be happy not only for yourselves but for other people around you and for the Elohim. If you are not happy, you don't make the Elohim happy.

Breathe, put a smile on your face and feel happiness inside, deeply, coming from within you and have enough happiness in you so that that when other people look at you, they become happy too. Being happy for yourself is good, but it isn't enough. Being happy just for yourself is a little bit selfish. But being so happy that everybody looking at you, without saying anything, without one word, just looking at you, becomes happy, that is the ultimate goal. Make your happiness make other people happy. Be so radiant of happiness that when you walk down the street, if you meet somebody who is a little bit sad, just by looking at you, they will start smiling. Then, happiness becomes love. And that

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is what you have to focus on; to really be happy, to give love. Do it, right now! Then this wonderful place where we often meet will become full of happiness vibrations that we emit. Because your happiness not only influences other people, but it also influences the trees, the butterflies, everything around you. Plants, trees, they are happy to feel your happiness. The grass is alive; it feels your happiness. Everything, the universe, infinity, feels your happiness. And if you are happy, you also feel the happiness of the trees, the happiness of the grass, the happiness of the butterflies, the happiness of the universe. I love you and I hope that my little smile makes you happy.

The little waves of happiness

December 67 a.H. - 2012 Okinawa, Japan

Stress is terrible. When I say stress, don't only think about negative stress. Stress results from a strong emotion, positive or negative. Positive emotions do create stress also. So it is better to be like Buddha, happy but calm. When you jump with crazy happiness, it is a stress. When you cry from crazy sadness, it is a stress. For example, some people, young people, play a lot of computer games. Computer games are fun, I love computer games, they are enjoyable, you are happy when you play, but they create stress.

You have to be careful with negative stress and positive stress. Loving somebody is beautiful but it is a stress. If you love peacefully, it is beautiful, but if you are so much in love that you stop eating and stop sleeping, that love becomes a poison. So always follow the middle way, Buddha's teaching. Beware of a big down, and beware of a big high. Just be in the middle and happy, then you don't become depressed. Every time you jump up to the sky with a big 'wow', your body makes you go down after. When you have a big joy, it is good, feel it inside, and instead of jumping too high, jump modestly and keep the energy not to fall after. If you jump very high it is painful when you land back on the ground, but a little jump is OK and then you keep your harmony, no stress and no depression. To summarize, beware of negative thinking but also beware of too much positive thinking too. Like for the beautiful ocean we have here, it can be a peaceful ocean with little waves but it can be bad when there is a typhoon and huge waves. Tsunamis are not good, even the tsunami of joy. Have a peaceful morning ocean in your head, not completely flat, with little waves, that is happiness. I wish you have this peaceful ocean forever in your head.

The danger of habits

February 68 a.H. - 2014 Okinawa, Japan

When you don't know what to say at the time of contact, just sing. Every attempt at telepathic contact should be different. Do not always follow the 'breathe deeply, relax, think about the Elohim' pattern, otherwise it becomes a habit. Habit is not consciousness. When you do the telepathic contact, always try to create new ways to always be amazed and conscious. When you were a baby, a little child, you were amazed by everything, even by your hand. Now you probably never look at your hand, or just a little, sometimes. It is beautiful. Be amazed by your hand, look at your hand, it is amazingly beautiful and it is yours. With this beautiful tool you can give love, you can meditate. Every morning I look at my hands and I am grateful for the privilege of having them. Some people don't have hands. Almost every religion uses hands to feel connected, like Christians or Buddhists with their hands in prayer. Some use them with their palms offered to the sky. Hands are very important. You have to be amazed, not only with your hands but with your face too. Your face also is amazing. Look at your face, every morning it is different, and even if we age, every morning our face is more beautiful, more shining.

Young people are cute, but their level of consciousness is still very low. The more we age, the more we grow. The body stops growing at the age of 25, but consciousness keeps on growing forever. When we are 70 or 80 years old, we are still little babies compared to the Elohim. This consciousness will grow like a lotus flower forever. That is why eternal life is beautiful, because if we had a brain which would be forever the same, eternal life would be boring. Living 20,000 years with the same brain, that would be crazy. But we have the power to raise this consciousness forever. When you look at yourself, in the morning in the mirror, look carefully. Don't look at the skin, with its sagging

and wrinkles, but look at your eyes and you will see consciousness growing in them. Then you will not be afraid of becoming old anymore. The body ages, but the eyes are forever younger. I remember my grandmother, she was very old, she was a wonderful woman. The more she aged, the younger her eyes looked. She died at 99, but she always had very shiny eyes, every year more shining. Be amazed by that. Every day, look at the beauty of your hands, your body, your genital organs. Every part is so beautiful. Be amazed.

We face a big danger in our lives which is our habits. Habits kill supra-consciousness. When you buy a new car, you look at every part of it with amazement but after 6 months, or one year you don't look at it anymore, it is just a car. It is the same when you buy a new house, on the first day, you are so happy. For the first week, the first month, you enjoy the view, you are amazed to see the ocean, it is so beautiful. After one or two years, you don't notice it anymore. When you have a new boyfriend or a new girlfriend, in the first week, you want to make love three times everyday. After one or two years you look around for other girls. This is because we don't use supra-consciousness.

I am lucky, very lucky to live in Okinawa. Look at this beauty around us, this is heaven on earth, the Elohim's planet isn't any more beautiful, but we come here every Sunday and forget to be amazed by the flowers, the ocean, the sunlight. It is amazing. I want to be amazed everyday.

Look around you with the same consciousness forever. Even some people discover the Message, and in the first week, they are full of enthusiasm, they want to help Maitreya, they want to build the embassy to welcome the Elohim. After coming several times and listening to Maitreya, they get bored. I hope nobody gets used to seeing me, I hope you never get used to anything in your life.

Enjoy every second and especially the most important one, this one!

Cultivate your inner smile

March 68 a.H. - 2014 Okinawa, Japan

No orchid in the world is more beautiful than your happy Raelian smile. So, please offer your smile to the Elohim.

To smile is very important, it is the flower of your heart. Always have an inner smile, first. If you have a smile inside it naturally shines outside. Many people smile only outside but they are very sad inside. The friends of people who kill themselves are often very surprised, they say "I saw him last week, he was smiling". "I saw him yesterday, he was smiling". They killed themselves because they were smiling outside, but not inside. If you smile inside, there is happiness inside, you are happy to be alive. You don't need to smile outside, but you do naturally; not a smile to please others, because that is just being polite. Smiling to others and being sad inside makes you feel more inclined to kill yourself. Most of the time those who cry and claim they want to die, they don't die. But those who do kill themselves, they usually smile to others just to be polite.

It is very important to cultivate, like a garden, your inner smile. Everything true goes from inside to outside. That is true for everything. Those who smile to others but not to themselves, they don't have the inner smile. Like the Japanese who are always positive outside but inside they feel so bad. This inside garden has to be cultivated by smiling, an inner smile, alone. People who are depressed smile to others, but when they are alone, they don't smile. Start by smiling alone, not for others, but for yourself. When you smile, you smile to yourself. When you wake up in the morning, before opening your eyes, smile, from the happiness of being alive. Nobody will see it, you will feel it. Then you go to the bathroom and look at the mirror and smile, for yourself, not for others. Then, you have this natural smile coming from inside, from the magic of your life, because your life is magic. You don't need to go and see a

magician to see magic, when you look at your face, that is a miracle. What is that miracle? You can see. You can see!

It is a miracle. I can see you while many people cannot, they are blind. Imagine your life blind. Close your eyes, that is what they see. Open your eyes, it is beautiful, we can see. It is a very simple thing but be amazed by it. Sometimes after surgery, blind people can see and they say 'wow, I can see'. We should do that every day. You can hear, some people cannot. Put your finger in your ear, then remove it, you can hear! It is beautiful, it is a miracle, many people are denied this very simple pleasure, it is a pleasure, not only for music but for voices, hearing your friends, birds, everything. Hearing silence, because there is never silence, at least we can hear our breathing which is beautiful. We can smell, smell the flowers it is beautiful, it is simple. Happiness is in simple things. You can touch, touch the hand of the people next to you. You can touch something, someone alive. It is amazing, some people have no hands. You can taste the wonderful Japanese food, and now the beautiful fruits of spring. Some people cannot taste, it is also an illness, they lose their sense of taste. Simple things are what give you happiness and make you smile from inside to out, not things, not cars, not houses, not expensive clothes, not jewelry. Smiling, touching, seeing, smelling, you have them and nobody can remove them from you. You can suddenly be in a jail, in prison and still have these treasures, nobody can take them away from you, so enjoy them. This is the secret of happiness.

It is our duty to be happy

September 69 a.H. - 2014 Okinawa, Japan

We must be happy. It is our duty to be happy. If we are not happy, we betray our genetic code, happiness is in our DNA. We also betray the Elohim.

The Elohim created life for us to be happy. Yes, smile. Don't wait to be happy to smile, smile to be happy. Don't wait to be happy to laugh, laugh to be happy. Don't wait to be happy to meditate, meditate to be happy. There is a very interesting scientific study that discovered that people who meditate reach happiness. The more you meditate, the quicker you reach happiness. Because happiness is a connection in the brain, there are chemical reactions in the brain that create a highway to the happiness center. It can take a two-week seminar but one word is enough, "happy". If you meditate, you reach happiness faster.

At first it is a little difficult, you meditate and you have difficulty stopping your brain, stopping thinking, wondering if you are in the right position, if your breathing is right, if you have to go shopping. In the beginning you need time to stop the thinking machine and really feel the meditation.

But the more regularly you meditate, the quicker it happens. You first learn to meditate while lying down, and when you get better at it you can meditate sitting. As you progress you are then able to meditate standing and as you get better still, you can do it while walking. And then you can feel immediate happiness, perfect happiness, not a little, but infinite happiness. You can do it whenever you want, in any situation, moving or not moving, dancing or not dancing, in any position.

Happiness is a discipline

March 69 a.H. - 2015 Okinawa, Japan

Happiness is a decision. You decide to be happy, it doesn't come from outside. It comes from inside, from a decision. Children are naturally happy, they don't need to decide, they are happy but then their education makes them think. When you think, you lose happiness. Thanks to awakening, enlightenment and meditation, you learn that you have to decide to stop thinking and start being. Being means being happy. It is a decision. I have said this many times. But there is a second element to it that is very important. Even if you decide to be happy, you may gradually stop being happy. What can make you stay happy, following this decision of happiness? Discipline.

Happiness is a discipline. You can wake up in the morning and say "ok, I decide to be happy". Then you open your mail, they want you to pay taxes, bills. Your boyfriend or girlfriend doesn't want to see you today, and the happiness decision slowly goes away, you forget and you go down. "I decided to be happy this morning, why am I not anymore?"... because deciding to be happy in the morning is just not enough. You need the discipline of deciding to be happy every minute, every second, the discipline to select your thoughts at all times, because you react. You open your mail, the government asks you for money and you think. Even if you are angry that they ask for money, they will still ask for money. If being angry would make the letter disappear, then your reaction would be useful, but it doesn't. If your boyfriend or girlfriend doesn't want to see you, being angry will not change anything, quite the opposite. If you show anger on the phone, they might decide not to see you for a week instead of for one day, or for ever, and they would be right.

The decision to be happy is the decision to check every thought you have. It is a discipline.

When you see dog shit in the street, you don't step in it. There are some thoughts that are exactly like dog shit. Don't put your feet in it. When you see some dog shit, you go around it. It is the same with thinking. Every time you think, ask yourself "is it dog shit or does it elevate my happiness?", then you select.

The discipline of happiness in everything

March 69 a.H. - 2015 Okinawa, Japan

It is easy to be like a Buddhist monk, on a mountain, always in meditation, only chanting "Om". This is not life. In life you receive mail, you communicate on the phone, you drive your car, other cars are disturbing you, the police can stop you, things happen. That is where you need discipline. It is easy to be on a mountain, 24h in meditation and be happy.

Most people who meditate make that mistake, they have a life full of stress, anger, full of bad feelings, then they return home, light a candle, lie down with some beautiful meditation music and they feel good. This isn't right. It is better than nothing, but this isn't right. If you have the discipline of happiness, you don't need to stage a meditation, you are in it all day long. From the moment you wake up until you fall asleep, you feel exactly the same as when you meditate. This requires discipline, the discipline of happiness, every second. Nobody wakes up saying 'I want to be bad all day long'. Some people wake up and say 'today will be a beautiful day' and then they go down, this isn't good. One more time, you can be at that level or be like a Buddhist monk on his mountain, totally happy because he has no contact, no conflict, no stress.

Or you can be even better, be in life, have conflicts with other people, have stress, but stay happy, able to deal with

life, with government, police, taxes, girlfriends, boyfriends, manager of your company, and the discipline of happiness. This is being much better than the Buddhist monk. Most Buddhist monks, when out of their temples, when exposed to life, will lose their harmony. A few years ago I was staying with a Buddhist monk in a house that had a swimming pool. He told me that he didn't know how to swim. I said 'no problem, I will teach you'. We went to the swimming pool and I taught him. The best way to start is to lie down on your back and feel that the water is supporting you. He laid down, I supported his head and he started shaking, in panic. He is a Buddhist monk! Panicking just because he was in water! This is not good. In a temple, in meditation, he had beautiful harmony, but as soon as he was in water all that was gone. Normal people experience stress and are not happy, Buddhist monks are happy in their temple. You are better than that. You are in contact with life, in the water, and you smile and laugh and enjoy happiness. This is the top and only happens when you have discipline. Happiness must be a discipline, and it starts right now.

A successful death

October 72 a.H. - 2017 Okinawa, Japan

If you love people when they are alive, always be ready to see them disappear. Then you won't feel sadness when they do so because death is part of life.

Everybody wants to succeed, to have a successful life. I don't know what a successful life is for them. If you live like a homeless person, in the forest, and are happy, it is a successful life. If you become a billionaire and are not happy, it isn't a successful life. Happiness is a successful life. What is also important is to have a successful death.

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That means that when you die, you have no regrets. You know you have done the best you could when you were alive; you gave love to people, you were happy every day, living each second fully; and you die in harmony and with a smile.

But if you die thinking that you didn't spend time with your children, that you were too busy making money, too busy trying to be successful in your life, then you have a terrible death, full of regrets and anxiety.

Even if you say "I don't want to die." you will die, and the more afraid you are of dying, the sooner you will die.

If you say, "I'm ready, I gave love, spread happiness everywhere on Earth all my life, I did the best I can to make everybody happy around me", then, when death comes, you can welcome it with no fear.

You will have fear when you haven't done what you wanted when you were alive. In other words, you are afraid of death when you have no life.

You are afraid of death when you don't have life!

Is there life after death? This is not the right question. I ask if there is life before death!

Do you have a life? Are you alive? Or are you dead already? If you are dead already, then real death is terribly frightening. If you are never happy, and are not giving love around you, to your friends, your family, to everybody, then you will be scared of death.

When you feel that you need more time to find happiness and spread love, death will answer, "Sorry, it's now time".

If you are happy every day, if you smile every day, if you laugh every day, for no reason, death can say it's coming, you will welcome it and then death may decide to come later since you are happy.

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When I said I didn't shed one tear when my beloved grandmother, the most fantastic person in my life, died, people accused me of being insensitive. That is so funny. They want people to cry when a mother, or a relative dies.

Sorry, my grandmother died happy, and I was happy when she died. That is very simple. I'm not happy because she died. I'm happy. The fact that she is alive or dead doesn't change anything in my happiness, because I gave her the maximum love when she was alive.

Imagine, that the person beside you, the two or three people next to you, or around you, imagine that tomorrow morning, when we come back here, one of them has died during the night.

It is possible, nobody knows. What will you say then? What will you feel? Usually people have regrets and feel that they should have given more love, should have talked more to that person, or called them more often...

Do it now because they are alive. Do it now. Give your love now, not after death.

You created a beautiful mandala today. Now, take this paper, hold a corner and shake it, and bring all the sand together. Mix everything.

What is happening? It's death. It's the same with our body. We have beautiful shapes, arms, we have a head, eyes, and then they go back to dust.

Look carefully at the colored sand particles that you have all mixed together, what color are they? They are now brown. On your mandala drawings they were beautiful blue, beautiful green, beautiful yellow, and now; nothing. No color, no shape, from dust, back to dust.

You have a hand, you have eyes, after death, there is nothing.

Nothing is permanent. Love your friends, love your family, love everybody around you, because, they are not

permanent. And love yourself, because you are not permanent.

Thankfulness

May 69 a.H. - 2015 Taiwan

Be thankful whatever happens. Last night I was disturbed by a mosquito. There were three in my room. The mosquito is the only animal which turns you into a masochist, because you hit yourself all the time! I think it's one of Elohim's jokes to make you hit yourself all the time! I was thankful, because mosquitoes attacked me and that means I have blood. If I had no blood, there would be no mosquito but I would be dead. So I'm thankful to have mosquitoes coming and drinking my blood. Think about it when you see a mosquito coming, that proves you are still alive. Let's celebrate the mosquito bite and do like Buddhist monks. Buddhists are not violent, they don't kill animals, so a mosquito comes and bites their hand and they say 'please enjoy, drink my blood'. Then there is a second one, and they say 'please do it more quickly'. When a third one comes, they kill it like everybody else.

Killing is part of life. We need to kill to survive, not human beings, but chickens, lettuce, carrots. We need to kill to eat, so we cannot have absolute non-violence because when we eat food we have to kill, but we can do it with love, being thankful. When I was living in Canada, I used to hunt, but only for eating, not for pleasure. I never killed any animal for pleasure, just for eating, and every time I killed an animal, I would do a little meditation saying, "thank you, thank you Elohim for creating this animal for my survival, thank you Elohim, and thank you to this animal for giving me its body so I can survive..." The animals you eat are lucky. I think the deer I killed should have been thankful too, because it was becoming a part of Maitreya's body. I still carry some part of

this deer. I am thankful for every food that has become part of my body. Be thankful for everything, and then happiness comes.

Don't ask why

June 71 a.H. - 2017 Okinawa, Japan

Can you be happier than now? No. Happiness is a binary system, you are happy, or you are not happy. You cannot be half happy, you cannot be 90% happy. You are happy, or you are not. Feel it, it is a very interesting exercise. Everybody in life has ups and downs. Whenever that happens, sit down and just ask yourself a very beautiful question, "Am I happy or not?" When you do that, you are talking to your supra-consciousness, and you have to wake up the little snail that is supra-consciousness. Most of the time, we think, we think and we think and ask the most terrible question, "Why?" That is the most depressing question you can ask. Depressed people, deeply depressed people, always ask, "Why?" It is a poison question. "Why can't I sleep?". "Why is it happening to me?" "Why don't I feel good?" All "why's" are poison. The good question is "Am I happy?"

Am I? That is completely different. "Why?" pushes your brain to question, to think more. "Why? WHY?" But when you ask, "Am I?" suddenly the brain realizes that it cannot answer that and then you can feel. Suddenly, you feel. Thinking can never bring happiness, never. But when you feel, it comes naturally. So, when you have a big down, when you feel that life is terrible, that you need some alcohol, drugs, a sleeping pill, just say "Am I so unhappy?". Then look outside, at the beautiful trees, at people walking in the street if there are no trees, or the buildings, even a factory. Look and ask, "Am I so unhappy?" Then, that brings you 'now', because it is the present. "Am I so unhappy?" "Am I happy?" And the answer is, "I am". I am.

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When you say these two magical words, "I am", you feel, you feel now, here. But if you ask why, you talk to the past. Why means "What created this bad feeling?" So, you travel in the past. When you ask "Why?" You automatically travel to the past, to ten years ago when you had this problem, and you quit the present, you go to yesterday when somebody told you this thing that affected you. Then you are not now. "Why?" always brings you into the past. For being, for happiness, you must completely remove the word 'why' from your vocabulary. You can use it for science, for research, that's very different, but not for happiness. Happiness cannot fit together with "why?"

If you ask why you cannot sleep, then you cannot sleep. If you ask why you cannot have an orgasm, then you cannot have an orgasm. If you ask why you cannot feel meditation, then you cannot meditate. Because "why?" is thinking, and thinking is always 'past', always! Depressed people always try to find a new reason, a new explanation, and sometimes, for hours and hours, repeat the same thing. They always have the illusion that by thinking more and more about their depression, they will find the real reason, the missing vitamin, the missing nutrients.

A lot of people are making money with that. "You are depressed because you don't have enough magnesium." "Not enough vitamin C." "Your body is too acidic". You find all this stupidity on the internet. The only thing which makes you depressed is "why?" You have everything you need in the food, in the vegetables, meat, eggs that you eat. If you eat a normal diet there is everything in it, there is no need for extra vitamins. The Elohim didn't create us to eat pills or supplements. The Elohim created us, and the vegetables, the fruits, the animals, with everything inside.

You have everything you need in the food, but by trying to find something missing, you ask "why?". "Why?" and then another "why?" and people are unhappy forever. If you stop asking "why?" you are "now". If you have an orgasm, you don't ask why. For those who are lucky enough to really

have a great orgasm, you don't want to know why. You just feel, enjoy, and fly. It's the same when you fall asleep, when your brainwaves slow down, you can feel that you are falling asleep. If you ask, "Why?", it is finished, you stay awake. When you do a meditation, you feel, and if you say, "why?" it is finished! Forget it! Don't waste your time meditating if you ask why. There is no "why" in happiness. You feel and you enjoy. If you don't feel perfectly happy now, you are thinking. If you stop thinking, right now, on your chair, in front of me, far or near, if you feel, now, it is the happiest time of your whole life. No "why?" Just feel it! However, the brain always, automatically, asks "why is he saying that, why is now better than before?" It isn't better than before because you ask why. Try, for once, just one time, to feel "now" right now.

"Why?" is a poison, in everything you do in life while "feeling" is a treasure? "Why infinity?" "Why the Elohim?" "Why am I alive?" It is poison, everywhere. Feel that you are alive, you don't want to know why. I am happy, I don't want to know why. If I try to know why, I lose my happiness. I have a beautiful orgasm with a sexy partner, I don't want to know why. When you are in love with somebody, the most stupid question is to ask them "Why do you love me?" Don't try to understand why you love. Feel, just feel. You love life, depressed people will say, "Why do you love life?" There is no reason to love life, there is no reason to be happy. I'm happy, the Earth is beautiful, you are beautiful, we are happy together, because we don't ask "why?" Happiness is in your life, in the infinite successions of now. Now is the most beautiful time of your life, and you can stay happy in an infinite succession of 'nows'. In happiness there is no past and no future, there is only now and now is eternal. Feel it and keep this feeling, slowly, kindly, and laughing.

The feeling of enlightenment

June 71 a.H. - 2017 Okinawa, Japan

When you lose your happiness, you think. Thinking is a poison, it is what creates wars, Fukushima, depression, diseases, cancers, everything. I will give you a little tip to avoid losing your happiness. People are so desperate to be happy that they use alcohol. When they drink a lot of alcohol, they stop thinking, that is why they do it. But it is another form of poison. They use drugs as well. Some people shoot themselves with drugs that immediately make the brain stop thinking. That is the goal of every drug. That is why people become addicted to drugs or alcohol, or tobacco, because, suddenly, the brain stops thinking, or thinks differently and it feels good. But if you feel "now" you don't need alcohol, drugs, medicine, anything. You have everything inside you.

Just an example of how tricky the brain is. Some countries like Mexico, Korea, love spicy food. I went to Mexico one time, there were 5 kinds of strength of 'spicy': very strong, strong, normal, a little strong and not strong at all. I took "not strong at all", I tasted it and had smoke coming out of my ears. All the Mexican Raelians ate the strongest and looked at me not understanding my reaction. They are addicted to drugs! When you eat spicy food, you damage your tongue, you burn the cells on your tongue. That is why countries like Mexico, Korea, where people eat very spicy food, have the highest incidence of mouth cancer per inhabitant. Irritation brings inflammation, infection and further cancer. When you burn your tongue with spices, your brain doesn't want you to suffer, so the brain immediately creates a chemical which is very similar to heroin in order to stop the pain. This chemical stops the pain, but it also makes you feel good. That is why people are addicted to spicy food.

When people lose one arm in an accident, they don't show much pain right away, even with the arm fully severed.

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In contrast, we could slightly touch a heater, and scream like crazy, because the body doesn't send the painkilling chemical just for a little burn. Without the brain producing that chemical, you would die of pain when losing an arm. It is the same process when you eat spicy food, which is very bad for you. So the body wants you to feel good and secretes the pain killing chemical and you become addicted to spicy food, just like you can be addicted to alcohol or to heroin, cocaine and tobacco. Everything that burns is bad for your health. Very hot tea is bad, very cold ice cream is bad. In response, the brain generates the addictive chemical. Be careful with these self-generated drugs. Never eat spicy, never eat or drink hot food, burning food. When you feel now, you don't need any drug, you don't need anything. You have a natural drug, a beautiful drug, coming from the balance of feeling now, that is generated by the brain, that is happiness. You can stay like that forever.

Here is a little trick to feel it more. You have all experienced this moment, a very short moment that we call 'enlightenment'. Everybody has experienced it at least once in their lives. You might have been looking at a sunrise, listening to music, looking at somebody. You might have been walking somewhere, making music, anything, when you suddenly felt one with everything, and you were amazed. You didn't know why and you didn't ask why, because if you had, you would have lost it. Everybody has experienced that at least once. For me it was before being who I am now. It happened four times in my life.

I was a little child in my grandmother's garden, lying down on my back and looking at the swallows. There were hundreds of them. They gather in October before migrating to the South, turning and singing, and I felt at one with each one of these birds. I felt one with the Earth, with everything. I was, maybe five years old. That was the first time in my life.

The second time I was about fifteen. Maybe you had a similar experience, lying down under a cherry tree with

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many flowers, and the petals, like sakura, were slowly falling. The feeling of happiness was unreal. I was becoming the sky, the trees, each petal falling.

The third time I was in Madrid, after the first encounter with the Elohim, giving a public speech. One afternoon, walking in the streets of Madrid, suddenly a poem came to my mind, and I was verbalizing and reciting this poem, which I just made, feeling amazed. I felt like I was in space. And there was a fourth time.

Everybody has had such an experience. Remember when it happened to you. Try to remember clearly. You could have been a little child, a little bit later, a young adult, it doesn't matter. Recall this feeling, it's different for everybody. You probably had it three, four, five times in your life, you don't know why, and you don't want to know why, but you remember the feeling. Remember the feeling you had the first time, the second time, the third time, the fourth time, put them together, and feel them all again by mixing the four or five feelings. It automatically comes back now. It is magic, if you feel it, you feel the past experience. You're not thinking about the past, you are just feeling this past experience again. Put them together and immediately, like magic, you have it again. Do it, it's magic. By doing it regularly, you can keep this enlightenment forever. I'm with you now, talking, but I'm with my little swallows at the same time, I'm making the poem in Madrid, I'm under the cherry tree, right now, all mixed, and that's why I can be with you.

Select the seeds of happiness

May 68 a.H. - 2014 Taiwan

Only you can make yourself happy. I can show you the way, but you are the garden and the gardener. Every thought you put in your garden grows and makes a flower. If you have an ugly garden with very bad weeds, who is responsible? Not your family, not your parents, not your friends, not your boss, only you. Choose, select, put only the beautiful ones that you select. When you let your brain have negative thoughts, sad thoughts, the garden becomes very ugly and there is no happiness. For happiness, you are the garden and the gardener. And you can change it. If it is ugly, remove the weeds, and sow beautiful flowers and be amazed.

For the seeds to grow, they will need water, minerals and something very important, they will need light. Light is meditation. Meditation is the light that makes your flowers grow.

Every tree, every plant, is a conscious being. Be amazed by the trees, they are alive, they are sensitive, they have emotions. When you touch a tree, you feel the energy, they have emotions, that is beautiful.

When I see a tree, I see a being which is in meditation. Trees are always in meditation, with the wind, they are very, very happy. Every tree is very happy, all of them, every tree is positive, there are no negative plants. Trees, whatever the weather, whatever happens, are happy. They love the rain, they love the sun also, but they need rain. Every little bit of grass is happy, and then they make flowers.

Is a flower made for us to admire? A flower is actually the plant's sexual organ, like a mushroom is the penis of the white underground mycelium. The underground mycelium is the real plant, white filaments, little strings underground.

RAEL – THE MAITREYA II

It is the same with flowers, when we cut a flower to give, we cut a penis! Flowers are the plant's sexual organs, so when we look around us, in this beautiful spring, it is full of sex, every plant, every insect, every butterfly, everybody is thinking about sex. It is beautiful, it is a beautiful natural order.

There are beautiful forests around us. They have no government, there is no police in plants, no politics, no communist party, nothing but a beautiful natural order. The river flows in the countryside, there is no police, no government, no communist party, it is a natural order. Honey bees live together in a hive, they have no government, no police, no communist party, it is perfect order.

It is what human beings call 'anarchy'. Anarchy is natural order, everybody works for the good of everybody. It is the same for human beings, however we are not healthy, we are not balanced, so we need government, police, a communist party. We don't really need them. Humanity will be much better without any government. The world can be ruled by natural order. There is no law in a bee hive, no law, no lawyer, no police, everything is ok. Human beings can be the same.

On the Elohim's planet, I saw no police, there are no Elohim police, there is just love. Everybody thinks about other people's happiness. To make food, to create everything, they have robots, natural order. Like in the forest here. In France they make french gardens, all square, cut, like terrible japanese bonsais. It is torture, the bonsai is torture. I don't like bonsais, they are made of suffering.

Many people are vegetarian, because they don't want to make animals suffer. One day I was in a house, the hosts were vegetarians, they didn't want to have animals killed for their food but they had a bonsai. This plant was suffering. Plants can suffer like human beings. In the square french gardens, you always need to cut and cut and cut. In agriculture, they now use a lot of chemicals, poison, poison for the weeds and for you, which creates diseases.

RAEL – THE MAITREYA II

Forests here have no gardeners, they are so beautiful. Each plant has its own place, they all live in harmony, without police, without any communist party, without any judge, following the natural order. That is what we need for happiness. Love is part of the natural order, you feel it. Loving is natural order. Meditation is natural order. Natural order is meditation.

2. Kindness

"Be kind, you will be right"

Kindness and happiness

December 67 a.H. - 2012 Okinawa, Japan

Kindness and happiness go together. You cannot have deep happiness without being very kind. Real happiness always comes from deep kindness. If not, it is more joy than happiness. You can drink alcohol and you feel joy, or use drugs, or money, or power, that is joy, it isn't happiness.

Happiness goes together with kindness. Be kind to each other, like the Elohim are very kind with us. The Elohim have huge power, they created us and created all life on Earth. In one second they could destroy it all. They still can, in one second. They could destroy all life on Earth, if they thought we didn't deserve to be alive with so much violence on Earth, with all the bad things we do, they could think we don't deserve to be alive. We destroy more than a thousand species of animals every day.

One thousand species from their creation every day! They could be angry: "they are destroying the life we created! with war, pollution, Fukushima, they are destroying the beauty we created on Earth". They could be very angry, and say "let's destroy humankind, they are a mistake". No, they trust us, in their infinite kindness, they think "they are making mistakes, but they will learn, they will save this creation". We don't respect their creation, we are disrespectful to the Elohim when we destroy their creation. We are insulting them. When we believe in a supernatural god, or in evolution, we are insulting them. They could be angry and say: "What?! You are insulting us, we shall destroy you". No, they still love us. We insult them, they give us love and kindness. We kill each other and destroy animals, they give us the Message. It is unconditional love, whatever we do, they love us, they are kind to us. They are our creators, they could say: "ok, we will come now, we are coming now", they could land anywhere. No army, no weapon can do anything to prevent them. Instead, they say: "please make an embassy, if you make an embassy, if you invite us, we will come". They could come and say: "that's it, we are the Creators, we have come now, whether you like it or not, we are coming!". That is what the american style government would say: "we come to bring you democracy!", with bombs and military. No, "please make an embassy, and if you make an embassy, and if you invite us, we will come".

What a lesson of humility! A great lesson of kindness, and respect, and love. So remember it, and do the same amongst yourselves. You are never kind enough to each other, never respectful enough. If you really want to be in the image of our Creators, be kind to each other.

Be kind, you will always be right

June 67 a.H. - 2013 Montreal, Canada

We have to take advantage of every moment, of every second, of each breath that we may have. What is a breath for, what is this breath for? Is it to breathe in air? Partly. It is especially to tell one another "I love you". It is much more important to take a deep breath and tell someone: "I missed you" or "I love you" than to take in oxygen. It is good to take in oxygen, it takes place at the same time anyway, but if you breathe to tell others how much you love them, you are always right, because you are kind and I will never insist enough upon this; it is one of the most beautiful sentences I have told you, and I will say it again: "if you have the choice between being right and being kind, be kind. You will always be right".

It is so important, so important. Because sometimes, we make mistakes, especially Raelians. There have been times when I corrected several of you for saying: "but Rael, you can't say that, what about The Book Which Tells the Truth, the truth is more important than being kind?". No place kindness first. The world is sick with people who are "right" and who fight the "right" wars everywhere. Everyone thinks that they act righteously, that they lead the righteous fight; what if all of a sudden, we started to be kind, everything would become right. Just be kind, just kindness. "Rael, you wrote The Book Which Tells The Truth, therefore you first have to tell the truth, it is more important than kindness". No, kindness is more important. I have come across old Raelians who are suffering and who come to see me and tell me: "The Elohim and myself, it helps me at night, I have done it all my life, I am 90 years old, I pray to God, I am very sick, I am in pain", and I tell them "continue, continue". Why would I tell them that there is no god? It makes them feel good. Continue. You love the Elohim and you feel that having god next to you makes you feel better? Keep going.

We know it doesn't exist, but why tell them? It wouldn't be nice for someone suffering or in a hospital who tells me: "you know, tonight I am praying and I have the feeling that when I pray to god that I have more energy". Keep on doing it. Because it is nice, it is not right, but it is not necessary to be right with people who suffer, it is more important to be kind, and to soothe them.

But those who are in good health, those people, they are going to get it straight in their face right away! If they are in good shape and say: "I prayed to god all my life, I am fine there, I am 30 years old, I am an athlete, I do body building and I believe in god". "You are wrong, there is nothing, no god." These healthy people, they can take it, but if you speak to someone who is weak, who is in a deep state of despair, if they tell you: "for me, the Elohim are there, I love Rael's Messages, but there is a god", then yes, continue. They say "maybe it exists", yes, yes, one can lie out of kindness because you are making the person feel good. In fact, it is not a true lie because, what is god in their mind looks like infinity. So in our mind, we say yes while thinking of infinity that is everywhere, that is inside of us, that we are a part of and that we will go back to. Ok, call that god if you wish, it doesn't bother us.

But someone who is healthy on the other hand, he can think a little and realize that there is something else. So always be kind first. Be kind amongst yourselves first! If you want to be right among each other, the Raelian atmosphere will become unbearable. "But what you say isn't correct" then everyone corrects each other and it creates a pitiful atmosphere. Be kind first and foremost. As I have always said from the beginning, ever since the first seminar when I was here, harmony is a priority. Harmony. Harmony between yourselves is more important than being right because when we are right, harmony disappears; and we become wrong. As for me, I prefer a whole group of harmonious people where no one is right than a group where everyone is right and no one can stand each other. Love one another, as it was once said, love one another first

and foremost. You know, what is important, to use a christian phrase, is not for people to say: "look how right they are", but rather "look how much they love each other". And to love one another, we have to be kind. We cannot love each other if we are not kind. Yes, it's good to be kind toward others but first let's be kind with ourselves. You drive yourself crazy by being unkind with yourselves, by correcting yourselves, by constantly trying to be right, with a rigid discipline that prevents you from being well. That isn't what being Raelian is about, that isn't what love is.

To love oneself is to have compassion for others but first for oneself. You are not perfect and you will never be so. I am not perfect and I will never be so. The Elohim are not perfect, and will never be so and they teach us the beauty of imperfection, of an imperfection that has infinite room for improvement. That is beautiful. It improves because it loves itself, because you have compassion for all the stupid things you may have done, for all the times you may have said something that may have hurt someone. But then you say "but I was right" because you don't want to recognize that you shouldn't have said that. Instead say, "I shouldn't have said that, pardon me for having said that". If there have been conflicts between you, they were for stupid reasons - it is always for stupid reasons, even if it is right, it is for stupid reasons. It is right to love each other, while being wrong. It is bad to hate each other while being right.

Look at each other, from far away maybe, and then from close, and go give each other a hug. A hug later but let's start with a glance from far away if there were conflicts in the past, words that created tension with someone else, look at the person and say "forgive me"; look at them by saying that, and then say it with a little sign, raise your hand and then you can meet each other and hug each other and apologize and it's beautiful. All of a sudden, the past is dead. The moments that you had a conflict with someone else have died but you continue to see them alive only through memories. It is stupid, since it no longer exists. It no longer exists. If I step on the foot of someone who has a broken

toe, for example, I can continue to suffer for that or instead I could tell myself that it is the past, that I made the wrong move, and then forgive, and kill the past that is dead anyway.

Move on to the present so as to build a future of love.

"Forgive yourself, forgive your own trespasses as you also forgive those who trespass against you". A beautiful sentence too and so right. Not everything is wrong in Christianity. It is a beautiful teaching of love, of harmony, to first be kind and then to be right. If you love the Elohim and you love me a little, remember this sentence. If there is only one sentence of mine to remember "be kind rather than being right because each time you will be kind, you will be right".

Love kindness and compassion

July 67 a.H. - 2013 Okinawa, Japan

Not everybody can be very intelligent and it isn't important, but everybody can be full of love and when you are full of love, you are much more intelligent than intelligent people, because real intelligence is love. So be kind with everybody, especially with people you don't know, people you meet in the supermarket, in the street, taxi drivers, anybody, give love, kindness.

When some people pull a sullen face, no smile or are very nervous with you or angry, it is because they don't feel good. People who hate you, they hate themselves. By giving them love and kindness, you will surprise them and they will start to change. The only way to change the planet is to give love, kindness and compassion. Don't forget that. If there was only one important teaching from the Elohim, this is the one: Love, kindness, compassion, but above all, love. Keep that in your heart, and do it for yourself first. You are not perfect,

I am not perfect, the Elohim are not perfect but we must love ourselves, loving both our good and bad parts. Everybody has bad parts.

The beautiful rose flower, my favorite flower, has thorns. The beautiful lotus flower, has its roots in the mud. If you can, imagine you are a rose, do you feel bad because you have thorns? No! You have the beauty of your flower and the thorns too and you love it all, because you need all. If you are a beautiful lotus flower, the symbol of Buddha, you have your roots in the mud, very dirty mud, but you need it and so you love it all. From the dirty mud, you make beautiful flowers and you love it all. That is why you must love the bad side of yourself too. Thanks to the bad side, you have a beautiful side. That is why you must start love, kindness and compassion for yourself. We make mistakes, we do bad things, it is part of us, but we do beautiful things also and we are one, love it all. Like that you can improve, knowing you will never be perfect. I will never be perfect, but I can be better every day, for eternity. If you were perfect, eternal life would be boring, Eternity is interesting because we improve forever. And this we can only do with love, self-love, compassion and kindness for ourselves.

Kindness is the most important expression of love

August 69 a.H. - 2014 Okinawa, Japan

The most important quality in human beings is kindness. You are never too kind. Be kind with other people, not only with your friends, not only with the people you love, but also with the people you don't like. Kindness, is the most important expression of love. You cannot give love if you are not kind. Be kind to each other, always. Before talking or interacting with anybody, do a little meditation, very short, "I will be kind." Some people think that the most important

thing in life is the truth, to be right. That isn't true. If you have to choose between being right and being kind, choose being kind, you will always be right. If you are right, sometimes, you are not kind, and if you are not kind, you are not right. Never too much. Maybe some people will look at you and think, "It is too much kindness, it isn't true..." Maybe they will judge you, thinking that you are weak, not strong enough. It doesn't matter. The strongest strength in the world is kindness. Be kind to each other, one can never be too kind. Put your brain into autopilot, train yourself to always have kindness in priority.

When you meet somebody, even somebody you know, say something kind, compliment them. Kindness is expressed with very simple things and it is never too much. When you give kindness, you receive more, and we all want other people to be kind and sweet with us. You don't want to be with people who are not sweet and kind to you. So, be the first to do it to others. If the whole of humanity were kind, there would be no wars, no starvation. If all the billionaires in the world were kind, they would give money to the poor african children, instead of buying cars made of gold. How is it possible to have a car made of gold, knowing that children are dying at a rate of one every 5 seconds in Africa. That isn't kind. If I were sitting in a car made of gold, I would feel guilty. All the problems in the world of capitalism, is due to the lack of kindness. When you are kind, you want to be kind with everybody, even with people you don't like. You don't have to love everybody.

There are people whose personality we don't like, but we have to be kind with them. The rose and the lotus are very different flowers, they have very different personalities, but they are, each of them, so beautiful, and you are the same. You are different flowers. Some people may not look like you, but you have to be kind with them. Your personality will be richer by being with people who are very different from you. If we always want to be with the people we love, our personality will become poorer. By being with people we don't like, we discover another way of being a human being,

and we can only do that with kindness. Being kind with people you love is easy. But be kind with people you don't love, and then kindness will increase on Earth. Don't judge other people, don't try to teach other people how to behave, because that's a form of judgment.

This is not love, this is not kind. You are different from me? Thank you for being different. You do things your way, I do things my way, we make humanity richer by being different. So, remember, being right is not important. Being kind, is THE most important thing.

Change lives with a smile

January 68 a.H. - 2014 Okinawa, Japan

Many people make a big mistake, they wait until they are happy before smiling. It's the other way round; smile first, to be happy. Because a smile brings you happiness. Smile for no reason. When you smile for no reason, naturally happiness comes from inside. That is the smile of supra-consciousness, it's not a smile to get something from other people, it's not a smile because something external makes you happy, it's a smile because it is connected to inner happiness. That is the first meditation when you wake up. Every day when I wake up, before opening my eyes, I smile. To feel alive, that is enough. It is wonderful to be alive. Smile first, then you open your eyes. If you open your eyes first, maybe the smile will not come. Smile first.

If somebody looks at you with a sad face: smile. Your smile is like a communication, if you smile at other people, they smile back to you, and especially if you don't know them, that is the most beautiful way to spread love on earth. When you see somebody in the street pulling a sad face, when you walk, and you smile at this person, they might smile back and after a while they may think "why did he

smile to me, do I know this person?" and then their brain starts to think about smiling and happiness. So with just a smile you change people's lives.

Every day I take a walk in my neighborhood. Often people are walking on the beach also, or are in their little cars on the road. I smile to them and say "hello" and I think with pleasure about these people, who, maybe for the rest of the day, will wonder why this guy said "hello"? "Why did he smile to me? Do I know him?" The brain starts to think differently. Say 'hello' to people. Maybe they will come and say "do I know you"? "No but I love you" and that is spreading love. If you smile only to people you know, it is a kind of racism. I know you, I smile, I don't know you, I present a serious face. Instead, I smile because I don't know you. That is the way to spread love.

To smile is to love. It has a double effect. The first effect is that this person will wonder why you smiled at them and will forget about their problems. The second effect, is that you will have a good time, because this person thinking "why did he say 'hello', will make you laugh for a while and laughing is very good.

3.Thinking

"No thinking, no fear"

Feel

October 70 a.H. - 2015 Okinawa, Japan

Feel the Elohim, every second of your life, in every breath, in every face you look at, in every flower. Look at the ocean, it is a beautiful reminder. When the Elohim came, there was only the ocean. And it is still here. If we disappear, it will make no difference for the ocean. All our dust will go to the ocean. We are not necessary for the universe. And that is why we are so precious, because nothing in the universe needs us. If we disappear, the moon will be in the same place, the sky full of stars, the sun will be there. But if we are not alive, we cannot see it, we cannot feel it. There would be nobody to see the beauty of the universe. When you watch, when you feel the beauty, you are the universe contemplating itself. You are the eyes of the universe. When you look at flowers, when we listen to music, it isn't the little

you, it isn't the meaningless ego who is listening, it is the universe.

Don't think about the beauty of infinity, feel it.

Discoveries are made while feeling

September 67 a.H. - 2012 Okinawa, Japan

Is there any contradiction between the teaching which describes science as beautiful, intelligence as beautiful, and on the other hand, the teaching which advises us to stop thinking?

There is no contradiction between these two things, they are the same. By thinking about science, we use our brain to resolve scientific problems, to make discoveries, to help humanity progress, that is one thing. But thinking is not science. Albert Einstein who was one of the most famous scientists in the history of humanity, once said: "the most important discoveries I have made happened while not using the rational part of my brain". It is very important to realize that science is more about feelings and intuitions; experimentation is important also, but following the feelings and intuitions which are the major part of scientific discoveries.

So, when you want to feel happy, no science can bring it about, only stopping the process of continuously thinking can make you happy. No thinking. Then you can put your brain in a more positive state to receive feelings, and to make discoveries. Important discoveries are not made by people who think and think and think. Important discoveries are made by people who have a sudden inspiration. This is true for science, for art, for music, for everything. Mozart didn't used to think, nor did Picasso or Van Gogh, and yet inspiration still came to them and all the great composers.

I know many great artists, they sit at their piano and music just flows. If Mozart was at his piano thinking, he would have made no music at all. Thinking is bad, thinking destroys creativity and most importantly destroys happiness. When you think, you are not happy. Completely stop thinking and just be!

Be more intelligent, stop thinking

September 67 a.H. - 2012 Okinawa, Japan

To be intelligent is to be connected. It comes from 'intel-ligere' which in Latin means to connect. When you think, you disconnect. When you feel, when you are, you are connected with everything, with infinity. And that is why no thinking is not the opposite of science. On the contrary it is the root of the highest level of science, the root of the highest level of creation and art.

I wake up every morning with a new piece of music in my head. Lotus, a great musician living here in Okinawa, also wakes up every morning with a new piece of music in her head. She doesn't sit at her piano and say "I have to think to play the music". Never. No thinking, just being, and it flows. It is the same for love, which is the most important thing on earth right now, love. When you think, there is no love. When you feel, and when you are, you feel love, you give love.

One of the most beautiful ways to show love to somebody is by giving a flower. If you think about it, it is so stupid, but it is so beautiful to give a flower. Another even more simple thing: to give a hug. If you think about it, asking why, then you won't do it. That is why people who believe they are intelligent never hug. In fact they are not really intelligent, they think and they bring no love to the planet. But if you

stop thinking, when you see people in front of you, you want to hug them all, because you stop thinking. So please, be more intelligent, stop thinking!

The gift of feeling

December 68 a.H. - 2013 Okinawa, Japan

The Elohim's Message says: 'We created you in our image and we offer you the same religion as the one we have'. The Elohim meditate to feel and harmonize with infinity and they harmonize with infinity in exactly the same way as we do. The Elohim always meditate using the symbol to help them feel infinity. They couldn't give us a more beautiful gift. They not only gave us their understanding of how you can create life, but also of how you can have the best possible harmony, by feeling infinity.

That is the beauty of the Message. The beauty of the Message is that it talks to our understanding, it talks to our intelligence. But there is something more important than intelligence. Intelligence is something which helps us think, and when we think we can be very sad. Thinking doesn't bring happiness. What brings happiness is feeling, being, feeling infinity, outside and inside. That is their gift, the most beautiful gift of the Elohim.

Throughout the history of humanity, we couldn't have something more beautiful than the gift of the feeling of infinity. People believe it is necessary to "understand". Understanding science is very important, but "feeling", feeling oneness, with everything around you, everything inside you, this is the most beautiful gift of the Elohim.

Understanding brings us science, which is very good, but feeling, through sensual meditation, brings us happiness. Like they say in Asia, you have the Ying and the Yang, you

have knowledge and happiness. That is why everyday of our life we must say: "Thank you Elohim"

From learning to enlightenment

December 68 a.H. - 2013 Okinawa, Japan

Some scientists are now saying that there may not have been a big bang, but that the universe is eternal. Scientists are coming round to the idea that the universe cannot have a start and an end, it is infinite. This piece of news came out on December 13th, just perfect. Thank you, Elohim. That is a big scientific revolution, and they are progressively forced to accept the truth that we, Raelians, have known for the last 40 years. We are lucky, we know so many things that people will discover slowly after many, many, many more years. We are so lucky! We know things that even the most advanced scientists on Earth don't know yet. We know things about science that are so advanced, that most advanced scientists on Earth will only know about many years later. This also applies to philosophy, meditation, human values, we know things that are much more advanced! Thanks to the Elohim, the Message gave us the most beautiful gift we can imagine. Of course the scientific explanations in the Message are interesting, but what is more interesting, is what it can change in our lives, as knowledge and scientific knowledge doesn't bring happiness, no more than having things. Having things, many houses, many cars, doesn't bring happiness. Knowing things doesn't bring happiness either. You can be a billionaire, very rich, and still wish to kill yourself.

You can also be a doctor with high level diplomas and scientific knowledge and still want to kill yourself. Knowing and having doesn't bring you happiness. What brings happiness is being.

RAEL – THE MAITREYA II

You can reach that state of being through meditation. When you are, "you are" and to "be" you must stop thinking. Your mind is always worrying about things. The most beautiful teaching of the Elohim is not knowledge. Knowledge is beautiful, we like it, but it isn't the priority. The number one teaching is how it can change our lives to become happy.

Imagine if the Elohim had given us the Message with only the explanations on how they had created us. That is interesting, exciting, but it cannot change your lives. What can change your life, is what you can change in your everyday behavior and thought. This knowledge is infinitely more powerful than the knowledge of scientific values. Of course scientific knowledge will slowly merge with philosophical teachings. Science is increasingly providing a rational understanding of what meditation does inside our brains. In this way science is useful to help improve the happiness of humanity. But the scientific knowledge of the value of meditation, its scientific explanations with electroencephalograms, (EEGs), or with any scientific research which proves how powerful meditation is for the brain, is just knowledge. In other words, the knowledge provided by science, which is a good thing, explaining why meditation is good, and what meditation does in the brain, is very interesting, but it isn't meditation, it is just knowledge, and it doesn't make you happy. It is like the pleasure of walking, or making love, having an orgasm, these are great. However, if you read a study about what an orgasm is, it won't give you an orgasm.

You can read very advanced research of what an orgasm is, which muscles, which neurons are involved in an orgasm, it will still not give you pleasure. No scientist will suddenly experience an orgasm when they read a report on how orgasms work. That won't work. You have to stop reading to experience it.

I want to insist on the similarity between orgasm and meditation, the similarity between an orgasm and enlightenment. For both, it is good to know they exist, it will

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not damage anyone to learn the process, it is good to understand what is happening, but you have to experience it. This enlightenment of consciousness through meditation, is very similar to an orgasm. But an orgasm is very short, while the orgasm of the brain through meditation can last for a very long time. It can even become a permanent state. Imagine an orgasm which can last all day long. Isn't that exciting?

That is what meditation can bring you, when you reach the state of Buddha, where every second, every heart beat, every breath is part of a global orgasm. Learning about it is just intellectual. Doing it, is meditation. Reaching it, is enlightenment. Like in sexuality, learning is good, doing it is better, and reaching orgasm is the top. So when you practice meditation, you train your brain to stay in a permanent state of orgasm, a spiritual orgasm, where you feel oneness, where you feel connected to everything and nothing.

When you have a cosmic orgasm, you feel connected with everything. Suddenly for those of you who are lucky enough to have experienced this type of sexual orgasm, suddenly your body is not limited, you become one with your partner, not only with your partner but with everything. Suddenly you feel the galaxies in your brain, the molecules, everything. I hope everybody in this room can experience this sexual orgasm at least once, and you don't need a partner to do it. You can do it even better with masturbation. That is something that Catholics cannot experience, because they feel guilty if they masturbate. But Raelians have no guilt. Remember, your best partner is your own hand. Nobody can feel you as much as your right hand, or left hand, if you are left handed. Nobody, no partner in the universe can be as good as your hand, because you feel this climbing towards orgasm directly, which connects you to everything and nothing. Suddenly, you "are", without the verb "to be". When you say: "I am" without saying it... When you feel "I am" without thinking it. To be, to feel, without any word or any concept. That is what meditation will also bring you, in the same way as sexual orgasms will. They are very

similar. This is the most beautiful gift the Elohim gave us. That is where we can feel the Elohim's love. They give us the way, the key for happiness, there is nothing more beautiful.

Not every Raelian is a scientist, not every Raelian can have a good understanding of what DNA is, the genes, or the chromosomes. It is very difficult and complicated, maybe you don't want to understand. But every Raelian can feel, if you really let it be. If you really do the meditation, which I hope you do every morning, then gradually you will reach this level of permanent spiritual orgasm. True religiosity is not something which happens in a church or a temple, it is something which happens inside of you.

I don't want you to believe

December 68 a.H. - 2013 Okinawa, Japan

I don't want people to believe, I want people to feel. Believers are stupid. Do not replace god by the Elohim. Many people make this mistake. Before reading the Message, they were evoking God. After reading the Message they plead "Elohim, Elohim". They replace one god with another god. This is not what the Message is about. The Elohim are not here to replace God, they are here to show us the way to a higher spirituality, a higher feeling of infinity, a higher level of happiness, of oneness, to make us feel it. People who suddenly pray to the Elohim every day instead of praying to God, they understand nothing. Leave the Elohim alone! Don't disturb them with these stupid ego-trips. You may say that praying is good. Yes, praying is helping yourself to put your sub-consciousness in harmony with your supra-consciousness. That's good, that's what a prayer is about. Prayer is not asking God or the Elohim for something for ME. "Elohim please give me money, give me health, protect my children." The Elohim are not God, they are just our spiritual guides, and that is more than enough.

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We don't need a god. If your child or your mother is sick, trust science. Many people died after the terrible tsunami in Japan, or big earthquakes in other countries, and those who survived said "Thank God I am alive". That is so bad for the ten of thousands who died.

Human beings are sick of thinking and believing. The whole of humanity suffers from the same sickness, of thinking too much, and not feeling, not having simple thoughts, and love, for what is, for what really is. It is so simple, to feel, to look, at what Lao Tzu called the "natural order". I love to walk in the Okinawan jungle, I love it so much! That is natural order. When white people go to the jungle, they see "chaos", they want to have a garden, a "jardin à la française". French gardens are very straight, with well aligned trees, which is absolutely not natural, and anything which is not perfectly aligned they call: "chaos". But the natural order, the real order lies in chaos. Look at the sky, look at the stars, nothing is straight, it's natural order. Look at the atoms and molecules, nothing is straight. Look at your face in the mirror, the right side and the left are not the same. Is it a mistake? Not at all, there is no mistake. Some stupid girls have aesthetic surgery to make both sides the same, that's so stupid. This is the harmony of being alive, to be in the natural order. We are not symmetrical, nothing inside us is symmetrical, the heart is not in the middle, it is a bit on the side. For women, one of their breasts is always bigger than the other. Symmetry doesn't exist in nature, but there is a natural order. My left leg is shorter than my right leg, it is the same for everybody, a slight difference that is life.

This natural order is everywhere. In the jungle of Okinawa, every plant is in its right place, there is no competition, there is harmony between the plants. Some plants help other plants grow. Orchids grow on trees. Western people describe orchids as parasites - Not at all! The orchid benefits from the tree, and the tree benefits from the orchid, there is harmony, collaboration, team work, between everything in nature.

You are full of parasites inside yourselves, in your intestines there are many living entities who are not you. Modern scientists call them the "microbiome". Naturally many, many bacteria are living in your belly, and stupid scientists want to kill everything. If these bacteria are no longer present, you won't be able to digest. They are not you, their DNA is different from yours, completely different. We have billions of living things on our skin, in our belly, with different DNA, and we need them. If you remove them, you die. So it is team work, forever together, like the Raelians, like us, forever together.

Feel like a bird

November 68 a.H. - 2013 Okinawa, Japan

The big handicap of the brain is that it is always thinking, and thinking is always based on past experiences. If you want to be young forever, stop thinking and be. When you say "I am", it is now. Not "I was", not "I will be": I am.

I am, is happiness.

There are many rich people committing suicide every day. The percentage of suicide amongst billionaires is ten times higher than among poor people. If you think "in the future I will travel to another country and I will be very happy", what is this country? How do you know this country? "I will be happy when I go to America", how do you know America? Because you learned about it at school, so it is the past. It is impossible to build something for the future which does not stem from the past. Out of every project you work on, not one can be new. Everything you can imagine for the future is built on the past. Your brain cannot create something new from nothing. Why do you speak Japanese? Or Korean or Chinese? It is the past. Your mother, father, and teachers put it in your brain.

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Your language is from the past. Is there a language of now? Love. Being. Immediately you can speak Chinese, Korean, Mongolian, anything you want, when you are, there is no language any more. A good image to help you feel the now is to feel like a bird. How is a bird? Birds don't speak Chinese, they don't speak French, they don't speak English. If you take the same bird from any country and bring it to another country, it will immediately be able to communicate with other birds. No need for interpreters or books to look it up in, nothing, because the bird is "I am". Feel like a bird, sing like a bird, fly like a bird. This is "I am". Visualize yourself as a bird.

This morning I woke up and I went to my bathroom. Many people may wonder what Maitreya does when he goes to the bathroom. He must have very complicated meditation, very, very high consciousness meditation. No, I sit on the toilet and I make "tweet, tweet", the sound of a bird. Do it. "tweet, tweet", it brings about a good feeling. It is not a language, there is no thinking involved, just "tweet, tweet". If you do that, you immediately feel happy. Do it, feel it: "tweet, tweet", you feel happiness. It stops the brain's thinking, it makes you laugh. So remember, when you wake up, feel like a bird, for the whole day, and why not, your whole life.

Being a bird is being a Buddha. "tweet, tweet".

Let it go, let it flow, let it be

March 68 a.H. - 2014 Okinawa, Japan

Is the contact at 11am on Sundays about thinking about the Elohim or about feeling the Elohim? I sometimes see Raelians at the Sunday contact who "think about the Elohim", with effort. Sometimes I'm afraid they might stain their underpants. It is of course better to feel them. It isn't an effort. Meditation is never an effort. The contact with the

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Elohim on Sunday is a meditation, not an effort. Whenever there is the slightest effort, it destroys meditation. Meditation comes when there is absolutely no effort. It is the same for wisdom, the same for becoming a Buddha. You never see a statue of Buddha frowning. He is always laughing, with a happy face, just feeling, feeling infinity. Hello infinity, hello, without any effort. When you make the slightest effort, you cut yourself from infinity. When we make an effort, even a little effort, even a very, very little effort, the brain is thinking, thinking about "I want something" and if you want something, you are not in a meditation state. Meditation is not wanting anything. It is a state of acceptance, of letting go, letting it flow like a river.

Life is like a river, you are born one day as the source of the river, you spring out of the mountain, and then you flow, become bigger, taller, and then you reach the ocean of death, without any effort. It flows naturally. Wherever you are in the river, close to the spring, or close to the final ocean, let it flow. When you make any effort, when you try to swim against the current, it is very painful and makes you tired. When you flow with the river, you are happiness, happiness is everywhere in your life, and you are becoming a Buddha. Let it flow, everything, without effort, whatever happens in your life. Aging, let it flow. You cannot stop it. You can try to refuse your age and swim against the stream, but you will still age. You may want to have a girlfriend. You can make efforts, but efforts don't bring love. On the contrary, if you make an effort, everybody's afraid of you.

But if you are just happy to be alive, just in this Buddha state of permanent happiness, everybody is attracted to you. Your happiness acts like a magnet. You love to be close to me, it is natural. Everywhere I travel in the world, when I take an airplane and sit besides somebody I don't know, 90% of the times after one hour I know everything about their life: their problems with their wife, their problems with their job, their problems with their health. They always tell me. I say nothing, I just listen. But they feel love from me, and they feel they can talk about their life. Sometimes they realize: "I don't know why I'm telling you all this." Maybe it is

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because they feel love? Sometimes they are men and are very surprised to hear a man saying to them: "because you feel love, you feel understanding". They feel that I'm open to help them flow in their life. Any effort blocks yourself, blocks communication with others, and creates violence, suffering, war. When everybody lets go, suddenly we feel oneness. To feel oneness with everything and everybody, we need to stop making any effort. If you say that you will make an effort to love other people more, it won't work.

Let it go. Let it flow. Let it be. Just look, without any effort, and people will feel love, let it be.

What makes people sad the most isn't the future or the present it is always the past, because they remember something which they imagine to have been happier than now, and they regret it. The more you age, the more you have this tendency to regret the past. I don't know if you have the same expression in Japanese, but in French and in English they call it: "The good old times". The good old times doesn't exist. Now is better, whatever your age, it is better now. And to remember the past takes a lot of effort. To remember the past, you have to focus, and make an effort. It is the same when you ask yourself what the future will be, what will happen next year.

If you think of now, there is no effort needed. Every time you think about the past or the future, you move away from happiness, with a lot of effort. So feel it, every time you feel your energy, if you live here and now, you have infinitely more energy. Because if you think about the past, you waste a lot of energy, you are very tired, crying, using a lot of energy and then you become sick. It is the same when you worry about the future. The brain uses 80% of the energy of your body, except when you run, of course, but we don't run all day long. When you are sitting here, your body burns energy, but the brain uses 80% of it. 80% of the oxygen you breathe is used by the brain. It is like a burning fire. However when you do meditation you can go down to maybe 10%. From 80% to 10%. Some people go scuba diving with an oxygen tank. There is a limited amount of oxygen in there.

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If you are stressed and worried, you burn this oxygen very quickly, and after about 20 minutes you have to go up because you have no more air.

But if you are relaxed, in deep meditation, with the same bottle, the same amount of oxygen, people can stay one hour or more. The oxygen is burned, not by the body, but by the brain. If you are stressed, you burn a lot. As if your on fire inside. When you are angry, the brain burns like a fire, and you know it. When sometimes you become angry, you feel tired after. If you are happy, you go to see a beautiful movie which makes you happy, you leave full of energy. If you go to see a movie about war, or Star Wars, you will come home tired. If you go and see the movie Baraka, you come out of the theatre ready to make love, to hug everybody. You didn't have an emotion which burned your energy away, so you still have energy left. To avoid being tired and to have good energy, meditate. Meditation and happiness, are like having a low flame for cooking. Instead of burning, you bring the fire intensity down while still keeping a little flame because the brain, even when totally relaxed, burns some oxygen, but very little. When you want to think about your energy and brain, imagine this gas bottle. When you cook at maximum capacity, the gas bottle runs out quickly. You may choose a little fire, you decide. Using your consciousness is like cooking, when you cook at high temperature, it burns a lot of gas very quickly, and often you burn the food and have smoke everywhere. When you cook at low temperature, it is better.

Think about your brain as a cooking pot. Inside your brain, do you burn the pancake, or do you make a wonderful slow cooking hotpot? It is your choice.

Think with your big toe

April 69 a.H. - 2015 Okinawa, Japan

We are one together but also with people who are not here, with the trees, with the stars, with the rain. The rain which falls today was in other people's bodies yesterday. Your pee of today will be part of a cloud one day. So we are one with everything but sometimes we feel separated from everything because we are thinking. Thinking is the worst enemy of consciousness. Supra-consciousness is the opposite of thinking. When we think, we let a small part of our brain, just a little layer around the cortex, take control. With it we can damage the whole body. The main cause of illness is stress. Stress creates poisons in our bodies, adrenaline and many other hormones are poisons for our bodies. How do we create stress? By thinking. You cannot have stress if you don't think. If you are like a Buddha, sitting outside, anything can happen around you, but you remain in a meditation state, nothing can affect you. Only when you think can you hurt yourself. Remember, no words can hurt you. Words cannot kill you. If somebody says 'you are very stupid', it is just wind. But if you react and say "wow, you think I am stupid" and become angry, this is stress.

You create it, it isn't the person saying that you are stupid who creates it. So you allow a very small amount of neurons to react. Many people think that I am totally stupid. I don't care because I don't let the thinking brain react. I am love. Whatever you say, I love you. You can tell me I am totally stupid, I love you and nobody can affect my inner harmony. The only one who can affect my inner harmony is myself. Only you, can do it to yourself. I will give you a little trick: when you are in a situation where you feel that something around can create stress, which part of your body reacts? The thinking brain, this little one centimeter of cortex around your head. That is what reacts. It reacts not only to what people tell you, but also to your own beliefs. You can wake up and look in the mirror and say 'I am ugly'. Nobody is

telling you that but you think that you are stupid or ugly: you are thinking. You may think “my life is terrible”, this is thinking. You are hurting yourself with this very tiny number of cells. You have 200 billions cells in your body and you let a small minority, a very small number of thinking neurons, hurt you. So I will give you a little trick to keep your harmony, and peace, so that you don't hurt yourself....

When you say “I” or “me”, who is that? Who is saying “I”? Which cell? Is it more your brain cells or your big toe cells? Which is more you? The brain or the toe? They are both you. This toe is me just as much as my brain and arms are. Why would I let this cortex hurt everything else? My toe is me. I am my asshole. It is just as much me as my brain is. So to be happy, sometimes it is very important to think with your toe. Whatever happens around me, instead of reacting with my brain I talk to myself and I say “what is my big toe thinking?” My big toe says “keep your harmony”. Remember, think with your toe, and you will make less mistakes, and have much less stress in your life. Think with your asshole but not with your brain. Your brain can hurt you. When you think with your toe or your asshole, your supra-consciousness is activated because supra-consciousness, which is a very small number of neurons in the center of your brain, is oneness. This part of your brain feels your whole body as one, and also one with other people and creates love. So, don't react with your thinking brain. Whatever happens around you, react with your toe, the big one. Feel it, feel this big toe, it is directly connected to your supra-consciousness, more than your thinking brain. Your thinking brain is like a wild horse, it separates itself from your body, and then people become depressed, and go crazy. The brain separates itself from reality. When you say ‘I am Japanese, Chinese, French’, this is the thinking brain talking. The big toe says, we are one, we are human beings. There are no Koreans, Chinese, we are all one. So remember, think with your big toe.

Feel to save the planet

June 72 a.H. - 2018 Okinawa, Japan

When you wake up, you are coming out of the best meditation of all, which is sleep. Sleeping is no thinking. When you sleep you are not thinking. If you think you won't sleep. Some people who think too much have a hard time falling asleep. If you want to prepare something for the next day, don't do it in bed. Get out of bed, go to your desk, and from there prepare what you have to do for the next day. The bed is a no thinking zone. It is for sleeping or having sex. Sex is exactly like sleeping if you are thinking you cannot have pleasure. Sex is a meditation. If you think about having an orgasm you will never get it. Just feel.

Feeling without thinking.

When you woke up this morning your brain woke up while your eyes were still closed and you started thinking. Every morning, there is a first thought and you have to avoid it. I wake up, I feel and I don't let my brain think. I open my eyes and focus on no thinking.

It is possible to keep this feeling of no thinking all day long. We can have a beautiful life, we can do our jobs, enjoy life, and have sex without thinking.

Thinking is never useful. If you want to write music, be a painter, a sculptor, you don't need thinking, just feeling. It comes naturally.

You don't need to think when you walk. If you think when you walk, especially if you think about walking, you might fall over. I don't think about my feet, I just walk. When you dance, you don't think. You may go to social dances "and one and two and one and two and one...". That is not dancing, that's following a rhythm. When you really dance, you aren't thinking, you're feeling. You feel the space, you feel the pleasure of moving but you aren't thinking. If you

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think it's ugly, "one, two and one and two..". This is not dancing this is mathematics.

Art is never mathematics.

Whatever your job, you can do it without thinking. Albert Einstein said that his best discoveries were when he was dreaming in his kitchen, not sitting and calculating but dreaming. When you dream awake, when you are daydreaming, you feel infinity. Infinity expresses itself through you in music, in painting, in sculpting, in mathematics. If it is just counting, you can use a pocket calculator which is much better, or your telephone. Real mathematics, which is creativity, does not need thinking. Some people can calculate mentally very quickly. You give them two big numbers and tell them to add them together, they have a special talent, they immediately give you the right answer. Not after ten seconds, not five seconds, it is immediate, they don't think. They tell us that they are feeling the numbers, they are really some kind of special people.

You should all feel and stop thinking. In a street in Paris there are two people selling tomatoes. One is thinking, so he sells nothing. One is feeling, "Look at this tomato... yum!" Everybody wants to buy from him. In whatever you do, if you use feeling instead of thinking then you can do much better.

It all starts when you wake up. Remember that every morning, before opening your eyes, focus on no thinking. And when the thinking starts, stop it.

The world, society, TV, radio, the media, everything is full of stimulation to make you think. They even tell you, "Think about it!" They push you to think. They even ask this terrible question which I've heard many times on TV, "What should we think about this or that?" About politics, about inflation, about Iran, about anything, "What should we think about it?" the journalists ask. I say "nothing". Many times journalists interviewed me asking me what I think of anything, of the French government for example. I say "Nothing". "What do you think of North Korea and South Korea?" Nothing. "How come? Why? You don't have any ideas?" No. "You don't

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think about it?" No, I don't want to think. I refuse to think and doing that you keep your mind in the silence it needs and you can feel. You can feel other people, you don't need cellphones you can feel people sitting beside you, you can feel the birds, you can feel the grass. The grass is alive. Each little part of grass is alive and has feeling. When you walk on the grass, the grass is screaming. When I see a snail on the road, I help it off and I continue walking. I don't want to kill a snail on purpose. But for the grass, I'm sorry, I cannot fly.

What was your first thought this morning? What was it when you woke up? What was it?

Tomorrow morning try to not have any thoughts and instead just feel, feel the now which is all day. You had the now from the moment you woke up and it is continuing, it's infinity.

Do you feel me? Don't think about me! Feel me.

Don't think about the Elohim, feel them in every flower, in every bird, in everything you do. Don't think about the Elohim, feel them.

Don't think about love, feel love.

Don't think about peace, feel peace.

We can change the world only if we change ourselves. We can bring peace and love to the world only if we stop thinking about it and feel it instead. You love the other Raelians around you, the people sitting on your left and right, not just your boyfriend or girlfriend. Don't think about them! Feel them, look at them, give them your smile, feel their smile. Only by stopping thinking, can we change this planet and create peace and love. Thinking cannot solve anything. The world is full of committees thinking about peace, full of organizations, associations thinking about peace. They do nothing. The United Nations Organization was a beautiful idea. What are they doing in Gaza? Nothing. Nothing! Everyday Palestinians are killed they don't move one finger.

Feel, feel peace, feel love and then we can save the planet.

No thinking, no fear

March 64 a.H. – 2010 Las Vegas, USA

All fears, all phobias come from the thinking brain. If you don't think you are fearless. You cannot be afraid if you don't think. All the fears you could have during your life would disappear if you didn't think. The feeling of anxiety touches 70% of the population in some countries.

Anxiety is thinking, it is fear of the future.

No thinking, no fear.

Remember that, whatever your fears are. You can stop every phobia, every anxiety, every fear, if you stop thinking. That is why it is so important to train yourself to stop thinking. You walk in a dark area of a big city and you hear a noise, you start being afraid because you are starting to think. If you don't think, you would not be afraid.

You think about all the possible risks of attack or rape, then you panic completely and run. Every one of your fears would disappear immediately if you stopped thinking.

One of the most common sources of anxiety comes from the fear of insomnia. People go to bed and they are afraid they might not be able to go to sleep. If you are afraid of not being able to sleep, you won't sleep. The fear of not sleeping creates insomnia.

Remove every fear from your life. I'm totally fearless, I'm afraid of nothing. I couldn't have raced cars if I was afraid. If you start thinking when you drive a racing car, "What if..." "What if my wheel breaks?" "What if the other cars push me?", then you would not be able to drive. There is no

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thinking while racing a car at high speed. Nothing. No thinking but you are guided by your supra-consciousness. Supra-consciousness is the fastest super computer of the universe. The thinking brain is the slowest computer. Many times when faced with a choice; "Will I accept to go with this person?" "Yes" That's supra-consciousness talking. "Will I accept to join the Raelian Movement?" "Yes" That's supra-consciousness talking. "Will I accept this job?" "Yes." However when you start thinking, you wonder what your friends will say, and your family who will tell you to "think about it". Think about it! Then you start using the thinking brain and you realize that maybe it is better not to.

Every time you do that, the choice you make is bad and you regret not following your first choice, your intuition.

Intuition is supra-consciousness. In a fraction of a fraction of a second supra-consciousness makes the right choice. But when you use the thinking brain, suddenly all fears are created. What if? "What if this man I want to go out with steals my money?" Fear. "What if I won't like this job?" "What if, what if, what if..." The computer becomes very slow, and you have a terrible life like that. All artists know how to use their supra-consciousness. Mozart didn't think when he created music. A top painter doesn't think, all art comes instantaneously. The hand is not fast enough to write what is coming.

Creation always comes from our supra-consciousness, and the thinking brain can only damage it. Be yourself, be!

You are supra-consciousness, not a thinking brain. The thinking brain makes you Chinese, French, American. Your supra-consciousness knows you are human. Your thinking brain makes you proud of being a "Lee" if you are Korean; a Dupont, if you are French. Supra-consciousness knows no family name. It knows no borders. Supra-consciousness is.

When you say, "I am" this is supra-consciousness talking. If you put any word after I am, it is the thinking brain. I'm not French, I am. When you say "I am... Chinese." "I am..."

Dupont, Lee, Kim... Smith..." you go down. It is the past. It is not now. It isn't supra-consciousness.

Music and dance

May 66 a.H. - 2014 Okinawa, Japan

You have to feel the music, don't listen to it. Listening is thinking. Feel it, let it flow inside yourself. Become the music.

Listening to music is only with the ears, that isn't enough. Music affects every cell of your body, your little toe in your shoes, feel the music, your little finger can feel the music. Let it flow through you, not just with your ears.

When you feel the music you naturally want to dance. Dancing is very important for your consciousness, for your happiness. When I was younger, I was very stupid also, and not happy, because I never danced. For me dance was stupid and after becoming Rael, slowly I realized how important dancing is.

When you dance, you are not thinking, you cannot think and dance. There is a beautiful sentence from the African shamans. When somebody depressed goes to see them, their first question is "When did you stop dancing?"

Dancing is very important. You don't need to be good, I am not asking everybody to become a ballet dancer. Every morning I dance, without music, or sometimes I do with music, but always with my music inside, I have natural music inside. I wake up and I dance for the pleasure of feeling my body moving.

Dance, feel your body, dance as if nobody is watching. You are looking at me, "I don't care". I enjoy moving. Do the same. You will feel happiness coming. Of course if you think that this is stupid, then you lose the happiness.

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I'm not saying dance like a stupid Japanese or French school of dance tells us, "One and two, and one and two..." No! That is terrible! It is like playing music from a score. Music is feeling, dance is feeling. When you dance you become Buddha, more than if you think.

If you think, then you become stupid, and sad. If thinking were making you happy, I would encourage it but thinking never makes you happy. Dancing however will. Just moving, dancing, and feeling.

Don't care if anyone is watching you. Is your dance beautiful? Don't care. Be Happy!

4. Being

"I don't think, therefore I am"

Don't be a spectator of the Maitreya, be an actor.

September 66 a.H. - 2011 Okinawa, Japan

The Sunday Contacts are not shows, they're not about speeches, they're not a one man show, they're about feeling. Feeling is more important. When you come to the 11am Contacts and you feel, you feel yourself, your brothers and sisters, the Elohim, you feel love, it isn't a one man speech anymore, it is about you. That is why you come. If you just come to listen to a man talking and falling asleep, that is not interesting, the Contact is not a show. You are as important as me, we are one. I don't need to be in front, I can be behind, on the side, everywhere and together we touch each other, we feel each other, we feel love, love between us, love with the Elohim, love from Infinity. The 11am Contact is not about teaching, it is being. It is to be more, not to be something, to be. You don't need to see me,

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you need to feel. You need to feel the Elohim, you need to feel infinity, inside you, everywhere. It could be in silence, but the most important is just being. We came from dust and we will return back to dust. Soon for some, later for others. But right now, we are alive and together, that is this feeling that you have to enjoy, being, one second at a time. You should always ask yourself this question "why do I go to the 11am Contacts?" Is it to see Maitreya? Like you go to the museum to see a statue? A dead statue. Or do you come to be? To be more? Not to be a spectator, but to be an actor, because it is your life, it is your happiness, it is your connection with everything and only you can do it. Each one of you. So please if you come at 11am every Sunday, don't come to see me. Come to see yourself, because here is a place where you can see yourself more. Come, meditate, think about the Elohim and be the spectator of yourself and not the spectator of Maitreya, if not it is just a show, and after, you say "what's next?". It is not a show. Being a spectator of yourself, being more, that is why the 11am Contact is important. But that being said, I'm very happy to see you.

Never become an adult

January 66 a.H. - 2012 Okinawa, Japan

Your love is so beautiful, so pure. I feel it from all of you. I feel the purity of your love. That is a common factor amongst all Raelians throughout in the world. Raelians are the purest people on Earth. Raelians have retained this shining mind that many adult people have lost and which is so important. It is very important, never become an adult. Adults are stupid. And you can see that they are stupid, crazy, because they are serious. Serious people have forgotten how to be children, but not Raelians. Try to be a child in your mind forever. Try to be seven years old, laughing, with a little hair spiking, forever. There is no need to become an adult. Why become an adult? Why be serious?

Everything around you tries to make you old, especially politicians, the law, money, banks, media, they all try to make you serious. Don't listen to them, they are wrong. They are the ones responsible for Fukushima, they are the ones responsible for Hiroshima, bombs, war, starving people, and enslaving people, with the credit you pay to the banks. This is not a real human being. Real human beings are forever seven years old, laughing, kidding, smiling, making jokes, and having fun. Remember to never be serious. Maybe some new Raelians will come to see me expecting to see a serious Prophet. If I were serious I would not be a Prophet.

All true messengers and prophets laugh, making jokes, kid around. Because they are seven years old for ever. You cannot teach people to be seven years old if you are not seven years old yourself. My beard can be white, I may be losing my hair, but inside, I am still seven years old. My body may be sixty-five, but inside my brain, I am still seven. And my body can be sixteen for ever, thanks to the Elohim. Thanks to their teaching, you stay seven years old forever,

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thanks to the meditation practice and the Message of the Elohim.

Whatever your age is, you can be seven years old forever. And thanks to the good teaching of the Elohim, no drugs, no alcohol, no tobacco, you can be sixteen years old here forever also. I was so surprised recently to hear that 50% of men in some cities, 50% of thirty year old men, don't get erections anymore. Why? Because they use drugs, alcohol, tobacco, and it is scientifically proven that these affect erection. So thanks to the Elohim, you can age and still have a beautiful sex life. Seven years old forever in your mind, sixteen years old forever in your body, what a beautiful life. Thank you Elohim.

Make every moment a celebration

March 66 a.H. - 2011 Las Vegas, USA

There is no higher happiness than the celebration of the Elohim's creation, the celebration of being alive, of feeling infinity, feeling the beauty of plants, girls, boys. Everything around you is a celebration.

Don't look at anything around you, animal or human, without having in mind this concept of celebration. When I look at a flower, I don't see the flower I see a seed which was created by the Elohim at the beginning. When I look at a huge tree, a sequoia, I see a little seed because in the beginning it was a little seed. When I look at a bird, I don't see a bird, I see an egg. This egg contains all the DNA, the beautiful creation of the Elohim.

Everything I see around is a celebration. Make every moment of your life, every second of your life, everything you do, a celebration of the greatness of the beauty of the Elohim's creation. Everything you do, not only when you lie down to have a beautiful meditation, or participate in the

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Sunday morning Contact with the Elohim, not only when you read the Messages or when you talk about the Messages, but also when you go to the toilet, make it a celebration. When you eat, when you drink, whatever you do, make it a celebration.

When you eat, it's a celebration because what you eat comes from the Elohim's creation. When it goes inside you, make it a celebration. When you taste the flavors, when you smell the odors, make it a celebration. When you digest it, make it a celebration, when you go to the toilet make it a celebration also. Because it returns to the earth and your faeces is a future flower, a future tree.

Everything you do is a celebration. We must have this celebration constantly in our minds, with humility and power. Humility, because we are dust. We are this little bit of dust, brought together by the magic of the Elohim's creation which nevertheless will always return back to dust. Every second is a celebration of being alive, before going back to dust and after having been dust. We are alive now and we can celebrate.

The purpose of being alive is to celebrate the beauty and the power of our creators. That is why every second, right now, when you go the toilet, when you pee, it is a celebration of the greatness of the Elohim, of their infinite wisdom, who created us to celebrate infinity. We are celebrating infinity, we are celebrating our connection with everything outside and inside. We are one, we are one with everything. This celebration must be permanent.

As good Raelians, you are in a permanent state of celebration throughout your lives; celebrating the fact that you were born, celebrating constantly, consciously, every second, while also celebrating death, because our death will bring us somewhere else to continue the infinite happiness of celebration. Right now, looking at you, the Elohim are celebrating. They are celebrating their beautiful creation, they are part of you, they love you. So we must celebrate at the same time, together. They celebrate us, and we

celebrate them and like that there is a unity in the infinity of the cosmos, of the permanent celebration.

When the stars are looking at you, they are celebrating, that is why they are shining in the darkness. A light is a celebration. Darkness is necessary to see the light and darkness is necessary to celebrate and then we become stars ourselves, shining in the darkness of unconsciousness by becoming conscious.

I love the present you, who is constantly changing

May 66 a.H. - 2012 Okinawa, Japan

A few days ago, a fantastic scientific article was published about the nature of free will. Scientists studying free will in insects, discovered that what we call 'free will', the power to choose, is connected of course to the ego and also to the constant and permanent changing brain. That is absolutely fantastic news because it is the confirmation of the Elohim's teachings, that what we call "I" or ego, doesn't exist. We are constantly changing. You remember how I have been teaching you that for many, many, many years at seminars. We are constantly changing. If I am telling the same story a hundred times moving and I feel and tell the same story and move my hand the same way, it will not be the same story and I will not move the same way. But I will have the illusion that I am telling the same story and that I am moving my hand in the same way. And the scientists studied that in an experiment, where they gave some insects a task, like a little puzzle or labyrinth and found that they didn't react in the same way after having been through the same experience; even simple insects show that.

That means that these very small insects' brain had changed by just trying to go through a special course, a labyrinth, and since their brain changed, they would react

differently when put in the same situation again. That applies to everything we do. One more time, if I tell you the same story again and again, with the same moves, with my hand like that, the exact same story, slowly it will change. And you all do that too. Even when you explain to one of your friends, something that happened to you when you were a little child, you think you are recounting the same story but it changes with time. It is the same experience and you have the illusion that you are saying the same thing, but the story changes slowly through the years, because we are changing, our brain is changing. So, we change the way we move. If I tell the same story and explain, it applies also to me! I was amazed to watch some interviews of myself describing the contact with the Elohim in 1973. The way I moved 30 years ago to explain it, and the way I move now are totally different. Even the words are different and, the story is a little bit different, it is the same story for me, but I changed.

We all do that. It means that as taught by the Elohim, the 'I', the ego, is impermanent, it doesn't exist, the ego doesn't exist, it is an illusion. We are constantly renewed and changing. We are under the illusion that we are the same, but we are constantly changing. So, in the morning when you meet somebody, instead of saying "How are you?", you should say "Who are you?", because we change every second. If I say the same thing again and again, if I say the same thing again and again, if I say the same thing again and again, if I say the same thing again and again, if I say the same thing again and again, it isn't the same, for you and for me, because suddenly you start laughing, you didn't laugh the first time I said it!

It is the same for me, my brain, my emotions, my connections, my moves, they all change slightly, every time I repeat the same thing. So that is the explanation of the teaching I have been giving for many years and Buddha before me, where there is no I, there is no ego, it is an illusion. We are moving through time, constantly changing, with an illusion of permanence. And that is wonderful when you start to feel it, because then it increases love on Earth.

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When you meet somebody for the first time you are amazed by this new personality, you want to know this person, you are amazed to know somebody new. But when you see the same person for 10 years or 20 years you are not amazed anymore, you say "ok that's him". However, if you realize that the person is new every second, then you are constantly amazed by the people around you. If everybody does that on Earth, peace and love will increase in an incredible way. If I look in your eyes as somebody I have known for many years and feel "ah ok I know this person, I know all this problem, ok I know", then I have no love! But if I look at the person, even if I have known them for 20 years and say "wow, what is the new person coming, growing out of this body in front of me", then the level of love for this person is infinite. It develops compassion and love, because whatever mistake or bad things the people you know do, you know they change, they can redeem themselves and they can become better and better.

That is why this scientific discovery is very important. Please remember it and apply it every second of your life. Don't see other people as people you already know, but as people who are able to change, who are forced by life to change by natural process, every second. And when I say : "I love you", it doesn't mean I love the old you, it doesn't mean I love the future you, it means I love the present you, which is constantly changing. The deep meaning of this love, is not trying to stop people from changing, but it is helping people to change better and faster. That is love: looking at people you love, everybody around you, and not only giving them a chance to change, but helping the process, the natural process which makes them change themselves.

About our secret garden

June 66 a.H. - 2012 Okinawa, Japan

We all have a secret garden and it is very precious for me. The secret garden is the memory you have when you were a little child. Every human being is naturally born into a state of Buddha. We are smiling, laughing for no reason, happy babies. You have in you, many memories of the happy child you were. There was no education yet, you were maybe running in your mother's or grandmother's garden, playing with insects or butterflies or flowers, making sandcastles. You all have this, different memories for different children, and nobody knows that, except yourself. When the thunderstorms and typhoons and earthquakes of life try to damage you, it is good to go back to these memories. It is the most natural form of meditation, remembering your childhood memories. You were so happy when you were a child, before school, before being damaged by education and teachers, before being damaged by society, governments and powers. Remember this little girl or this little boy, looking and playing with very simple things. What was it? Try to remember the oldest possible memories of your childhood, the very happy ones.

I have one, I was collecting snails and putting them in line and making them race. I was betting on which one would win. I loved it so much. The second best pleasure I remember was about my grandmother who had a big garden with many rose flowers. In every rose there was a special shining insect, a scarab, like the insect of the Egyptians, shining green, a fluorescent green. I was going from rose to rose to collect them because they were living inside the flower and looking at them in my hand like living jewels. Then I would put them back in each flower. I made some mistakes, because sometimes I didn't put them back in the same flower that I got them from, and I am sorry for that. These are the happiest memories of my childhood, you have to remember yours, we all have them. Remember

them, it is still alive inside of you. What are they? Flowers, insects, stones, birds, anything? There were many birds in our garden, so many little birds, and I wanted to catch one. My uncle told me it is very easy to catch one, you just have to put a little bit of salt under their tail, and I believed him. So I took my grandmother's salt pot and I was trying to put salt under the bird's tails. I tried for so many days until I realized it was a lie and a joke.

Of course you can put salt under their tails if you catch them but they always escape first. I remember, I was so cute carrying my little pot of salt and when I was very close, the little bird always escaped. Happy childhood memories... What are yours? Remember them. We all have many, we could talk for hours about them. So it is one of the easiest meditations and it is very powerful for bringing you happiness, just sitting and remembering childhood memories. Because of our everyday life, we forget. We try, we tend to forget these beautiful memories which are a part of us. These memories, what are they? They are connections between neurons in our brains, happy memories, happy connections. When we don't think about them, we can be sad, we can be depressed, they are still there, but we don't focus our consciousness on it. So we tend to focus our attention on negative things, on fears, anger, many bad things. By just shifting and remembering the happy memories of your childhood, suddenly we stop using the negative connections and we use the positive happy connections. We all have them, even the most depressed and negative people, if they shift to childhood memories, they then have positive connections. By shifting our attention to these connections of the past, we make them live again, alive again, born again. Naturally, when you remember these times, you start smiling. You don't have to think about smiling, just remembering about your grandmother's garden makes the smile comes back naturally, and then the negative connections stop being used in the brain, and your brain shifts towards happiness. Our mood is 100% based on our thoughts. For example today, you can think about the coming typhoon and be afraid

of losing your house, your garden, your trees. Or you could remember your childhood. If the fear of the coming typhoon was useful, then that would be good, but it isn't, it is completely useless.

Whether you are afraid or not, the typhoon is still coming. If you are afraid, not only is it coming but you also have the stress associated with it. If you think about the happiness of your childhood, despite the coming typhoon, you are happy. You cannot change the trajectory of the typhoon's path but you can change your mood and that is why remembering your childhood - before you were taught to think- is so important.

And for the next step, why not try to act like when you were a child again? Why not look at insects again, with your child eyes, collect insects or ants. It isn't forbidden. It isn't because you have become an adult that you can't do exactly what you were doing when you were a child. If you do it, the same happiness will come back, so it isn't too late to start. Do it, right now! Love the insects, they are living beings too, without giving them pain.

Every morning I walk along the road here and every morning I save a few snails. They cross the road and I know that many cars drive past, so I pick them up and put them to the side. Everyday. I remember my snails when I was a child and I love saving their lives. Crossing the road is very dangerous for snails, it takes a long time and there are many cars. Sometimes there are no cars, but the sun is hard, I take them and put them in the grass. They don't say thank you, I don't need thank you, I am just happy to save a life, it makes me feel good. Do it! Around you, you can save plants, trees, flowers, butterflies. It is simple happiness.

The Importance of being crazy

November 68 a.H. - 2013 Okinawa, Japan

It is important in your life to be crazy in everything. Love like crazy. Do not love just a little, love like crazy. If you love a little bit, you will live a little bit. Laugh like crazy. If you laugh a little bit, you will live a little bit. Do you want to live fully? You have to live like crazy and don't be afraid of becoming crazy, you cannot. You cannot become ill, mentally ill. Be as crazy as you can, because the more you try to be serious, the more you may become mentally ill. The more you laugh like crazy, the more you become mentally healthy. Love like crazy, laugh like crazy, smile like crazy. Dance like crazy, play music like crazy, do everything in your life like crazy, because if you do it just a little bit, you have a very little life, you will live a little life. Do you want to fully live your life? If yes, do everything like crazy. Play saxophone like crazy, make a joke like crazy, don't try to look serious, don't be afraid that other people might judge you. Do you care if other people judge you? Not at all. You don't care. But you care about having fully lived your life, which is very short. Life is so short. We are young and suddenly we grow white hair and we are old. So quick, so fast. Enjoy every second like crazy.

Don't be afraid that by being crazy you may become mentally ill. But if you force yourself to be serious, and to be really Japanese, you really can become mentally ill. Japan is one of the countries in the world where you have the highest percentage of mentally ill people, because they control themselves too much, they don't allow themselves to be crazy, so they become really crazy. Remember this sentence, the more you try to be crazy, the more wisdom you have. And the more serious you try to be, the more crazy you will really become. So enjoy this day like crazy. You know, in life, the problem is not so much to find the perfect partner or friend, that is impossible, but try to find somebody as crazy as you, and we all have different levels

of craziness, but it is good to find other people who have the same kind of craziness as us, and we find each other. We all say "We are crazy about the Elohim" Thank you Elohim for this craziness. We are crazy about infinity, we are crazy about love. Thank you Elohim.

To love oneself and reduce the ego

March 68 a.H. - 2014 Okinawa, Japan

Is there a conflict between having no ego or very little ego and the importance of loving ourselves? It could appear as contradictory. How can I maximally reduce my ego while still love myself?

By loving yourself it is actually much easier to reduce your ego. If you don't love yourself you cannot reduce your ego. If you don't have love and compassion for yourself, you hate other people. On the contrary when you love yourself, you can love other people more and forget about the ego. In the first seminar almost 40 years ago, maybe old Raelians remember, we were training a lot to love ourselves. Some people may have difficulty loving themselves. How can I love myself? I love sushi that is easy, I take it, I eat it. I love flowers, I take them, I smell them. But how do I love myself? Most people agree, we must love ourselves, but after many years of self-hating, where do you start? Many people are not even aware that they don't love themselves.

Ask yourself, do you really love yourself? Loving yourself doesn't mean judging, because judging is the opposite of love. You cannot love and judge at the same time. Judging is the opposite of love and we are so good at judging other people. That is our ego. "This person is bad, he is ugly, he smells bad", that is judging, it is so quick. Like an automatic reflex, people judge other people, and usually bring them down. They rarely judge in a positive way, they always judge negatively. Usually, when you are like that with others, you

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do the same for yourself. "I'm stupid, I'm ugly", you judge. Loving is not judging, not judging at all. Look at yourself in the mirror, without any judgment. Maybe you are becoming old, getting wrinkles, breasts are sagging. Have compassion for yourself, don't judge. You are not perfect, we are not perfect, I am not perfect, Yahweh is not perfect. Nobody is perfect. Do you want to be like the Elohim? When you want to be perfect, you cannot be like the Elohim because they are not perfect.

Loving yourself is accepting, loving and cherishing the non-perfect person you are.

Not only should we love what is beautiful but also love the ugly part. I smell bad, I love my smell. I have some wrinkles, a lot of them, it is me. I made mistake, many, it is me. I have compassion for myself. I love myself WITH my mistakes, past, current and future mistakes. As long as you live, you will make mistakes. It is not finished, it is just the beginning, to be alive is to make mistakes. To learn, improve, trying not to make the same mistake twice that is beautiful. If you think like that, eternal life is beautiful, it is eternal learning, not static. Eternal life without changing would be boring. If you imagine eternal life being as you are today forever, I don't want this life. Be like a flower, growing, starting out as a little seed, then growing, growing roots, making mistakes. You can see the trees sometimes, they are crooked, they have many problems, they make mistakes, but they grow. Be like them. You are a flower, like a lotus, gently opening. But a lotus is not static, it starts off as a little bud, then it opens and the flower disappears but the lotus is still alive, under water, in the mud, and next year, there will be another flower. We are like that. Don't see yourself as static.

If I say 'lotus', everybody thinks about a beautiful flower. A flower is just the plant's sexual organ. A man's morning erection that's a flower. The plant is the bud under the ground, under the mud. If you love roses, you love the stem, the spikes, the roots, you love the whole living thing, not just the flower. It is the same for yourself. Your beautiful smile, beautiful eyes, and smelly anus, they are all equal, you have

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to love them all. Without the roots in the mud there is no flower. So love every bit of yourself, they are you.

Mentally ill people are alienated, that is to say, their link has been cut, they are disconnected from the reality around them. A healthy brain is connected, meaning that it recognizes that it isn't all, but a part of the universe. For mentally ill people, their whole universe is themselves, their ego is in complete control. In other words, it is "me, me, me", and they are disconnected from the world. The opposite of that is feeling connected and recognizing that the little me is only a part of all. Tony is a part of me, I am a part of him, we are parts of the universe, separate parts but forming the universe. You have to consider yourself in the same way.

When you say, "I love myself", who is I? And who is myself? 'I' is the supra-consciousness. Myself is the body. The primitive brain with emotions, feelings, burping, farting, that is myself, but 'I' is the supra-consciousness. So, when you want to love yourself, love your body, the material thing, look how beautiful you are, whatever your age, brain, emotions, mistakes, love them all. Look at yourself as if you were looking at a little child. All day long, take care of yourself like you would a little baby. Use your supra-consciousness to guide you. Without the guidance of the supra-consciousness, the ego becomes incredibly huge. The ego is the whole body, without supra-consciousness. When you awake your supra-consciousness, suddenly your body, your emotions, your feelings become a tool, just a tool. And then love can flourish and blossom.

That's why by loving yourself you reduce your ego and it's not a contradiction to develop self-loving and reduce ego. The more you love yourself, the more love you have for others and the less ego you develop. This is very important, loving yourself is not selfish. It is making a tool out of your body and material brain, a happy tool to love others. I hope you love yourself more and more. Please do it, because we can change the world if we love ourselves, loving the beautiful creation of the Elohim.

The universe is your temple

July 68 a.H. - 2014 Okinawa, Japan

We don't need temples to feel religious, the ocean is a temple. There is no need to go in a house made of stone or wood, to suddenly feel spiritual. You can feel it just by looking at the ocean, and even more! By looking at the sky, at the clouds, by looking at the green plants. All these things are temples, much better than stone temples. When looking at people's smiles and their eyes, it is better than a temple. When looking at yourself too. I call my body "my temple". Treat your body like a temple, because what is happening in your body is absolutely fantastic. Right now, and every second, billions of cells are connected, feeling one, working to make you feel good. Your heart beating, feel it, put your hand here, it never stops, luckily... It never stops, whatever your crazy brain thinks, your heart is still pumping. It is a temple of life. Every part of our body is a temple. So no need to enter in a building, no need to be in a church or any place of worship. The universe is your temple, feel it everywhere, inside you, in the sky, in the ocean, in other people's smiles. This is the real spirituality.

Improvisation

June 72 a.H. - 2018 Okinawa, Japan

Improvisation is being in the now. When you are in the now instead of planning your life, instead of using a memory of the past, you are improvising your life. Do you want to play your life like a music score, written by other people? By your parents? Or be like the musicians who throw their scores away and start to feel the music and play what they feel. It is the same with your life. When you are in the now, you don't need scores. You remove what was planned by

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your teachers, your family and you live your life. You make your life a concerto written by yourself and not by somebody else. Do you want to live your life, or the life written for you by your parents? What do you choose? Learn to say "No" to what others want from you and "Yes" to what you want. Like the bearded girl sang, "This is me!". "This is me!" You have to say it every day, every day.

What is me? Is it what was planned by my parents, my education and my traditions? Or me? If you do what was planned by your culture, your country, your traditions, your family, your religion, it isn't you! "You" is you now, without past, without traditions, without planning the future. Now. Now you are improvising. Only when you are improvising are you you. Feel it all the time. Are you yourself? Or are you executing the plan created by your family, your traditions, your government? Ask yourself, at every moment! When you use supra-consciousness, you immediately say "This is me!"

"This is me" is now. Yesterday was not you, tomorrow is not you. Sometimes I look at old photos from when I was at school, when I was a racing car driver. Most people would say, "This is me!" I look at the photo and I say, "This is not me!" Me is only now. Yesterday on the stage when I was talking, it was not me. Tomorrow will not be me. Now, it is me!

Now, infinity flows through my speeches. Only when you let infinity flow through you that is you. You are like a piano string vibrating when the player touches a note. Who touches the note? Infinity. Express your sound now. It was different ten years ago and it will be different ten years from now because you are alive. Feel it! If you maintain the illusion, "this is me when I was ten years old" or "this is me now, this is me in the future..." then you never grow! You are dead. Alive, but dead. Sometimes I meet old friends that I had when I was a racing driver. They look at me and they say, "You haven't changed". What? You are not my friend at all! Of course I changed! And I plan to change even more. I am changing right now. I'm not the same as when I came on

the stage. My now of now is not the now of 5 minutes ago.
This is living in the now. Feel it!

Your eyes in mine

June 72 a.H. - 2018 Okinawa, Japan

My goal is not to make you more intelligent. Your goal should not be to try to be more intelligent, but to be.

To be! To feel! To be an instant Buddha.

Buddha doesn't think. Buddha is. My goal is to make everybody in this room a Buddha. You are born intelligent. Nobody can make you more intelligent. You can learn more things, accumulate more knowledge, accumulate more "past" which is absolutely useless. Or you can be! Be in the now.

To become a Buddha is not a process that takes one, five, ten years of university. Like for instant coffee, you are an instant Buddha, or you will never become a Buddha. If you use supra-consciousness, you immediately become everything, and nothing.

To feel this infinity, you need to be as stupid as possible. My goal is to make you as stupid as possible, as stupid as me. You will probably never succeed to be more stupid than me. But you can try. It's difficult!

When you meditate, you stop thinking, therefore you become stupid and then, you become connected to everything and nothing. Everything and nothing are the same. Then, you are! Without past, without future, you are. Feel it! Don't think about it. If you think about it, it stops immediately.

To be a Buddha is not in the future, it is now.

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Many people who meditate for the first time come to me after, disappointed, saying that it didn't work. I asked them then what they were thinking about. They always answer that they were thinking about what the meditation guide was saying. That is why it doesn't work.

Don't think about what is being said.

If I say, "I love you!" Do you feel it or do you think and ask yourself why I said it? If you think about it, you won't feel anything. I remember bringing Raelians to the great forests of Canada and there came a beautiful bird on a tree beside us. One Raelian says, "look, it is a *cornefilus morfilus*..." and the bird flew away. Next time there is a bird, don't think about its name, just feel it and it will stay. When you think about it and you say its name, it will fly away.

It's the same for meditation. Meditation is like a bird which gets scarred away by thinking. Feel it! Don't try to understand it. It is like infinity, if you try to understand infinity, you will end up in a psychiatric hospital. If you feel it, you become a Buddha. You choose, either to become mentally sick and depressed or to reach eternal happiness. When I go to the forest, I forget everything. I don't want to know the name of the trees. I know them but I don't want to remember them. I don't want to remember the name of the birds, I want to feel them and then they come. Sometimes they come on my finger. It is something alive that feels love and comes to me.

I need to apologize to you. I don't remember each of your names. It may shock you but I don't want to know your names. I want to feel you. That is why you feel love when I look at each one of you. I remember your eyes, perfectly, but I don't want to put a name to you. I feel a human being that I love unconditionally. In your eyes I see all your past that you carry like a heavy piece of stone and with the love of my eyes I try to remove it. In your eyes I see all the possible futures you are dreaming about and I want to remove it to bring you in the now. Now! Your eyes, in my

eyes, only that matters. Feel it! Then, you become a Buddha and all your life becomes a meditation.

Don't be offended

June 72 a.H. - 2018 Okinawa, Japan

People feel offended for any reason. It is fashionable to be offended. Whatever you say, whatever you do, people react feeling offended and the media report on it.

However, if you are offended so easily, you are not alive, you are dead.

Being alive is being constantly offended and laughing about it. You cannot avoid offensive things, they are everywhere. That's part of life. People browse the internet, look at the news and they search for things to be offended by. They feel offended by two gay men kissing each other on TV, two dogs having sex, a joke about Jews, Muslims or black people.

"I'm offended."

Laughing is the key to avoid being offended. You cannot change the world but you can change yourself. People who try changing the world are feeling bad every day. But if you change yourself you are happy every day. Every time something tries to push your button, you laugh because you have no button. Simple, you have removed all your buttons.

Ask yourself, what could other people tell me which could offend me, make me angry? Ask yourself. If you are black, would it be a joke about black people? Is it the word "nigger" or "negro"? If you are jewish, some joke about jewish people? If you are raelian, somebody making fun of UFOs? Remove every button. You are human. I am not jewish, I am not black, I am not raelian, I am human first. Many times, in public places, even during TV shows, people have called me

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names, "Crazy man!", "Rael is stealing money from Raelians", "Sex cult!" and so many things. I never react. The insults are not me. It isn't who I am. A word cannot damage your body. If I say, "You are very stupid." It is only sound. No word can damage your body. No word can damage your brain. No word can destroy your harmony. Only you can destroy it. You use other people's words to destroy your harmony.

If I say, "You are stupid" does it make you stupid? You can take it and hurt yourself with other people's words, with other people's behavior, with other people's attitudes. YOU are the one hurting yourself, no one else is. People can scream any insult that they want at me, it is just wind or rain. It doesn't affect me. Train yourself not to hurt yourself!

However, if somebody offers me words of love, then I accept them. Words of harmony, words raising the level of supra-consciousness, then yes, I open my brain and I accept them. If someone insult my mother, my father, my grandfather, my family, my country, my religion, I don't care.

Make your supra-consciousness a room of happiness where all the winds of love, harmony, peace, serenity can enter freely but where all the typhoons of hatred, discrimination, cannot enter.

You are responsible for this beautiful room. Only you can open the window and let the wind enter. If there is a dangerous typhoon outside, do you open the window? Of course not. It is the same for hatred, insults. If you can hear beautiful birds singing, then you open the window. You choose.

So don't ever say, "I feel offended." Sometimes people feel offended by what I say and they are right! They offend themselves with my words and as a teacher raising you to supra-consciousness I try to be as offensive as possible. False teachers try to be politically correct with everybody, try to be polite and respectful towards everybody. Like that, nobody is offended. My goal is to make as many people as possible offended because it is their problem, not mine.

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They offend themselves with my words. Teaching you to change your brain by only saying, "Hey, you are beautiful", "You are kind", "You are a wonderful human being", will not work, you won't change. If I say, "You sometimes think like a piece of shit." Then you reflect on it and you change. You may cry, feel angry then ask why does Maitreya say that, and then you rise higher.

The teaching to become a Buddha is not being polite, it is saying the truth.

Identify your illusions

June 72 a.H. - 2018 Okinawa, Japan

You have to distance yourself from your illusions. They prevent you reaching supra-consciousness. Illusions are everywhere. When you were a little boy or girl, you were taught about Santa Claus, god, democracy! They are all illusions.

There are three words written on the french government's buildings, beautiful words; Freedom, Equality, and Fraternity. They don't exist. There is no freedom in France. If you support human cloning, you go to jail. If you think that maybe less than 6 million Jews died in Germany, you cannot say it. There were officially 6 million, not one less, not one more. If you say 5.9 million you go to jail. There is no freedom.

Is there Equality? If you are poor you sleep in the street. If you are rich, you can have a castle. If you have a problem with justice you have a free lawyer who is very bad. If you are rich, you have a top lawyer who is very good. No equality.

Fraternity? None, not at all.

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These words are illusions! Your whole life is an illusion. Everything! Religion, politics, even science! Science should not be an illusion, but it is. 100 years ago the size of the universe was like this, now it's like that. Illusion! A few hundred years ago, the Earth was flat. Illusion! Everything in science. Evolution! Your grandfather was a monkey. Illusion! And science, the real science, proves that evolution is impossible but it is a common illusion that everybody has to accept. And these illusions are increasingly being used by governments, finance, religion, everywhere.

Your life is composed of 99% illusions. Most of people are at 100%.

Everything is an illusion, except three things. The infinity of space is not an illusion. You are it, you are made of it. The Infinity of time is not an illusion. Nothing ever starts and nothing ends, matter is eternal. And the most important one, love. Love is not an illusion, when it's real love, not the one dictated by hormones.

Hormones are a source of illusions. Young boys at the age of 7 or 8 can look at a girl with beautiful breasts without being affected. When they reach puberty, when they start to produce testosterone, suddenly they react to the sight of these breasts, their thinking brain stops working completely and they become guided by their hormones. The same young boy who was so calm before, in harmony, is suddenly transformed into a man who follows his testicles. Before, he was guided by his thinking brain, which is not very good, but at least, it helped to have a good life. It is the same for girls with estrogen, the female hormone.

When you use supra-consciousness you want to find a partner who is like you, not someone who just stimulates your hormone production. Then you can have a beautiful love story.

Love is feeling together, feeling, exchanging, communicating at the same level. You cannot communicate when there is a huge difference, like when someone with a very, very high level, a Buddha, suddenly has to live with a

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someone who is mentally retarded. It isn't possible. A Buddha, someone using their supra-consciousness, meditating all day long, cannot be with a girlfriend who is tapping on her cellphone all the time. They are not in the same world, they cannot communicate. One says "Look at this butterfly" and the other looks for her cellphone.

People today love to be connected, a connection to the internet, of course. There is rarely a connection with the real world. Every day I go to the beach to meditate. I see people facing the sunrise. The more you are connected with the internet, the less connected you are with the real world.

People sometimes go to the beach or the forest and become angry if there's no internet connection. I go to the forest and I am amazed, I feel connected with everything, with the trees, I touch them, with the butterflies, with everything.

The internet connection is an illusion. A real connection happens when looking at someone. Even lovers. Many times, on the beach, I see young couples together. When I am in love with a girl, I want to look into her eyes all the time. I feel a connection. With these young couples, they both have cellphones out even when together on the beach. She is looking at her cellphone, he is looking at his, no communication. What a planet! You have to change that, you have to learn. Start with a one day fast, one day without any internet connection. Just put your phone somewhere in the attic or throw it away and then, you become connected with real people. That is very different. I recommend at least one day a week with no computer, no cellphone. I know it is difficult because you are addicted. Most people wake up with their cellphones under their pillows. I don't want any cellphone, I don't have a cellphone. Many people ask me for my phone number. I don't have a phone number. I don't want to have one. Some people have offered me a cellphone, I kindly refused. I want to be connected with you, with your eyes, not with your cellphone. You may send me a picture of what you ate yesterday, I don't care. I like what is in my plate not what you ate yesterday. It is funny, people send a

picture of what they eat before they eat it, never after they have eaten it!

The world of illusions is everywhere and it stops the awakening of supra-consciousness. You are full of illusions. Some of you may think you don't have any. If you think so, you have more illusions than others. Humility is connected to the supra-consciousness. And the question you have to ask yourself is what your illusions are? It is difficult to answer this by yourself because you are inside them and you cannot see them. You need a guide, a teacher who, when you say, "I have no illusions", can come and touch some part of you and say, "this is your illusion."

Then you wake up, you may be surprised and even angry at the beginning. In some countries, Raelians come to the seminar wearing a Christian cross. I ask them if they are raelian and if yes, why they carry the Christian cross. They usually say it is a gift from their mother or other loved ones and don't want to throw away their illusion. The way you dress, your nationality are illusions... We are human beings. Culture and traditions are all illusions but you want to keep them. You want to live in a bathtub of illusions. Take the time to identify your illusions, give yourself hours of silence for that.

Silence wakes up our supra consciousness

June 72 a.H. - 2018 Okinawa, Japan

The silence you choose to experience is the most important thing to wake up supra-consciousness.

Only people who don't use their supra-consciousness talk all the time. A wise person is always silent, and you know it. People who always talk are using the thinking brain, they aren't using their supra-consciousness. But they believe that

they are very intelligent. They believe the more they talk, the more brilliant and intelligent they are, and it is exactly the opposite. Very intelligent people who use their supra-consciousness are quiet, silent.

Enjoy the silence. In the silence you feel. You feel yourself, you feel the birds, the butterflies, the stars, the Elohim. But when talking endlessly, you have no feeling, just a never ending circle of thoughts. People enjoy being together, talking a lot and interrupting each other, being noisy, that is the modern culture which is, in fact, no culture. Noise, noise, noise!

Those with higher levels of supra-consciousness hope to have one week of silence, one month; why not one year? There are many christian monasteries where on arrival the monks make a vow of silence. They will live their whole lives in silence. Why not an eternal life of silence? On the Elohim's planet there is no noise. Most of the eternal people are silent and slow. Why be fast when you have eternal life? When you have eternal life, there is no reason to hurry. Everything is slow, everything is kind.

When you have silence, kindness comes automatically. Look around you in society. Most unkind people are very noisy. And kind people are always slow and silent. Even for giving, you don't need to talk. Many Raelians come and bring a gift. They place it on my table without any word. You don't need to be noisy. You don't need to be fast. Remember these three rules to awaken your supra-consciousness: be slow, be kind and laugh. Buddha is always laughing. Laugh for no reason! Laugh to be alive. Laugh to have eternal life. Imagine you wake up on the Elohim's planet tomorrow morning. What will you do first? My first reaction will be to laugh for eternity. Ask yourself, what will you do? Then, slowly, a slow pace comes, kindness comes and laughing comes naturally.

Meditate when you wake up

September 69 a.H. - 2014 Okinawa, Japan

If you meditate when you are tired, very tired, it is normal that you fall asleep. After ten hours work plus two hours transit in a car, by the time you lay down for your meditation it is 10pm and you are very tired. Within ten seconds, you are asleep. That isn't good. So, here is a little tip, as the Message says, "Meditate when you wake up" that is the best time for it.

Don't wake up with an alarm clock, wake up naturally. If you put the alarm on, you won't get enough sleep, you will wake up, start to meditate and then fall asleep again. For a natural wake up, always go to bed very early, every day around 9:30pm, and you will then wake up very early, naturally. That is the natural genetic circadian rhythm of our body. To go to bed late is very bad. So, go to bed very early, and when you wake up and meditate, you won't fall asleep because you've had a good sleep, you will not be sleepy any more. But if you want to meditate before sleeping because you are tired, then don't lay down on a bed, otherwise you will fall asleep. When it is late and you are tired, meditate sitting, or, you can stand up. It is more difficult to fall asleep while standing. Remember the best time for meditation is in the morning, that way you won't fall asleep. But you can also use meditation to fall asleep, it is better than taking sleeping pills. It is however not good for training your brain for meditation. It will help you sleep, but it will create a kind of reflex in your brain that meditation leads to sleeping. I don't recommend it. Or, you may create a very special meditation just for sleeping, where you visualize certain images or things only for sleeping. And this creates the reflex and you will fall asleep quicker and quicker. But keep this meditation only for sleeping.

When you want to develop the "ability to be happy", use a different meditation from the one you use before sleeping,

so that the brain has its own life, otherwise its highways, connections between neurons, connection of "I meditate for sleeping" will make you fall asleep every time you meditate. For example, visualize yellow flowers before sleeping. You can choose yellow flowers or yellow birds, anything you like, and sleep. But when you want to meditate for happiness, visualize a red flower. Different images, different ways of relaxing. You keep one for sleeping, and one for reaching happiness.

Because meditating to fall asleep is like a medicine. It isn't really meditation. Meditation is not designed to make you sleep. It is the opposite, it is to make you more awake, to make you reach happiness by feeling oneness with infinity. So remember, the best way not to fall asleep is to meditate early in the morning after a natural wake up. Go to bed early, like the birds, as soon as it is dark. We, human beings, invented electricity. When it gets dark outside without any electric lighting, you watch the sun set, it is beautiful, then it becomes dark, and naturally you yawn and feel sleepy. When it becomes dark, your body creates melatonin that makes you sleepy. In the morning, the light destroys the melatonin, and changes it to serotonin, which is a happiness hormone.

Another thing which is very important too, for your health, is growth hormone. Growth hormone is responsible for babies' and children's growth. It also contributes to the repair of adult organs. Our body produces twice as much growth hormone before midnight, when you sleep than after midnight. So if you go to bed after midnight, you have half the growth hormone than you could have otherwise: then you age faster, and can be more sick. So if you go to bed at 9pm, or 10pm, for the following two or three hours your body produces a lot of growth hormone leading to more energy and more happiness. So, go to bed early, wake up with the light, natural light, and you can be happy from your meditation, without falling asleep. Don't forget to meditate as often as you can, because that is the direct connection to happiness.

Meditate eternally

October 72 a.H. - 2017 Korindo, Japan

The practice of meditation is good for depressed people. It is good, because it is a kind of medicine, but, our purpose is not to use meditation as medicine. Our purpose is for normal people to fly higher.

Teaching meditation to sick people to make them feel better is ok. Most people, including Raelians, only meditate when they don't feel good, like a medicinal practice. It is good, it helps, but a real Raelian meditates every day.

Don't think that because you feel good today, you don't need meditation. That is very bad because after a while, you will go down.

Meditate when you feel very good!

If you meditate only when you feel bad, you will stay at the normal level, not happy, not depressed, just normal, like a vegetable.

Do you want to be normal or to ride high, rise to a higher level of consciousness and become the Buddha you can be? For that, don't wait to feel bad to meditate!

When you feel very good, don't stop meditating. When you are really happy, you need even more, then you go higher and higher, higher and higher. If you stop meditating, you will go down, that's guaranteed.

Meditation, every day, for everybody, me included, and for Yahweh also.

If after thousands of years of life, Yahweh still meditates every day, maybe you need it too.

The Elohim meditate every day. I was with Jesus, Buddha, Mohamed, we meditated before eating. They need it also! Everybody does.

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So, don't think that because you have a new girlfriend, new money, you don't need to meditate anymore. You will need it forever.

If you want to have eternal life, you will meditate eternally, but after a while, it isn't an effort. When you meditate a little bit everyday, after a while, it becomes a permanent state.

Gradually, all day becomes a meditation. You will go walking and meditating at the same time.

I walk and I meditate at the same time. I don't need to lie down. I don't need to sit in a Buddha position. In fact, when Buddha was sitting in the lotus position, he was laughing and meditating at the same time. But people think it is THE position for meditation. Not at all, there is no position for meditation. There are positions for yoga, that is different, but not for meditation. You can do yoga and meditate at the same time. You can run and meditate at the same time. You can drive a car, and meditate at the same time. You can make love and meditate at the same time, it is very good.

You may have all day meditations. When you reach this level, meditation can be just a one second stop, and feel connected with everything all day. It is called a flash meditation. I remember with the prophets on the Elohim's planet, there was a flash meditation, not a one hour meditation, lying down, or looking at a dot, just one second stop and then we started eating together.

But for that, you need to practice for a long time with your breathing without letting your thinking brain take over.

You must be egoless

October 72 a.H. - 2017 Korindo, Japan

Don't throw away what you don't use anymore, give it to somebody. That is love, because nothing is permanent. Nothing you own is your property forever. What is your property? What do you own? Your car? Your bank account? Titles are just pieces of paper with numbers printed on them. Nothing belongs to you, you are just using it for a while. You think you own a piece of land and a house? That's an illusion. You are just using it for a while, with a beautiful paper saying you are the owner, and you think you can pass it on to your children and grandchildren but the government takes 50% of taxes, and 50%, and 50% and finally nothing is left.

So what do you own? Do you own your body?

Not even your body. That's an illusion! Your body of today is not the body you had 20 years ago, that one has disappeared already. It has returned to dust. Your body of today will disappear the same way.

So we own nothing.

You may say that the food you put in your mouth is yours. It is for a short time, but by next morning, it will have gone down the toilet. It passes through, like we pass through life. You can drink the most expensive wine, pay \$2,000 for a bottle, you will pee it out two hours later. Bye bye \$2,000!

You had the pleasure that is beautiful!

You own nothing and everything, because you are infinity.

Feel it, you are infinity.

Infinity is what you own. You own everything. Look at the sky, look at the stars that is yours.

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It's yours. Everything is yours, infinity is yours and you are a part of it.

That is why we must not be sad when dying. 90% of your body is made from stardust. Every day a few centimeters of stardust falls. Sometimes it is in the form of a huge meteorite and you can see it. Sometimes it is so big that it kills some people. Most of the time, it is very small, in the form of dust. It falls on the Earth, vegetables take minerals from it, you eat the minerals, and this stardust becomes your body. Animals, cow eats the grass and you eat the cow, and then it is in your body.

Your body is full of stardust. Feel it, you are made of stars. And when you die, you will return back to dust, and once again be part of the rivers, part of the oceans, part of the clouds, part of the stars.

You are just passing through this body for a while, on this planet. But what you are composed of is infinite and eternal. Feel it. You cannot be afraid of dying after that. Everything which composes your body has always existed, and has been everywhere.

Infinity and eternity are one, and forever.

What is infinity? Infinity is everywhere. This means that there is not one planet in the infinite universe, where there was not a part of your body at some point of time. Not one. Maybe a part of my body comes from this star? No, it comes from every star in the infinite universe. You have been every star in the infinite universe. You have been every animal living in the infinite universe, not only on Earth. You have been every plant or tree in the infinite universe, and after dying, we will be back to that. We will again be all the rivers, all the oceans, all the clouds. Not only on Earth, but on every planet in the infinite universe.

Feel it, you are eternal, and infinite.

Then you can only laugh, eternally, of infinite happiness, because this little body is just an illusion, it is just for a while. The ego is an illusion.

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But infinity and eternity, what you really are, are forever.

Nothing can destroy that, but this little illusion, yes. That brings you to detachment from yourself. And detachment from yourself destroys the most terrible poison for your consciousness, which is the ego.

Ego, "Me!" I am very important! You are a clown when you say that. You must become egoless.

Ego separates you from other people. Ego separates you from love, from happiness. Ego is the most terrible poison. Ego creates frustration, depression, anxiety.

The fear of death comes from the little ego who says, "I don't want to disappear." You will disappear. So you are not attached to the ego. When you realize that you are passing through, there is no more ego. And then, you feel other people, the suffering of other people who are still prisoners of the ego. And you make them feel love, feel that we are one, feel that the separation between us is an illusion.

When I breathe, some parts of my body go inside your body. Give me more. Some parts of your body are entering my body. We are one!

Ego is an illusion. We are one, and that is real. It isn't an illusion, and there is no more separation, we want to hug everybody, to give love to everybody when we feel this oneness. We want to touch everybody, because the body is designed to touch, to give love, not to own with ego. Give love, you have a short time to do it. Don't miss one second, one second of opportunity, to give love before being back to dust.

What is the most important heartbeat in your life?

June 71 a.H. - 2017 Okinawa, Japan

What is the most important heartbeat of your life? Was it the one a year ago? The first one when you were a baby? The last one the day you die?

The most important heartbeat of your life is of course the one now. If it stops, you have no more images, no more sound, it is finished. Feel your heart, don't think about it, always feel your heart. When you are not happy your heart is wondering, "Why am I beating?" Depressed people always say, "Why am I alive? Why am I breathing?" They ask why. And they kill themselves. If they stop asking why and instead feel their heartbeat, it's magic, it never stops.

You are breathing, you don't need to think about breathing. When you sleep you don't say, "I must breath." Your natural intelligence, natural order, takes care of it. You don't think about breathing. You don't think about your heart beat, you don't say, "Oh wait a minute, you need to beat now!" It happens naturally. It is the same for your digestion. You had breakfast this morning, and now, there is a big factory digesting everything you ate. You don't think about it. You don't ask your stomach to extract the vitamins, put the magnesium there. It doesn't require thinking, it is automatic. The same goes for happiness. Don't think about it, let it happen, let it rain on you, let it flow, let it be. It is natural. You are born to be happy. Just be, be in the now.

5. Love

"The Earth must become a planet of love"

Real love can only be free

September 66 a.H. - 2011 Okinawa, Japan

What is the most important love? Is it the love for your sexual partner? Is it the love for your father and mother? Is it the love for your children? Is it the love for the whole of humanity? Is it the love for the Elohim? What is the most important love?

None of the above.

The most important love is the love for yourself. If you don't love yourself, you cannot love anybody, you cannot love humanity, you cannot love the Elohim, because you don't love yourself. The first thing is to love yourself. That's the most important, to really love yourself, to love your freedom, the freedom to chose, the freedom to be yourself, the freedom to do what you feel like, deeply, not being forced by any structure. It can be the couple structure, the society

structure, the movement structure, any structure which limits you in your freedom of choice, limits you in your freedom of love.

So how can you love yourself more? By destroying any structure, any limit you put to your freedom, then you can love. Real love can only be free. If there is no freedom there is no love, there is habit, rules, structure and no love. So the first thing to do, if you want to love yourself, is to destroy the rules you impose on yourself. Because you have your own rules which are completely artificial which you created during your life. You have your own limits, which you created following your education, the media, what is considered to be normal.

Even if you feel the need to be free inside yourself, you believe that you have to respect some rules. To live within society you have to respect the law, but also inside yourself, you have to respect some laws and then you are not free. You cannot destroy the laws of society, you cannot destroy the rules of society, but you can destroy your own rules and laws inside your head. You can destroy them and you must destroy them to feel free. Real freedom then comes and with real freedom comes real love. When you look at yourself in the morning in the mirror, don't see yourself as someone with many "I have to do this, I have to do that"? That isn't you. Look in the mirror and see someone free and you will love this freedom face. That is the only way to love yourself. It is never too late. It is better to start young, but you can do it at 50, at 75, it is worth it. Even if you die tomorrow, at least experience one day of real freedom, one day of real love for yourself that is what I wish for you all.

Loving the Elohim is the most beautiful thing you can do

November 66 a.H. - 2011 Okinawa, Japan

Some people might say that it is somewhat primitive or similar to other religions, to pray to the Elohim and to tell them "I love you", but they are wrong. To send your love to the Elohim is the most beautiful thing you can do. It isn't primitive at all. We are always at our highest level of intelligence when we love. The highest proof of intelligence and consciousness is not invention, science, or art, which are very important also but they are not the most important. The most important is love. If you really want to prove that you are intelligent, give love. There is no greater proof that you are an intelligent being, than love. You can be a top scientist but without love you are nothing. You can be the best artist in the world but without love you are nothing. Or you can be nothing, just a simple poor human being and full of love, and then you are better than everybody else, just by giving love.

It isn't difficult, there is no need to go to university, no need to study, no need for mathematics, just love. And when you give love, you become almighty. Nobody is stronger than you, no Einstein, no Leonardo Da Vinci, nobody, when you become love.

To give love to yourself like the Messages say and then give love to other people, you may start by looking at yourself in the mirror and give yourself love, and then by looking into the eyes of people around you. They will not burn you, don't be shy to look into other people's eyes and give love. Feel the oneness with other people when you look in their eyes. Don't expect anything in return, even if they don't smile at you.

Some Raelians have very serious faces, but I look at them and I give my love and I don't expect them to smile. Love is not trading, it isn't "I give you love so you must give me some too". Love is giving without expecting anything. I give love, even to people who hate me. I know that on the internet some people hate me and they watch my videos. "You hate me, I love you! And I give you more love." "Does that make you angry? That is your problem." And I send more love and more love.

It is the same for the Elohim. Giving love, praying to the Elohim, without expecting anything in return makes you feel good, makes you a higher person, a greater person. Loving the Elohim is the most beautiful thing you can do. Loving infinity! Loving everything.

Love others more than your family members

July 66 a.H. - 2012 Okinawa, Japan

Think about the Elohim. Think about how many people think of the Elohim right now, at the same time as you? Everybody here, but also other people in other places. Now think about infinity. Now, right now, how many people on earth are thinking about infinity? How many people in the universe, right now, are thinking about infinity? There is an infinite number, because it is infinite. How many people in the infinitely small are thinking about infinity? There is an infinite number as well. Now think about love. How many people on earth are thinking about love, not making love, but love; not love for their children or their wives, love for the people they don't know. Loving your children is good but not interesting, every cow loves its children, every dog loves its children. So when we love our children, we are not better than dogs and cows. Dogs love their girlfriends or boyfriends, we are not better when we love our wives,

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husbands, boyfriends and girlfriends. But loving people we are not related to, loving people who are not members of our family, that is real love, it is much more important. So, we must focus always on loving people who are not from our family, more than those who are from our family. And then love increases on earth.

Most criminals in the history of humanity loved their children. The worst criminal genocidal military leaders in the history of humanity loved their children and their family. Hitler loved his family, Napoleon loved his family, Genghis Khan loved his family, Julius Cesar loved his family but they killed millions of people. What is important is not to love your family, it is to love the people who are not members of your family, not members of your country, those who don't have the same color of skin. If all these criminals, Hitler, Napoleon, Genghis Khan and all the others, loved other people more than their family, their country and their race, they would have killed nobody. So love and think about how many people, right now on earth, are loving people this way. This is the only way to bring peace and love and to give a future to humanity. Thank you Elohim for loving us even if we are not biologically your children.

Billionaires of Love

July 66 a.H. - 2012 Okinawa, Japan

Life is going by so fast, yesterday we were kids and now we are starting to age, apparently slowly, but also very fast. We remember when we were children, it seems so recent still, and gradually we reached 20, 30, 40, 50, 60; it is going by so fast. And then we will reach the end. For some it will be very young, for others it will be at 70, 80, 90 or 100, but you will reach the end. Until we have the Elohim's technology, we will all die; now or later, but we will all die.

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So the question is what do we do until we die? You can become the richest man or woman on earth and die. You can have billions of dollars in your bank account and die. You can have a lot of sexual activities, maybe have ten children, twenty children and die. You can have all the power of the world, become president of the United states, or the catholic Pope and die. So it doesn't matter how much power or money you have, we all die. But after death, the Elohim may give us eternal life. It is not a miracle, they do it scientifically. Do they choose to recreate those who were rich? Those who were powerful? Those who were more intelligent? You can be very intelligent, a genius and die.

They don't choose rich, powerful or intelligent people. They choose the people who gave love. And so, it isn't a question of becoming a billionaire of money, that's very difficult and doesn't give you eternal life. You can become a billionaire of power but it doesn't give you eternal life. But if you become a billionaire of love, then you have eternal life.

So I hope you all decide to become billionaires of love.

To become billionaires with money, you need to have and take more and have more. To become billionaires of power, you also need to have more and more power and take more. And it is very difficult for both. But to become billionaires of love, you can do it immediately. It doesn't take time, no school, no university, no bank account, no credit card, you can be it immediately, by becoming love. Not by taking, but by giving. The more love you give, the more a billionaire of love you are. So I cannot make you billionaires of money, I cannot make you billionaires of power, I cannot make you billionaires in knowledge, my mission is to make everybody a billionaire of love. And it starts immediately. When you finish your life, which can be very soon, the Elohim check, not a bank account, not the number of diplomas from big universities, not the power you had, but how much love you gave during your life on earth, this very short life. On the Eternal Life Planet, there are only billionaires of love. Do you want to join?

Remember, contrary to money and power, the more you give, the richer you become.

You must fall in love with yourself

August 67 a.H. - 2012 Okinawa, Japan

I think we never talk enough about love, how important it is to love, to spread love everywhere. And we must always remember how important it is to love ourselves first. Because when we think about love, usually we think about having a lover, boyfriend or girlfriend, and this is expecting something. Usually when we love somebody we expect something from this person. If we don't have a lover or partner then we feel lonely. That is because it isn't real love. If you love yourself enough, you don't need anybody. You can love somebody but it must never be the same as the love you give to yourself. If somebody else loves you more than you love yourself, that isn't good. You must love yourself more than the lover of your dreams, more than Maitreya, more than the Elohim, then you can love other people. You must really fall in love with yourself. For example, when you welcome somebody you love into your home, you prepare good food, you dress a beautiful table, you decorate with candles or flowers. But if you are alone, you just open up some fast-food.

That isn't good. Treat yourself like you would treat the most important guest in your house. For yourself, make a beautiful table, you deserve it; put a candle, for you, flowers for you, and cook something good just for you. That is love. If you don't love yourself you cannot be happy. Every meal should be a celebration of your love for yourself. This is the basis of happiness. Why do it for somebody else and not for yourself? You should treat yourself better than you do other people and that is the beginning of growing a beautiful love inside you. As long as your cup of love is not full, you cannot give any to others. Your supra-consciousness generates

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love inside yourself. It is like pouring water into a vase, when it is full it overflows. That is the love you must give to others. But as long as your vase is not full, you cannot give to others, because you don't have enough love for yourself. So fill your own vase before giving to others. When people who don't love themselves enough give love to others, it is a kind of dry love, like a dry flower. But when you fill yourself completely with love, the love you give to other people is like a living flower, because the flower, the water in your vase, make this tree of love grow full of beautiful flowers and it falls on the heads of everybody around.

Like a rain of flowers. In Japan you love it when the sakura petals fall, the sakura snow. The sakura can only create sakura petal rain or snow, if the tree has enough water to give many petals. The sakura has many flowers because it fills itself with love. Every tree, every animal loves themselves. That is why trees are so important. That is why Buddha had illumination when he was under a tree. This beautiful tree loves itself, the wind is blowing in its leaves, the sun is shining on its head, and it drinks water from under the ground. But the tree has feelings, like you, it can feel you right now and it loves itself. That is why it has been growing so beautifully for so many years, maybe for more than one hundred years, and growing, because it loves itself. So it can open its branches, send its roots everywhere and you are the same. You all must imagine yourselves as big beautiful trees. Then you love yourselves, and then you can send sakura rain on everybody around. That is what love is. Remember, it starts with small details; preparing a beautiful table for dinner for yourself, making your apartment beautiful, not for other people, just for you.

Making your hair beautiful, choosing beautiful clothes, not for other people, but for you, to feel good. Looking at yourself in the mirror and looking at the beautiful flower you are. So please, love yourself because when you love yourself, you love the Elohim. They created us in their image. Many people ask me "I would like to see the Elohim", I say "look in the mirror"! You don't have to see an UFO or go to a special place, look in the mirror, you have the image

of the Elohim when you look at yourself. The starting point to love the Elohim, is to love yourself first. I love you, but I love you less than myself. And I hope you love yourself more than me, more than the Elohim, more than anybody. And when you love yourself, you become good, naturally full of love for everybody. So please love yourself, you are the temple of the Elohim. Your body, your whole body is the temple of the Elohim.

About the Raelian prayer

September 68 a.H. - 2013 Okinawa, Japan

The Raelian prayer is not like those done by people believing in god. When you are Raelian and pray, you just feel connected, you feel oneness, we are one, together, with infinity, with the Elohim. That is the Raelian prayer. It isn't like a Christian praying to god. We don't pray to get anything. Many Christians, but also Buddhists, pray to have good health, or pray to have money, that's stupid. That isn't love. Praying to get something is satisfying the ego. Praying to feel connected with everything, for oneness, with infinity, with the universe, with other Raelians, with every animal, every plant, every flower, to become one, that is a real prayer. It is sending, giving love, it is the only prayer that is good, sending love to everyone and everything. I already taught you about sending love to somebody you love, somebody you know a little bit, somebody you hate, but you can also do that for everything. To the trees, wishing, sending love to the flowers, sending love to the stars, and sending love to the Elohim. It isn't praying like the Christians who pray to god, "please god protect me", that would be selfish. Asking a god who doesn't exist, to take care of me. Me!

To pray is to give, not to ask for something for yourself, but wishing everything for others, that is a prayer. And this

kind of prayer naturally makes you happy, because if you pray to get something, that doesn't make you happy.

Please, infinity, please receive my love, everything alive in the universe, please Elohim receive my love. This makes you smile. Giving makes you smile. That is why your prayer must always make you happy. That is the real meaning of prayer, not taking, but giving.

Caring for others

November 68 a.H. - 2013 Okinawa, Japan

Our ego is the most terrible thing inside us. It is very important to wake up every morning thinking that you will not let your ego be your leader, but instead let supra-consciousness and love lead you. You could have a beautiful life, a beautiful job, make a lot of money, you could stay home, enjoy fashion, shoes, have a family, children, like normal people. But to be normal is selfish, when you are normal you are selfish. My house, my children, my family, my shoes, my money, my my my. This is shit, but it is normal.

Normal people wake up: "what more can I possess, how can I have more pleasure, who can give me more pleasure". Be careful, when you wake up, of what you ask for yourself. If you say "I want to have more pleasure, more joy today", then that isn't giving love.

When you wake up, you have to choose between right and wrong. Will I use this day to give love or to take it? If you use every day to take, there is no love. Wake up and say: "I will devote my entire day to giving love". That is a question you have to address every morning. If you ask that every morning, it will be every week, every month, year after year and you can die peacefully having given love all your life.

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Life is going past so quickly! You don't realize it until you say that you will do good things in your life, tomorrow. Not tomorrow, now. If you don't do it now, you will never do it. It starts now. When you interact with other people, do you give love or do you expect something from others? When you come to the meetings here, are you coming to give love to other Raelians, or you just want to receive? When one of us is sad or sick, how many of us give them a call? We know sometimes one of us is sick or has a bad problem in life, do you call each other, and say: "hello I'm here, if you need anything I will come to help you". If you don't, love is just a concept.

Don't say "I love you", prove it, care for others. Buddha said: "the right thought, the right word and the right action". If you say "I love you" and remain in your house while the other one dies in their apartment without you caring, that is terrible. Better not say "I love you", but prove it, support each other, call each other, when you don't see one of our members on a Sunday morning here, ask why aren't they here, whether he or she is Ok. You all have cell phones, what are they for? To receive stupid jokes? No, to give love, everything in your life should be a tool for love. Every time I see one missing here I say: "why is he not here?, is there a problem?, I want to know what is happening to all of us. Do it too. We cannot make the world a better place full of love if we don't start between us. When I meet you, I hug you and say "how are you?" and I honestly want to know how you are. I see it in your eyes if you lie. I feel and I know that many are lying. Don't lie, I want to give love and compassion. I see it in your face if you have a problem. Everybody has problems, everybody, and struggles, negative problems, health problems, everybody. Nobody has a perfect life, because nobody is perfect, that is why we need to love each other and care for each other.

You are not perfect, I am not perfect. I cut myself this morning while shaving. Buddha also cut himself many times when he shaved. We are not perfect, but we need to care for each other. We all have problems, I have problems. If I focus on my problems, I would not be here, I would stay at

home and say "I have too many problems". No, I think about you. Do the same. Forget about your problems and think about other people's problems instead. If we all do that, we immediately feel better. One day, one of Buddha's students said "Master, I feel discouraged today, no more courage, what can I do". Buddha said "give courage to others". You have problems? Help others solve their problems and you will forget yours immediately. What we usually think of as "my problems", "my, my, my", is the ego, me, me me, and then you feel more and more terrible.

Do you really care for the person sitting beside you? When you asked "how are you?" this morning, did you really mean it? If you don't feel well, say it, we are together, we are family. You have the right to have problems and say "you ask me, you want to know, I have this problem and this problem". And you have to expect it, to wait for it, to hope that people tell you the truth. If you say "how are you?" and you look away, you don't want to hear their problem. Let your gaze linger when you look into their eyes and ask them "how are you?". Really feel the other person. Sometimes people say "all fine" and I look and say "are you sure"? Nobody takes time to do that. You must do that. That is love.

We never give enough love

September 69 a.H. - 2015 Okinawa, Japan

Women and men, be as feminine as you can. To be feminine means to be kind, kind to yourself and kind to other people; to be soft, sweet. There is never too much sweetness, never enough. Never enough kindness for other people. We never give enough love. When you think you give 100 %, you can do more. So give love to each other and have your life enlightened by this love, without expecting anything from it. I saw a beautiful sentence this week: "Love can never be proven". If you can prove your love, it isn't love. Love is just love. If you need proof that someone loves you, it is like making a deal, trading. "Prove to me that you love me!", this isn't love. Love is just feeling. Feel this love everywhere, outside and inside. When you look at other people around you, feel this love. Not only should you give love to that person but set your brain to search for the love inside that person. Some people never smile, some are always angry, but I always look at these people and I see love inside. I see love even in the most negative and angry people and I look at them with compassion. Then they relax and smile. Feel this love and let love guide your life.

Love is speedless

June 72 a.H. - 2018 Okinawa, Japan

You know that anything important is done slowly, kindly and with laughing, but usually people apply these important rules only to action.

You apply these rules when we are together here, and put them into practice when you get home but gradually after a month or more you go back to the thinking brain.

You can stay in the non-thinking brain forever! Why do you fall? Why is it that this feeling you have now of "now" disappears? There is no reason that it has to disappear.

To keep it forever you have to apply the fundamental principles of "slowly, kindly and laughing". That is the key, the secret, but most people make the mistake of thinking that being slow means walking slowly. That is just action. It's not enough. It's worth nothing. You can move slowly and talk very quickly. So then people focus on walking and talking slowly. It is a little bit better but not enough.

You may talk slowly, walk slowly but think like a tsunami. Think slowly, so slowly that you stop thinking. That is the target. Thinking, talking and moving as slowly as possible! Slowing down the body is quite easy. Millions of Chinese do Tai Chi every day, it is a good start but it is just the body. But they still talk so fast. There is no need to hurry when you speak. Whatever you have to say you can say it slowly, taking a breath between each word and then you can slow down the brain too.

No thinking is the ultimate target but slowing down the thinking is a good first step. So, to get to the point of no thinking, slow down your thoughts. That is why meditation can help. Focus your gaze just on a dot, without thinking about your mother, without thinking about your job, without thinking. Breath, and focus purely on your natural breathing.

That slows down the brain without thinking about your mother, without thinking about your job, without thinking about the breasts of the Raelian sitting beside you. Slow down! The slower you are, the closer you are to no thinking. Each thought comes like a cascade, like a river. It happens even when we are with friends, did you notice that? We are with friends, we talk about something and the conversation rebounds around many subjects and suddenly somebody says, "What were we talking about?" Because our brains are so fast, we lose the connection. That shows you how crazy the thinking brain is. Every psychiatric disease comes from the thinking brain, never from supra-consciousness. Supra-consciousness is calm, harmony, love, understanding everybody, feeling everybody. Supra-consciousness is feeling.

To think, you need to be fast, to use many connections. To feel there is no need for speed. You cannot feel fast. You can think fast and that's bad. You can have an acceleration in the thinking brain but when I say, "Feel the now!" can you feel it fast? There is no speed in feelings. There is no speed. It is now! Now doesn't know any speed. Now is no speed at all. It is now. Nobody can feel "now" faster than other people, but you can think, talk and move faster than other people. That is why Buddhas aren't moving. They are in the now. They are not fast, they are not slow, they have no speed. Don't feel now slowly. If you feel now slowly it means you can feel now fast. There is no speed. In feeling, there is no slow and no fast. Feel now! Feel it no speed. When you love there is no speed. I am not talking about sex, there is speed in sex. In real love which is giving, raising other people, bringing peace and harmony to everybody, there is no speed. It isn't slow, it isn't fast, it is speed-less.

Supra-consciousness, love, infinity are speed-less, the complete opposite of our society and human civilization. And that is why the world is sick. Everything must be done fast, high-speed connection, high-speed internet, fast food, fast sex, everything fast, super-highway, high speed train, high speed sleeping. People take sleeping pills for fast sleep which is absolutely not good for the brain.

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Everything important in your life has no speed. When you create music, when you create a dance, when you create a painting, there is no speed. It comes. No artist cares about how fast its coming. No artist cares about how fast the creation comes. Mozart never sat and composed music thinking that he only has ten minutes to do so. There is no speed. There is no speed in love. Slow down to slowly reach zero speed. Buddha is zero speed. He is infinity. Infinity has no speed. Humans create separation and speed, speed of light, speed of sound. Infinity has no speed. It is infinite speed which cannot be divided because it is infinite in space and time.

Feel! Feeling has no speed. I feel your love. There is no speed, I just feel your love. Love is an absolute tool of infinity. Love more, give your love all the time. When you look at others, don't do so thinking, "What can I get from them?" but instead "What can I give them?". I'm not talking about money. What can I give? The only important thing you can give has no price. When you see somebody who is homeless you can give money that is a fast gift, like fast food. You walk down the street, and you put some money and your ego feels good, "I am generous." "I give!" This is not love. Love is sitting with the homeless people, talking with them, trying to understand what happened in their lives. You can give too. You can bring some food. You can give a place to stay, it is possible. But real love is having a moment of communication, your eyes in their eyes. Because they are people like you. They never chose to be on the street. The crazy life on Earth brought them to the street. Talk to them, give them some real love, which is understanding. Feeling! When you are homeless, what you miss most is somebody feeling you. Feel the people, feel the animals, feel everybody and then you bring love everywhere. No fast food, no fast internet, no fast gift, slowly "Who is this human being?" That is how you can change this world. It is a revolution of the heart, without bombs.

Loving without attachment

October 72 a.H. - 2017 Korindo, Japan

Loving doesn't mean needing. Love is giving, not expecting anything from others, only giving.

I love you and I don't expect anything from you. Nothing. I tell you the truth, 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 is what a real teacher does.

A false prophet, or a false teacher, wants to be loved. Not me.

We are dust, and we will be back to dust. Love the people you love, but don't be attached to them. If you give love, you are not attached to your mother, your father, your boyfriend, your girlfriend; you are not crying when they die or when they leave you.

If you feel lonely when your girlfriend or boyfriend leaves you, that is attachment, not love.

When you say "I love you!" to someone and await their answer, what are you waiting for? Aren't you waiting for "Me too!"

Quite often, you meet a girlfriend or a boyfriend, go through the period of "I love you, I love you..." and then at some point comes the question "Do you love me?"

I had many girlfriends in my life, one was asking repeatedly, "Do you love me?" Yes! Do you love me? Yes! Every day! Every hour! And more, and more. After a while it became too much. "Do you love me? Yes... Do you love me? No!" What? "No, no more! You're asking for it too much, I don't love someone like that. Love yourself, and maybe one day I'll love you again".

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When you love, you give your love, "I love you and I don't care if you love me or not." I love you. If you love me, I'm very happy. If you don't love me, it is your problem. Your feelings are not my problem. You are not the masters of other people's feelings. You are not even the master of your own feelings. Start to be the master of your own feelings and then you can expect other people to do the same.

The thinking brain must be your slave, and you the master. First, master the thinking brain, and after that you can expect to meet people who do the same, and who will love you without expecting anything from you.

That is love, giving, not expecting anything in return.

Trade is beautiful, but it isn't love. I give you an apple, you give me a banana, that's trading. I give you my banana, you give me your two apples, good, I love your apples. That's trading. But giving love, without expecting anything, not even beautiful apples, that is love.

Help each other, help your neighbor, help people around you, help old people carrying a heavy bag, you will receive nothing in exchange except your own self-love. You will feel good giving love.

Love and compassion

December 66 a.H. - 2011 Okinawa, Japan

We have all been a little spermatozoa. There were two hundred million sperm swimming towards the egg and there was only one winner, the other 199,999,999 went down the toilet. Only one survived, you. You are all winners. You won the race against two hundred million others and you won. First out of two hundred million, that is really wonderful. Feel it. You are winners. When you feel that, you don't feel sad anymore. We are alive because we are winners, at least one time in our lives we were winners. In the most important race

of our lives, feel it. You are winners. It is very important to have love and admiration for yourself, because you are champions.

That is why we must love ourselves unconditionally, even with our problems, our ups and downs. Even with our mistakes, our health problems, we must love ourselves. Because even if we are very sick, very depressed, very hurt, making many mistakes, we are champions. And that forces us to have love for ourselves, and compassion. Compassion is a very beautiful quality which was taught by every Buddha. But compassion for others cannot be good if we do not have compassion for ourselves. We must cherish this little baby we have all been and who is still alive inside. When you look in the mirror, look at the baby inside yourselves which you still are. In fact, look at the little sperm inside yourselves which you still are. That makes us love ourselves more. We cannot have love and compassion for other people, if we don't start by having love and compassion for ourselves. We must have the biggest love and the biggest compassion for ourselves so that we can give to others after. Because people who don't love themselves and who don't have compassion for themselves cannot give love to others. You can see that on their faces, people who don't love and who don't have compassion for themselves have a very serious and sad face. But people who have a beautiful Buddha face, you can be sure they have love and compassion for themselves.

When you have this Buddha face, this smiling face, this happy face, everybody is more beautiful. The secret is love and compassion for yourself. And love and compassion for yourself, is not only loving yourself when you are perfect or good or successful. No, love and compassion is when you make mistakes, when you are wrong, when you are suffering. That is when you need more compassion and love. And then you smile more. If you are like that, if you reach this level of "a Buddha mind", then you can remain more smiling, happy and more beautiful when you make mistake and when you suffer. One more time, it is very important, if you have love and compassion for yourself

when you make mistakes, then you have a Buddha mind, and your face becomes more shining and smiling.

This paradox, as it is a paradox, means that, when there are no problems and everything is ok, a Buddha mind is less smiling than when it makes mistakes and when it has a problem. The Buddha paradox means that a real person reaching a level of Buddha has a less smiling and happy face when everything is ok than when they have a problem. That is the Buddha paradox, a high consciousness paradox. More problems, more smile. Less problem, less smiling. Remember that teaching and apply it in your life. This wonderful teaching, makes you more able to give love to others when you have problems. Normal people can only give love and happiness to others when they feel good. Real Buddhas can give more smiles and more love when they have problems and when they feel bad. That is real love and compassion. Remember, start with yourself, and then shine like a star.

Love is written in our DNA

December 67 a.H. - 2012 Okinawa, Japan

We never have enough love. There is never enough love on earth. Never enough love in our consciousness. Never enough. Even if you imagine the craziest possible love, it is still not enough. To have enough love, is impossible. Even if all the cells of your body are full of love, it is still not enough. What level of love would be enough? Infinity, and we can never reach infinity, but we can be in harmony with it.

When we vibrate in harmony with infinite love and become it, then we are close to having enough.

Try to send infinite love from each of your cells to the Elohim. Feel inside yourself this sentence: "Elohim, I love you". Not only with your brain but imagine that all your cells,

at the same time, are saying "Elohim I love you". When you feel this infinite love for our creators, then it is very difficult not to cry. And these tears of love, because they are tears of love, are the best gift for the Elohim.

Don't let your brain escape from this feeling, it must stay focused on this sending of love through every cell. Naturally, when there is a long silence, the brain starts to think about the future, the past, what will happen. Stay focused, sending love with every cell of your body. Don't think about anything, don't let your brain think about the past, about the future, about what we will do in an hour, about your problems in your life, about what you will eat for lunch. Just send love, with every one of your cells. In fact, it is more than sending love, it is becoming love. The highest percentage of our DNA is encoded with love. A huge majority of our DNA code is love. That is why when we become love, we feel good, because all the DNA molecules in our cells do what they are designed to do. Love is written in our DNA. Love is life. Without love, there is no life. If you really focus on sending, being and sending this love, then you will reach another level, a level where not only you send love, but also you receive it from the sky. Because the Elohim are sending you the same wave of love, right now. Feel the love of the Elohim raining down on you.

Love meditation

November 67 a.H. - 2012 Okinawa, Japan

Just, send love, because love is the most important thing in life. Feel love for your body first. Feel love for your feet, your toes, your legs, your sexual organs, your stomach, your breasts, your hands and fingers, your arms, your shoulders, your neck, your face, your brain. Send love to all these parts of yourself. Send love for all these cells which make you who you are. When you send deep love to your cells, they start to shine like billions of little stars.

Now send love to everybody around. Love and compassion. And then, to other people outside who don't know you are here, but who will feel your love. And then, to the people who are very far, send love to all the planet. Send love to the people who don't like you. Send love to the people who hate you, to everybody and to every being on the planet, not only the people. To every ant, to every bird, to everything alive in the ocean, every fish, everything alive.

We shine our love to everything alive.

Not only on the earth, but in the infinite universe, including the Elohim, but not only to them. And to the infinity of planets with life, and the infinity of planets of the infinitely small of your hand. And while you are sending love, try to also feel how many people in the infinite are sending love to you right now, who are sending love to you, without knowing you. Imagine how many beings in the infinitely small, in the infinitely large, and on the earth, are doing exactly what you are doing right now, sending love everywhere like you are doing. An infinite number of beings sending love everywhere.

This may be the consciousness of the universe. An eternal, infinite flow of love.

Feel it, from inside out, and from the outside in.

The Earth must become a planet of love

May 68 a.H. – 2014 Taiwan

The Earth must become a planet of love. Raelians that is your most important mission. The information about the creation of life by the Elohim is interesting, but the most important is to bring love, open people's minds to the fact that "we are not alone", and express love for the infinite number of civilizations in the universe. Love, and more love, never too much.

When you think you have too much love in you, it is not enough. You never have too much love. Love is not sex. Sex is good but it isn't love. You can have sex with somebody without love. Many people rape, many men rape women. It is violent, it isn't love, so you can have sex without love. Sex is not love.

Mothers love their babies but cows love their babies too, any chicken loves its babies, any dog loves its babies, that isn't love. When you make a baby, your body produces hormones which push you to care, to give attention to the baby. Like a man who sees a beautiful breast who has the urge to rape. It is hormone related, linked to their testosterone. Whenever love comes from hormones, it is not love.

Love is when there is absolutely no hormone involved. I love you, I love you all, the Elohim love you, there are no hormones involved. When I look at you, you don't induce any hormones in my body, but my consciousness loves you. When it comes from hormones, it isn't interesting. When it comes from supra-consciousness, it is love.

To manifest your love, to create love, be kind. Many men in the modern world think that kindness is stupid, and that's the problem of humanity. No governments, no power, does anything out of pure kindness. Being kind, looking at other people when there is absolutely no sexual feeling, no

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interest for money, nothing. I look at a man, I don't know this man, but I feel love, I want to hug him. This is love, kindness. Be kind. Be kind to each other, smile to each other, don't wait for other people to smile first. We often make this mistake, if other people don't smile, you don't smile. Be the first! Be like in American Western movies, be the first to shoot with a smile. Be love cowboys, be the first to smile, then you change the planet. Smile first. It doesn't cost you anything! You won't lose any money, nothing. You give a smile.

If you are asked "why are you smiling at me?" Just say that you feel happiness looking at them. Give kindness. Always put your brain into love auto-pilot, everywhere. "What can I do to make someone else happy?" Most people wonder how can they get more money, all day long! How can they get more power, how can they have more girlfriends? We are on a terrible planet.

Start your day asking what can you do to make someone happy, not your girlfriend, not your children, not people you know, but someone you don't know. You go out in the street and you are a billionaire of happiness, you distribute your wealth by smiling, by helping other people.

Helping old people to carry their bags, saying hello to people you don't know, I love to do that. Every day, I walk along the beach and I see people with long sad faces and I say a big hello! I know that afterwards, the person is wondering why did he say hello? The next day, the same thing, he walks, I walk, I say "Hello!" After one week, I still say "Hello!" and he smiles and bows. One week, it took me one week! I won!

Be love cowboy, shoot first with your smile. Love is such a good feeling, you can do it anytime, you lose nothing. Give love, look at them and smile, and they will think about it all day. They will tell their friends, and try to find a reason why you smiled at them. It is contagious like a disease. You change other people's lives, just with your beautiful smile, with your kindness. You see somebody crying on a bench in

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a public park, you go sit beside them, "May I help you?" "Can I do something for you?"

Change the world. You can change the whole human race with your kindness and compassion. Every other human being that you see, everyone, has some kind of suffering, and you make it less painful, and it is so easy.

When you think about it, it is so selfish not to do it. It is like you have food in your hand, a large amount of food in your hand, your stomach is full of food, you go amongst people who are starving, and you keep it. That is what happens when you don't smile, because a smile is the food of happiness. You are full of happiness, give it, give it, give it! And give more. You can never give too much.

Give your smile, give hope, the more you give, the richer you are. It's the opposite of wealth, the more money you give, the poorer you become.

Try to give something, without expecting anything in return. I am not talking about giving a beautiful flower to a beautiful girl when you are hoping to make love after, that isn't love. Yes, you can buy or find a beautiful flower and go down the street, and give it to an old woman. Of course she knows you don't want to have sex with her. I love to do that. This woman will be happy. You can change the world, heal the world, prepare the future.

6. Supra-Consciousness

"Untamed, wild, laughing"

The levels of consciousness

May 68 a.H. – 2014 Taiwan

There are different levels of consciousness in your brain. The elementary one, the lower level, is in charge of all automatic functions like your heart beat. You don't think about your heart beat, you don't ask your heart to beat, it is automatic. So is your breathing, your digestion. You eat many different types of food, each one needs special enzymes, special acid to digest. You don't think about it, it is done automatically, on autopilot, from the lower part of your brain.

The next level is basic consciousness. It is a little higher in function. When you use your senses, when you see, touch, smell, you can direct your attention to what you want to look at, touch or smell. If you don't want to look at something, you close your eyes. That's your decision. It is very basic. Every human being uses this part of the brain

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which is elementary consciousness, basic consciousness. It allows everybody, even very bad people, to live.

And then, there is real consciousness. Real consciousness is higher. This one is responsible for your happiness. What feeds this consciousness is the same as the previous level, what you see, what you smell, what you touch. It is the same food, the same stimulation, but, instead of just looking, suddenly meditation comes, and there is the 'wow' part, the amazement.

This is real consciousness, the part of the brain that makes the decision to be happy, because happiness is a decision. Every morning when you wake up, you choose to be happy or not. Don't expect happiness from outside, you have to use that part of consciousness to say, "I choose to be happy".

And you use the tools of meditation to stay like a Buddha, happy all day long. What is difficult, is not to become a Buddha, that is very easy, but to stay that way and that is why training is important. When you train, you go to the top, which is what we call supra-consciousness. Supra-consciousness is above consciousness. Nobody else talks about that part of the brain, it is an Elohim teaching. Everybody talks about consciousness, scientists are trying to find where consciousness is located. Only Raelians know about the supra-consciousness.

Supra-consciousness is the state of being a Buddha, being now. Happiness is not later, not before, not somewhere else, it is right here. It is right here, whether you are in Africa, America, Japan, another planet, the Elohim's planet or any other place in the infinite universe. You can be on the Elohim's planet right now and be very sad and depressed. If you are depressed, wherever you go, including the Elohim's planet, you will still be depressed, because it comes from inside.

Right here, right on your chair, not on the chair beside, not on the other side of the room, right where you are, is the best place in the universe. And right now, is the best moment

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of eternity. When you feel that, you are a Buddha. And the goal is, without having a goal, to stay like that all the time. It is a goal, but it must not be a goal, because if it is a goal, you won't have it.

It is like when you want to be happy. As long as you want to be happy, it means that you are not happy. Remove "I want" and you are left with "happy". Now, is perfect, you can never have a better opportunity to be happy than right now, right here, not in the future, not in the past.

But, you are the past, and the future. Your matter and energy have always existed, and will exist forever, so you "are" eternity. So when you enter this state of deep meditation using supra-consciousness, there is no more yesterday, no more tomorrow. Now contains all the past, all the future and you are one with infinite time.

It is the same in space as illustrated by the Elohim's symbol. There is no other place to be happy. But when you are really present here, you are everywhere. We are here, but we are in the solar system, we are on this planet, we are in this galaxy, we are in the infinite universe. Here is everywhere, and now is all the time.

Through our illusions, we feel separated from space, and separated from time. By meditating, you are all the time, and every place in infinity. In your hands are many galaxies, an infinite number of planets with seminar meditation, an infinite number of Elohim in your hand. Right now there is an infinite number of small Maitreyas teaching in your hand, feel it! We are everywhere, and nowhere.

We are, all the time, and no time. When you realize that, you are Buddha. There is no time, no space, just love. You feel love from the infinitely small, the infinitely large, and this beautiful feeling of being one with everything, all the time. Feel it.

Supra-consciousness laughs at all times

August 68 a.H. – 2013 Sveti Martin, Croatia

Laughter is the strongest catalyst for consciousness. It is especially the catalyst for the most important thing, supra-consciousness, which grows on top of consciousness. Consciousness brought Hiroshima, wars, violence, despair. When people kill others, they are conscious but they aren't using their supra-consciousness. The person building nuclear weapons, either to protect their country, or to attack others, is conscious. They are conscious of danger, of enemies, aware of the concept of an enemy. Consciousness is the biggest enemy of supra-consciousness. Supra-consciousness, on the other hand, is about laughter. It is happiness for no reason, laughing for no reason. It is smiling for no reason, happy just to exist for no reason. As you already know, if you are happy for a reason, your happiness is going to disappear when that reason disappears. If you are happy because you are rich, when you lose your money you lose your happiness. If you are happy because you have a sexy girlfriend, then when she leaves you for someone else you are not happy anymore. If you are happy because of something external to yourself, you are not really happy.

Your consciousness is aware of everything around you, as much as possible, and it uses that to construct thoughts. Thinking is the biggest enemy of happiness. Thinking is what makes you say: "My neighbor's house is bigger than mine, I need to make more money to have a better house". To "have" does not create happiness. "I need to have a beautiful girlfriend or boyfriend, I need security...". These are thoughts. When we think, we are necessarily in the past. Thoughts can not exist without the past. The past is regrets, regretting something you used to have or something you thought you had. The past is like a springboard that projects us very fast, without awareness of the present, into a future that can be scary. And the future is anxiety: "What will

happen to me? Am I going to lose what I have?" What is "what I have"? All you have is the past. Everything you have with you right now, your possessions, even your clothes, are the past. You bought them, they are past. Many women want to change clothes very often because they become outdated fast. It is past. Your fashion is already old, ladies, sorry.

This is exactly what fashion is about, to transform the present into the past as fast as possible so that you consume more. That is not happiness. The past automatically projects you into the future, a scary future, necessarily scary. When we think of the future we can only be anxious because, even you, the most beautiful raelian women, you are going to age. You are going to become ugly, you know it, you think of it, and you buy cosmetics in order to keep your youthfulness. Youthfulness is the past, it is wanting to hold onto the past when thinking of the future, it is anxiety. So, what is left? What can make you happy, without regretting the past, without anxiety about the future?

Right now and here.

Look at yourself right now in the unique and magical instant which is now. No more past. This is why during happiness academies, wherever it is legal, we take off our clothes, we take off fashion. Your breathing is now. Your heartbeats are now. Breathe and feel the air entering your nostrils, now. This is absolute happiness, which neither regret of the past nor fear of the future can spoil. But you need to be in the moment, you need to be completely in the now.

Listen to your supra-consciousness that is laughing inside you. And the moment is supra-consciousness. Supra-consciousness is a state of being. When you are in supra-consciousness, you are. To have, on the other hand, with all the material possessions, the past, the future, they are all part of consciousness. Then, why do we talk about raising our level of consciousness? It is simply so that we are no longer in a state of consciousness, but rather in a state of

supra-consciousness because consciousness is the enemy. Consciousness is dangerous because consciousness is the past, consciousness is fear, it is the future. It is about having and everything that is bad. Supra-consciousness, on the other hand, is about being. The more conscious you are at a low level, that is to say of what immediately surrounds you, the more conscious you are of the need to have, of the past, and all the things that are only part of the past, of the future because the future is also a by-product of the past. Without a past, there can be no future.

If you don't think about the past, you don't fall into the trap of "having" in order to manufacture a future that may or may not happen. Ninety percent of the time when you are worried, you worry about the future. Yet, it is only after the fact, unfortunately, that you know it never happened. You know all of this. How often do you worry anticipating an appointment with your boss, being afraid of not sleeping and not being well for the appointment. Then the next day you feel fine and you meet with your boss. But before that meeting you were worried sick needlessly, for no good reason. Whereas if you reach a higher state, a state of supra-consciousness, then you are in the state of being. The one who IS, isn't at all in the past, isn't at all in the future.

How complicated our raelian philosophy! How difficult and complicated! To reach supra-consciousness we must laugh and this is why we have Happiness Academies.

Train yourselves! Listen to your teachers! Train yourselves to laugh for no reason! I would like for you to feel laughter come to life within you just like that and for no reason. Not because I ask you and not because of what I say, but because I bring it to life by creating a link between your body and your supra-consciousness which trips or short-circuits consciousness. And it goes beyond and is such that you take a breath and as you breathe you laugh! This is so wonderful! Just this moment! Just this instant. And if you multiply it to infinity, life will go on in exactly the same way, and the things that you want to have or that you have, will not be responsible for your happiness. Happiness will

come, instead, from this permanent laughter. Let me be clear, supra-consciousness laughs non-stop. Sometimes we can feel it and we also start laughing. Supra-consciousness laughs at all times. Hear it. Hear the supra-consciousness laugh in your head! Children have it. That is why they laugh a bit for no reason, just because they want to laugh, just because they feel happiness increase within themselves.

The supra-consciousness meditation

August 68 a.H. – 2013 Sveti Martin, Croatia

Our planet needs meditation, more than ever. What is important is not for us to be conscious, because even the insane and the criminal are conscious, but for us to be in a state of supra-consciousness, being in the “being” and not in the “having”, which applies also to all of us collectively. Just as each individual needs to, the whole of society also needs to gradually become less conscious and more supra-conscious. The French are very happy to be French, they are aware of being French, and that creates problems. Americans are very conscious of being Americans, and that creates problems. If only everyone would stop being aware of their nationality and start being supra-conscious, that is, just being.

In the infinite galaxies and space, there are extraterrestrial civilizations that are non-human but conscious. It is better to be non-human and conscious than being human and sub-conscious in a way, which is our current level of consciousness. In the infinite galaxies and space you have many, many civilizations who have reached supra-consciousness, and who avoid the earth like the plague, where we bathe in this miasma of consciousness, this ordinary consciousness which makes us think we are white, black, human, french or swiss.

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We are supra-consciousness.

So let's now do a little meditation that is infinitely powerful. Don't forget, you are part of humanity as you know from the messages. I had told you that you are humanity's consciousness. No, Raelians are in fact humanity's supra-consciousness, not its consciousness. Consciousness is ground level and even a little lower, the level of earthworms after the rain.

Raelians, are supra-consciousness. You are there to inform, to teach humans to no longer be human, but to be. Adolf Hitler was human, Obama is human, Stalin was human. Attila was human. Please don't be human any longer, be supra-consciousness. What human beings have done by being human is not very brilliant. So let's be better than human, let's be supra-human. Being human is not impressive as a track record.

By being in supra-consciousness, it will allow us to see a being coming from space with eight legs, twelve eyes and a trunk instead of a nose, filled with love, without saying "what a monster! Let's shoot first". To shoot first is being human, it is the human response that has always been there in the history of humanity, in all people, on all continents. So, being human is terrible! When someone tries to insult me by telling me: "you're not human", I reply: "I surely hope not". I surely hope that I am not human, because so far, being human hasn't been brilliant up to now.

We are on a small planet, where every year, millions of people die of starvation. Is that what it means to be human? I don't want to be human anymore. Please try, as I do, to no longer be human, but instead to be in supra-consciousness. To be infinity with a galactic consciousness, where suddenly we feel love and closeness to everything and become one with all.

I will now guide you through a meditation that works on yourself, and while raising you to the level of supra-consciousness it also raises the whole of humanity towards that level, whether the whole of humanity is aware or not of

what you are doing. The vibrations you emit by doing this meditation affect others, the people in the hotel around you who are not Raelians, the people in the nearby cities, the people on the entire planet. Something is happening that will influence them that will raise them to supra-consciousness. They won't be aware of it, but it will elevate them.

Close your eyes, take a deep breath, once, twice, three times, and focus on yourself. You see your own image, your own face. Visualize yourself smiling; you see yourself smiling and beautiful, radiant, harmonious, happy, full of love, smiling like a child. And you send yourself even more happiness, even more love, even more kindness, compassion, because you're not perfect and you love yourself as you are, you love yourself with your flaws, that you will never eliminate because you're human, supra-human, therefore made up of qualities and faults. Like a tree, like a plant; and you love this entire being, in its totality with the mistakes it has made, with the good things it has done. Smiling, turned towards the beautiful, towards the good, towards love. Now, visualize your spiritual leader or the person you love the most on earth, and see this person in your mind, smiling, happy, harmonious, serene, full of love.

And send him or her even more love, energy, happiness, compassion, for this person who is imperfect but magnificent in the capacity for love that he holds. Send love with all your strength. It radiates from all your cells, from all your neurons, from your whole body and your whole mind, this love, this compassion, this kindness that you are sending to the person you love the most. And now, change the image, visualize someone you know but do not particularly like, someone you have simply met. It could be someone who works in the hotel where you are, someone who takes care of you in the restaurant or at the checkout, or someone on the street. Visualize someone with whom you have no relationship, for whom you have no particular love, possibly even no communication, but someone you know, someone you have seen. Send that person love, visualize their face, anyone, that human being, smiling, and

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send them love, compassion, energy, kindness, especially kindness and benevolence.

This step is more difficult, with someone you don't know or don't love, someone you don't particularly like; and now we will change the image again, even more difficult and even more powerful, visualize someone you don't like at all, someone who put you through terrible times, someone who made you experience the worst things in your life, visualize this person smiling, and send them love, the most love possible, send them energy, compassion, because basically they are human and could be supra-human and good. Send love because only love can change evil into good. Send them kindness, compassion, energy, send kindness to this person. Visualize them and send them that love. Visualize this love coming from you that emanates from you towards this face which perhaps made you suffer so much, or that you detested. Send love. That's it. And very slowly, become aware of your environment again, open your eyes, keeping this feeling of love radiating, for everything and everyone. You could do this longer, with plants, with animals, with the stars, with everything that exists.

To send love, kindness, compassion, to all living things around you, that is the only thing that can change humanity to make it non-human, because when it is human we see what it does. We want to make it supra-human, by helping it attain supra-consciousness.

This meditation is like the old message: "love your enemies". How do you do that? By visualizing them and sending them love. It's hard, isn't it? It is pretty difficult, but yet it is very simple. When you do it, if you can achieve it - there are some who struggle with it, I know - when you manage to do it, everything collapses, all the barriers, these barriers that paralyze you personally, those barriers fall. Peace and serenity invades you, and permeates the world, because it is the only way to save humanity. It is this unconditional love that makes us supra-human through the development of supra-consciousness. Do this meditation often, take your time doing it. Do it as often as you can. Do

it when you wake up, when you go to sleep, before noon, anytime.

Always be radiating this love, this compassion and this kindness. It is easy to be kind, compassionate, and full of love for the people we love. Everyone does it, even Hitler loved his partner very much, but that is not enough. To love those we don't know, that's already a little better, but to love those you hate, to send love to those you hate, that is the only thing that can eliminate borders, armies, barriers, politicians, and all the rest, and bring forth a lasting peace on earth. The Elohim tell us that they cannot come and connect us with the infinity of civilizations in the universe if we have not yet achieved peace among ourselves, because it would be worse for the others; we would be human. If we were human it would be terrible for the others because we would be human first, like those who already speak of colonizing other planets. Colonization is being human. The idea of colonization disappears when one is supra-human, when being in supra-consciousness, when being foremost in the being, and sending love to everything that lives, especially towards what may seem to us as unpleasant, as enemy, as monstrous; let's send love.

Am I using my supra-consciousness?

June 70 a.H. - 2016 Okinawa, Japan

Your supra-consciousness is the guardian of your happiness. You always have the power to choose from the moment you wake up; will you use your supra-consciousness or your consciousness? You have to ask yourself constantly. As soon as you stop asking this question, the thinking brains starts up. Remember then to ask 'what will be my next thought'?

There is a difference between Buddhism and Christianity. In Christianity, there is a god and people are 'lower beings'. Only god is great. It is different in Buddhism. Buddha is not a god. He is the first to have had illumination and to have used supra-consciousness. Everybody here can be a Buddha. At every moment, you have the choice to be a normal human or a Buddha. Am I using my supra-consciousness or am I a thinking machine, a robot? You can be a thinking machine all your life, while eating, having sex, sleeping, when having some distraction of love, or false love but not happiness. If you are a thinking machine then you don't want eternal life. If you are depressed or not happy, the Elohim won't give you eternal life. They are not sadists.

Find happiness first. It shows how much the Elohim love us. If you were not happy, then you return back to dust, to infinity. If you had been depressed on earth and were to wake up on the Elohim's planet, then you would be depressed for eternity. Happiness is a requirement before reaching eternal life.

Every moment ask yourself this question, "am I using my thinking brain or my supra-consciousness?". When you wake up, it is easy. Then in the subway, feeling late, stressed, thinking, again ask yourself "am I using my supra-consciousness or my thinking brain?". You can ask the same question concerning your relationship with your

partner. When using supra-consciousness, your face becomes more relaxed. It helps you to slow down.

Which part of my brain am I using now? If you react immediately, it's your thinking brain. If you don't react and stay in peaceful harmony, then you're using your supra-consciousness.

What will I do for the first time today?

November 67 a.H. - 2012 Okinawa, Japan

Just a few words to enlighten every day, so that when you wake up, you have everything in you to have a beautiful day, and before going to bed, you also have everything in you to feel good. There are two ways to help you to do that. The first one is just to be thankful for waking up, because one day it is possible that you won't wake up. If you wake up on the Elohim's planet it's great but if you don't wake up anywhere, it isn't as good. When we die, and if we are not recreated on the Elohim's planet, then we won't wake up. We come from mineral, and go back to mineral and our consciousness disappears forever. That can happen any day. So the first thing, when you wake up, is to say: "wow I'm still alive, thank you for another beautiful day". Just waking up, what a gift. No need to have money, lover, power, just waking up is amazing!

And the second one, if you don't want to become old, ask yourself every day whether you did anything "for the first time in your life" that day. When you age and become old, you have a tendency to no longer do anything "for the first time in your life" anymore.

Of course the body ages, we cannot do anything about that, but if we do what is necessary, our brains need never age. When you were a child, you did many things for the first time every day and now gradually as you age, you do less

and less. When people become mentally old, they spend months, years without doing anything for the first time. Old people always do the same things, the same way, in the same positions at the same times. Your brain shrinks and you lose it, you become a vegetable. So, please, every morning when you wake up, ask yourself: "what can I do today for the first time in my life?"

It is easy to find something, not twenty, just one, please. And when you finish the day, before going to bed, remember that one thing you did for the first time in your life. There will be another one tomorrow. So I have a question for you: try to imagine, what is the thing you will do today for the first time? It can be anything, it can be going to a place where you have never been. It can be talking to somebody you never talked to before, anything. Except, it cannot be buying. If it is something which you can buy, it doesn't count. It must not be something you buy, and must not be something you have power over. It must be something you do, something that you have never done before in your life. What will you do today? Find it. The more you age, the more time you need to find it. If you ask this question to young people, they answer immediately: "I want to do this, I want to do that". Old people will be thinking about it. So are you young or are you old?

Are you ready to give me an answer? What will you do today? Immediately, something crazy, something beautiful, something new. The more time you need to find the answer, the more you are old. When you ask yourself every day, the time needed to find something becomes shorter. At first it is difficult, but with practice it will be shorter and shorter. It can be very simple, like for example, trying to find a snail and looking at it for twenty minutes. It can be something very simple, like going to the forest and making a flower arrangement with wild flowers. It should be as simple as possible. Train yourself. Train yourself to be able to give a very quick answer, by doing it everyday. I train my brain to always do things in a new way. Repeating the same thing is boring, and shrinks your brain. Every time I play the song 'Elohim' I say: "what can I change?" Don't become fossils,

change everything. Enjoy, change everything, be new always. Surprise everybody around you, don't stay the same. A new you every day. Happy new you!

Supra-consciousness to feel infinity

July 68 a.H. - 2014 Okinawa, Japan

Look at the clouds. We have been in the clouds, and we will be back in the clouds one day. Our body is composed of 80% water. When we die, and we will all die, this water will evaporate and go in the air, and in the clouds. So when you look at the clouds, wonder how long it took for this water to come from people's bodies and accumulate in a cloud. Maybe three years, maybe seven years after someone died. Particles from our bodies rise up to the clouds, and then fall as rain, form a river, and then you drink that water. Then the same particles of water are back in your body again. This is the wonderful cycle of water.

How many times have the particles which compose our bodies, our brains, our consciousness, how many times have they been part of other people's bodies? Of other animals? Of plants? In this infinite cycle of life, it has been an infinite number of times. We have been everything, everywhere, and we will be everything forever. That is why we are one, with the sky, with the stars, with the soil, with the plants, with other people around us.

Any separation between us is an illusion. I breathe out, like everybody, and you breathe in, like everybody, and with each breath, some parts of my body go into your body, and reciprocally. So we are one. This feeling of oneness is not something abstract, it is something material, it is because the matter which makes your body and my body are the same. The matter which makes your body and the body of these green plants and flowers, is the same. Scientists studying genetics today are finding very little differences

between the DNA of monkeys and butterflies. In other words, the elementary, fundamental bricks of life are the same in everything alive. We are not different, there is consciousness in everything alive, at our level and other levels.

That is why the symbol of the Elohim is so important. As you know they teach us that we are inside the body of a huge being, and in our finger there are many galaxies, very small planets, with people living on them. Everywhere there are the same principles of life and consciousness. In every little plant there is consciousness. In this huge tree which makes a tree-house, there is consciousness. In every little mosquito coming to drink your blood, there is consciousness.

They are like us with feelings, sexual feeling, feeling of pleasure, exactly like us. The only difference, is that they don't know infinity. To feel infinity is the privilege of human beings. And for that, we don't use our consciousness, we use our supra-consciousness. Stupid people just think, they don't use consciousness. People who raise their level of consciousness, they suddenly use their consciousness, but when you use consciousness you can be very bad. All the killers, violent people like Adolf Hitler, used consciousness. Consciousness is not enough.

A worm uses its consciousness. It's not enough. We, human beings, have supra-consciousness, and this supra-consciousness is the only way to feel infinity, and to reach love. In other words, if we are just a brain, a thinking brain, we are no different from a worm. With just consciousness, we are just a worm, proud to be a worm, proud to be an eagle, proud to be a frog, proud to be French, proud to be Chinese, proud to be Japanese.

This is dirty nationalism and creates war. "I am me! You are you! You are less good than me!" In many languages, the name of their country means "The country of real men", as if there were no real men in other countries. You can even find that in religions, like in the Jewish religion, which says

"We are human, but non Jewish people are like animals, they are not human". This creates hatred, war, and not love. When we reach supra-consciousness, we are no longer Japanese or French, we are no longer human, "We Are", we are one. We are not better than insects.

This week I saved a little insect in my house. The poor animal was dying inside, I felt it, I took it, placed it outside, gave it some water, it drank the water. I felt its happiness, I was one with this insect. Feel this oneness, with other human beings, with everything alive on Earth, or on other planets. Many humans who have not yet reached supra-consciousness, call people from outer space "aliens". You saw the movie "Alien", they are depicted as monsters. This is not supra-consciousness. This is like white people hating black people, this is a kind of racism. You have to choose between spending time with a being from another planet, with the body shape of a spider, but full of love, having reached supra-consciousness or a human being, with a face of Adolf Hitler, full of hatred. I prefer to spend time with a spider full of love than with Adolf Hitler. It is the same everywhere in space. Only when you reach supra-consciousness, do you have love. You all have it in your brain. So, in practice: stop thinking, don't be satisfied with basic consciousness, meditate to reach supra-consciousness, and feel love.

A Buddha is an egoless supra-consciousness

October 70 a.H. - 2015 Okinawa, Japan

When you reach supra-consciousness, the ego disappears completely. And you feel connected to the Elohim. If you use your thinking brain, you are no longer connected. When you are thinking, you cut yourself from the infinite universe, but when you feel, you are, without being you, because the little you is not you. You are much more. "I" creates problems, fighting, duality, war. It is "I" against you. But with supra-consciousness, there is no separation between you and me. The Elohim are part of you and you are part of the Elohim. You cannot feel oneness as long as you have ego. That is why in order to be, you have to stop being "I". When you think "I am me" it implies "I'm not connected with you". If I look at you without being "I", we are one. There is no judgment, no comparison. That is what you feel in my eyes. Destroy the ego completely. Don't think it takes many years of study to reach that level. That's a big mistake. You can do it now, every one of you.

In supra-consciousness, there are no levels. The weakest has the same level as a level 5 Guide. The levels are only for the organization of the movement. To be a Buddha is to be an egoless supra-conscious being. You can do it immediately, now. What is difficult is to stay like that. Everybody can be a Buddha for at least one second. You cannot improve your level of 'buddhicity'. Supra-consciousness is only 100%, it cannot be half. Suddenly you feel, there is no more you. It can give you the illusion of floating. That is where the myth of levitation comes from. And you want to be like that forever, but you cannot, because you want. Buddha was just the first one to describe it the way he did. He was a teacher and stupid people made him a god. To be a Buddha is to be an egoless supra-consciousness. You must be Buddhas, people must feel something different about you even if you don't speak. Be

the Message. Much better than talking, talking, talking. So they feel the light of the Elohim inside you. Then imagine where we will be in 40 years. Imagine. Where will you be, how will you be, will you be alive on Earth, will there still be a humanity? It depends on what you do, and more, on what you are. If you love the Elohim, please be.

Your body is a toy for supra-consciousness

June 72 a.H. - 2018 Okinawa, Japan

What is you? Is it your right foot, your left foot, your sexual organs, your brain? Which part of the brain is you? Only supra-consciousness is you and this "you" is sleeping most of the time. You are here, but you are sleeping because when you are thinking, you are not. It is time to destroy this stupid sentence, "I think, therefore I am." Instead it should say "I don't think, therefore I am."

When you think, you are not. When you don't think, then supra-consciousness starts to awaken. The rest of the time supra-consciousness is sleeping. Supra-consciousness is never thinking. Supra-consciousness has no memory, nothing, no future, no past, it is now. If you feel now you are in supra-consciousness, you are in infinity. As soon as you start thinking, it stops and supra-consciousness goes back to sleep.

When you don't use your supra-consciousness, you are a sleep walker. But when you use your supra-consciousness you wake up.

How to use your supra-consciousness? By feeling now, not by thinking about now. If you think about now you are thinking. Feel now, feel it. Only supra-consciousness can feel now. The thinking brain cannot feel, but the body can. Your body can touch me, my hand or my rear. Your body is

a toy, it is a toy to play with. However as soon as you think that your body is the leader, supra-consciousness falls asleep. But when supra-consciousness guides the body, your body becomes what it was created to be a toy.

Your supra-consciousness is eternal, infinite. But this toy was born one day and will die one day. Use it while you are alive! It is a toy which can paint, dance, make music, make love, it is a sex toy. It is a toy for everything, cooking, eating, it is a toy! You taste food with your brain, not your tongue. You see me with your brain, not with your eyes. You can hear my voice with your brain, not with this little ear. The brain guided by supra-consciousness uses every part of your body as a toy. So enjoy it every day of your life. Enjoy this beautiful toy given to us by the Elohim.

Supra-consciousness to feel the now

June 70 a.H. - 2016 Okinawa, Japan

The thinking brain cannot feel here and now, only the supra-consciousness brain can feel it.

Supra-consciousness is a little package of neurons, very small, maybe less than one hundred. Among these neurons, there is only one that can feel here, I call it the Alpha neuron, the leader of the pack. This one feels here. We don't know yet what part of the neuron feels it.

So happiness is here and now, but there is no here, and there is no now. Here is the gate to infinity in space, now is the gate to infinity in time. That is why the symbol of the Elohim is so important. And that is why the meditation based on this symbol is important because it brings you nowhere and never, and always, and forever. Never and forever, and nowhere and everywhere. That is infinity. Infinity is all and nothing, nothing and everything. If you feel that, you really

feel the “now”, which doesn't exist and the “here”, which doesn't exist.

What will my next thought be?

May 69 a.H. – 2015 Taiwan

Here is a trick to help you stop your thinking machine. When that happens and you cannot stop the chain of negative thoughts, ask yourself "what will be my next thought". When you do that, it automatically stops as you put your brain in a self-observation state, in other words you wake up the most important part of your brain, which is the supra-consciousness, not the consciousness.

The consciousness part is a poison, consciousness is thinking. When you use your consciousness, you poison yourself. You are conscious of war on Earth, you are conscious of your boyfriend leaving you, of everything happening around, and you react. Your brain is thinking, this is consciousness. It's the worst poison in your life.

What is good then? Supra-consciousness.

Consciousness is endless thinking, and thinking is never now. Thinking is never now. When you think, you can never think about now. When you think, it is always old, always connected to the past. Even when you think about the future, it is based on the past, any thought you have is old. You cannot have a new thought, never.

Whatever the language you use when you think, it comes from your education. You learned it when you were a little boy, a little girl. When you think, you use words and these words are not from now, they were put in your brain at school. Every concept, every idea you have, is connected to the past, it is always old. Thinking is never, never now. When you think, your brain becomes old suddenly, even if you

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think about happiness, it is old. Even if you think about the Elohim, when you think, you are not now.

To be now is to use a very small part of the brain, which is your supra-consciousness, and supra-consciousness never thinks, supra-consciousness feels, it is feeling. That is why, when you say, "what will be my next thought?" the supra-consciousness talks to the conscious brain and says, "what kind of old thing will you bring to me now?" Then the thinking brain stops automatically, as if the brain suddenly froze. The silence induced by this question doesn't stay for long. After a few minutes you start thinking again as you are amazed that it worked and in so doing, you go back to thinking. It needs training to stay in a state where supra-consciousness is in control, taking control without control, because if there is control there is thinking. This state is called meditation.

If you want to meditate you cannot meditate, there is no "want" in meditation, there is a stop and feeling, no thought, nothing coming, quietness, no past, no future, just now. If you think about happiness you lose it, just feel, let it grow and blossom like a lotus flower. The lotus flower is a beautiful image used by Buddhist people as it has its roots in mud, like the mud and shit of your thinking. When you use supra-consciousness, the lotus flower rises up to the water surface and opens. One of the most beautiful flowers in the world, has its roots under water in shit and mud.

Supra-consciousness and meditation have their roots deep in the shit of thinking, and suddenly you escape from it, and you blossom at the top of your head. It's funny to notice that the supra-consciousness' neurons are at the top of the head, like the lotus flower, and everything under, including the thinking brain is mud and dark. Why do we feel so good when we are in a state of meditation? Because we are NOW, this is the only way.

Supra-consciousness is untamed

June 72 a.H. - 2018 Okinawa, Japan

We have never been perfect. We will never be perfect. It is very important to destroy the illusion of perfection. Nobody is perfect. But from early childhood, they teach you that you must be perfect; perfect exam, perfect citizen, perfect for everything! That is a lie and an illusion. Nothing is perfect. I am not perfect. Yahweh is not perfect. Infinity is not perfect.

Nothing is perfect but it is beautiful because of its imperfection.

Attempts to be perfect are not pleasant to watch. In Okinawa you have the privilege of having tropical forests, rain forests and jungles. This is absolute beauty and is absolutely not perfect. Everything grows everywhere, entangled. It's the natural order. That's what Lao Tzu was talking about a long time ago. The natural order is never perfect but it is order. When it is the opposite like in the gardens of Versailles Palace, where the trees are perfectly aligned, the grass is perfectly straight, only one kind of grass allowed, it is so ugly! This is not natural order. It is human disorder.

Look at the sky at night. Do you see the stars aligned perfectly, in squares? Imagine how ugly the sky would be if all the stars were organized in square formations. It would be terrible. We love to see stars randomly dispersed. It is natural order. It's the same with the infinitely small. There is no order among the atoms, particles and molecules in our body. It is complete disorder, chaos! But it works perfectly. It balances itself constantly. Like the Message said a long time ago, any balance is a succession of imbalances which balance each other. For example, when you walk, you are constantly off balance; when you dance as well. However you balance yourself so as not to fall and you constantly correct the imbalance. A beautiful dance is never perfect. It is chaos but a beautifully organized chaos. It is the same for

music. A perfectly organized music is military music which is the opposite of music. Music pieces like the ones composed by Mozart or Beethoven are all but square, they are constantly fluctuating. Putting anything in a square box is the opposite of art. Art is freedom. When you listen to military music you feel nothing except that you are becoming a robot. That is the purpose of this music, to make robots of military people. You cannot have a military march on a Mozart, Vivaldi or Beethoven piece. You can dance but the dance will not be dictated, it will come from your emotions.

Natural order is complete chaos. It's the same for your supra-consciousness. That is why to be, to reach, and awaken your supra-consciousness, you need to silence the thinking brain. The thinking brain is like the police or the military. The thinking brain is remembering, ordering, "What is first?" "What is important?" "What will we do in the future?", it is completely artificial. Supra-consciousness is in the now. You can separate the past into sequences but we cannot separate the now into sequences.

Now is infinity and supra-consciousness is infinity.

Supra-consciousness is disorder and chaos. The past is artificial order, the future is artificial order. In the now, there is total chaos, no order, but you feel everything and nothing. Now is natural order. You are the birds, you are the flowers you are the ocean, you are the stars, everything at the same time which is total disorder but natural order.

It is very important to remember that supra-consciousness is free. Supra-consciousness is freedom, it cannot be in a cage. Supra-consciousness is wild, it is untamed. We, Raelians, have to be untamed. We have to be wild. Nobody can put us in a cage and we must not put our supra-consciousness in a cage. When you open your mind and raise your supra-consciousness, you destroy the prison of the thinking brain.

The thinking brain is a prison, you are inside, there are bars and you don't even see them. You think, "This is me." "I am Chinese." "I am Japanese." "I am French." This

thinking is a prison. You didn't choose to be Chinese, to be French. You didn't choose to be born. Nobody chose to be born. You have to free yourself from all these things. Did you choose to be Asian or Black or White? Free yourself from all these prisons.

You are. Period!

I am!

Black? No! White? No! Raelian? Human? No! I am! That is the most important. That is the first move to destroy the prison which traps your supra-consciousness.

Imagine people coming from space. In the infinity of planets where there is life, many are not human. An infinite number of them are not human but they have supra-consciousness too. They feel love for everything alive in the universe. When we welcome them will we be full of hatred because we are human and they are not? No! We will feel oneness with them because we are one with every form of supra-consciousness in the infinite universe. Don't even think, "I am human." Feel and say "I am". That is what every form of conscious life in the universe says, "I am."

Supra consciousness is like a snail

June 70 a.H. - 2016 Okinawa, Japan

Only now is real. The past is not real. The future may never exist but now is real. Only now. We can have an infinity of nows, but if you want happiness, don't think about it. Only now. One now at a time. if you reach the ultimate level of now, now, you have never been as happy before and you will never be happier in the future. I repeat: you can be, now, happier than ever. That is what Buddha called the instant Buddha.

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People go to monasteries thinking that they need to study for many years, meditate many years so that, gradually, they reach the level of perfect happiness. This is totally stupid. There is no need to go to any monastery in Tibet or anywhere, no need to study. Studying is thinking and accumulating knowledge. Knowledge can never make you happy.

Happiness is not something you acquire slowly by studying or progressing. There is no progress in happiness. Now, you can be equal to Buddha, equal to Yahweh, equal to Maitreya, even the most shy and humble among you, because there is no progression in happiness.

Happiness is located in the supra-consciousness.

We have a reptilian brain, like a snake brain, that is the lowest brain level. It is the part of the brain that makes you run when you see a lion. It is good but nevertheless a very primitive brain. It helps us stay alive. That isn't even consciousness, it is where the reflexes are initiated. Then you have consciousness, which is the thinking brain. It is where you have the consciousness of the past, consciousness of everything around you, consciousness of the future. This part of the brain will never make you happy. It is thinking. Your consciousness is like a huge garbage bin. Every day you put more inside and the brain remembers and accumulate knowledge, every day more garbage. The favorite hobby of the thinking brain, the consciousness, is to process again and again and again the same memory.

Children are in supra-consciousness. When you were a child, you would find a beautiful insect and play for one hour. Adults would see the insect and go their way. That is the result of thinking. When I was a child, my favorite animal was the snail, it was very slow. I was putting ten of them in a line and having them race, betting on which one would be the fastest. It was already a kind of meditation. I could spend three hours waiting for them to reach the finish line. I am sure you had this kind of experience with bugs or with any kind of animal. But if you do it today, your family will bring

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you to a doctor thinking that you have a mental problem. Do it, go back to that contemplation.

Supra-consciousness is just a very little group of neurons and that is the real you. That is the part which was playing three hours with the snail. It is still alive but we don't use it. We use the garbage brain instead and people are not happy. So, they drink alcohol, use pills, smoke, browse the internet to forget how bad they feel. They seek distraction. Society is very good at distracting people from real happiness and bringing them to the thinking brain. All the politicians want you to think, your parents want you to think, they want you to be afraid of the future. "You need to work!" "You need to study!" "If not, you will be jobless." The streets of America are full of people with a lot of diplomas who are jobless. And even if you succeed, the percentage of suicide among people with a high level of university degrees is ten times higher than among uneducated people. That is why Jesus was saying: "Happy the simple minded".

The best image I can give you for this tiny group of neurons, the supra-consciousness, is like a snail. And it is never, ever affected by the thinking brain. But you cannot use both. If you use the thinking brain, the snail goes back in its shell. And you cannot be happy. You may have joy which is the most dangerous thing for happiness. Joy is beautiful, if you have happiness. But if you have no happiness and only joy, you will never be happy. On the contrary, the more joy you experience, the less possibility you have to reach happiness.

What is the difference between happiness and joy? Joy comes from outside. To have money is a joy. Being with a beautiful girl or a handsome boy, having a new partner, it is joy. They may leave tomorrow and you will cry. This is not happiness. People may say that they are happy but they are not. They are joyful. Joy is not bad if you have happiness. You can have happiness and joy. Why only have happiness? You can have them both. But happiness is the priority. Happiness comes from inside, not from something given to you or coming from outside. Happiness is not connected to

anything outside yourself, not to money, not to professional success, not to diplomas, not to sexual partners. Happiness is feeling now, just now. That is perfect happiness. Nothing given to you, not receiving anything, you can be without any money, sitting in the street, on the ground, with no partner, no money, no food and feel happiness. Or, you can have a lot of money and kill yourself, because it's not happiness. You can have twenty girlfriends, many have twenty girlfriends, and kill yourself. But if you feel now, you don't need anything and you can enjoy.

Happiness is a stable state. Happiness is a permanent stable "wow", an "inner wow"! It never makes you jump. It allows you to feel that you don't need anything. Now is beautiful. That is happiness, for no reason. You can laugh for no reason, not because somebody fell in front of you or because there is someone being funny on stage or because you just heard a joke. You wake up in the morning, it happens to me many times, and just the feeling of being alive, I cannot stop laughing, just of being,... now. That is real happiness.

Stress is very dangerous. Scientists have proven that positive stress causes as much damage in the brain as negative stress. The most evident example is the number of people dying from heart attacks when they live something very joyful, because it is a stress.

One of the places where you have the highest number of heart attacks is the casino; not for people losing, but for people winning! Suddenly they play the machine and gain one million! They die. They die rich. Happiness is the best thing for health. In your body, everything flows peacefully, your heart beat relaxes, your metabolism slows down, your breathing slows down, a wonderful sensation of mental orgasm comes. You are calm, and happy. There is no more sense of time. When you really feel the now, you don't know how long you have been in that state. When you really are now, there is no more sense of time. Happiness is here, right here and right now.

7.Infinity

"We are oneness in multiplicity, or we are multiple in oneness"

Infinity, the most precious gift of the Elohim

December 68 a.H. - 2013 Okinawa, Japan

The Elohim gave us a message which has a beginning and an end. They asked us to build an embassy to welcome them, which has a beginning and an end. We all cherish and enjoy imagining the day they will arrive at the embassy. This day will have a beginning and an end. And then we will celebrate, it will be the most beautiful day of the history of humanity. And there will be a next night and a next day, and then what? That is why the Elohim's most precious gift in the Messages is the philosophy of infinity as everything else has a beginning and an end. Infinity has none. When we raise our level of consciousness through meditation to reach supra-consciousness and become a Buddha, each of one of us, in harmony with infinity, there is no beginning and no

end. That is the most beautiful of the Elohim's gifts. If we base our lives only on welcoming them, they will arrive and then, we will be without any goal and depressed. That isn't what the Elohim want, they want us to be happy every day of our lives, now, when we welcome them, and after.

We cannot be happy waiting for them, happy welcoming them, and then be depressed because we no longer have a goal. That is why the Elohim not only gave us the explanation of their scientific creation, and the goal of building the embassy to welcome them back, but also and above all, the philosophy of infinity which is the most beautiful gift. Being. Just being. Feeling. Without the word feeling. Being, without the word being. That is the deepest state of meditation, where we feel oneness with infinity and eternity, where we feel that everything, which is inside us and outside us, is infinite and eternal and that everything else is illusion. Then we can attain the highest level of possible consciousness, which is consciousness without the word consciousness, because a word is too limited compared to the real thing. Even if we want to build the embassy for the Elohim, if we reach this level, our happiness now is the same. Now, when the Elohim come, and after. It has no end. When you reach harmony with infinity, your happiness is infinite. It doesn't stop and it doesn't end. That is the most beautiful gift from the Elohim.

Who are the Elohim? They are our creators, but that is a little thing. Above all, they are Messengers of infinity who have infinite consciousness. That is why we love and enjoy being raelian, not only because we are UFO lovers or science lovers, these are very interesting things but they cannot make you happy. On the other hand, the meditation they give us, the feeling of infinity, that is the best thing. Feel it, every second of your life, every second of your death. This oneness with everything, including birth, life, and death, in an infinite cycle. We are part of this infinite cycle, if you feel it every second of your life, then happiness is there forever. When you escape the hell of normal people, who have highs and downs, hope and disappointment, when you reach harmony with infinity, you stay up. You can have some

hopes but they won't make you happier. You can have life, and experience life, but nothing makes you up and down. This is the most beautiful gift of the Elohim; to bring us to the same level as their level of philosophy. The Elohim's happiness is to see us becoming happy thanks to their Message.

That makes them more pleased than does the building of the Embassy. If we all work hard to build the embassy and are not happy, they are disappointed. In this non-stop flow of hope and disappointment as perpetuated by our modern civilization, we are used to "we will do this tomorrow" and it passes, and "we will do that tomorrow" and it passes. We are used to this cycle of disappointment. Every feeling or thinking which is not connected to infinity has a beginning and an end. Having a beginning and an end automatically brings hope and disappointment. But every thinking or feeling which is connected to infinity has no beginning and no end. So every thinking and feeling having no beginning and no end has no hope and no disappointment. And that is how you become a Buddha.

**Enjoy the here and now, without a book
about the future and without a
camera to accumulate the past**

December 68 a.H. - 2013 Okinawa, Japan

We are travelling around the earth, and it is good to feel that we are travelling. We are non-moving travelers. Even if you say "I am not moving" we are moving. Like children who say "mummy, if you don't give me a candy I'll stop breathing". You cannot stop breathing and you cannot stop moving. So we travel, we are space travelers, and it is a good feeling to understand that we are on a spacecraft. Everybody dreams of travelling in space, of being in a spacecraft. Some people will soon, some have already paid huge amounts of money to go in the Virgin spacecraft to float around the world. You don't need to pay. It is stupid, why pay, you are already travelling around the earth. To do so a little bit higher doesn't make any difference. It is better to use your money to help the poor children who have no food in Africa and in many other places. You are travelling on a space vessel named earth. We are on a space craft. A year ago, we were together. Since then we went all around the sun, amazing isn't it? We travelled around the sun, together, in the same spacecraft. Together, we travel around the sun and we travel in time, because it took one year, so we are travelling together both in space, and in time.

What should we do, while travelling? I remember being in Venice, Italy, one of the most beautiful cities in the world. I was on a beautiful boat, visiting the canals in the city. We cruised on a small canal, and on the right and left were beautiful castles. There were some tourists just beside me, and as I looked at them, they were reading a guide. I thought maybe they are learning about the castles of Venice, no, it was about Paris. When I asked them why, they explained that Paris was their next destination. They were having a trip around Europe, one week in each country, every day very

quick tours. The tourist surrounded by beautiful castles was reading about tomorrow. He was not enjoying here and now, but thinking about the future. That is terrible. Sometimes they would stop reading and take pictures. Why take photos? Because they want to have a memory. They want memories, souvenirs, something about the past. Photos to remember the past, and books to see what will happen in the future, because they are not living in the present time.

I tried to help them, I said "stop taking photos, look around you, and don't read what is tomorrow, enjoy the now". These people saw nothing. Don't be like that. I remember another time when I was in Australia giving a public speech about the Message and we had a tour in a helicopter, taking us over the Great Barrier Reef. It was beautiful. We were a group of Raelians, 6 Raelians, and as we flew in the helicopter, the pilot looked at us and said "nobody has a camera"? I said "no, we don't want any cameras, we don't want to put something between the beauty and our brains". When you use a camera, you separate yourself from the beauty. He was so surprised, he had never seen any tourists without a camera. I taught him, I said "I want to see everything, I want to feel everything, my camera is inside". Feeling now is what is important. Remember that, enjoy here and now, without a book about the future and without a camera to accumulate the past. Here and now.

Your eyes are your cameras and your imagination is your book about the future. I read a beautiful sentence this week from one of my favorite poets, Khalil Gibran, who wrote the book, a beautiful book you can read, called "The Prophet". He also wrote "The Garden of the Prophet". He said something beautiful, he said "what creates anxiety is not thinking about the future but trying to control the future". When you want to control the future you become anxious, but thinking about the future is beautiful. So, don't try to control the future. When we age, some people have this terrible anxiety about dying, the fear of death, trying to control it and they live a terrible life. Don't try to control, welcome here and now, welcome life and welcome death with the same smile because death is a part of life.

When you were born you knew you would die one day. When you were a little boy or a little girl, you knew you would die one day but you were not anxious. You were not thinking "I will die". So why think more about it when you become old? When you were a child, you enjoyed every second, every meter of travel, every step of the way and you should do the same all your life. Enjoy every step, maybe it is the last one. You all climb stairs sometimes. When you climb stairs, do you think about the one at the top or the one you are climbing right now? If you think about the one at the top, you fall. You have to focus on the one you are climbing right now, one at a time. One day at a time. One moment at a time and that is the teaching of Buddha: here and now. Without controlling space and without controlling time, just enjoying.

We are Infinity

May 68 a.H. – 2014 Taiwan

You are not made in China, not made on Earth, not made in the galaxy, but made in infinity. We are infinity, each one of us. Every time you feel Chinese, Japanese, French, every time you feel like a man, like a woman, homosexual, heterosexual, you are disconnected from infinity. We are infinity. If you feel that you are a man, a woman, that you are 67 years old, too young, too old, too fat, too ugly, you feel bad.

When you say "I am infinity", it feels good, immediately. When you are sad or depressed, feel infinity. It isn't a joke, it isn't a lie, it is what you are, every part of you. Your hair is a piece of infinity, beautiful. The matter of this hand, has always existed and will exist forever. Each one of you, your body is made of infinity and eternity. And that is why we are one.

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The infinity which makes your body, is the same as my infinity. There is infinity in a Korean body, a Japanese body, a Chinese body. It is the same infinity as in the Elohim's bodies, they are the same as us. The Elohim came to Earth a long time ago and created life, they came on the Earth, and stayed on Earth, they lived on Earth, therefore there are some of the Elohim's molecules still on Earth. They even made love with some girls and had babies. We share the same infinity. They left atoms and molecules from their bodies which are now in you. Feel, feel it, not only they created us in their image, but you have Elohim parts inside you. Isn't it a good feeling?

We are one. Feel this infinity. We are one, and infinity. You are one with infinity as you have bits of everything and everybody inside you that is amazing. Not only are there bits of people who are in this room today, but of people who lived in the past. They are inside you, little bits, little atoms. The atoms and molecules of your body will also one day be part of future people. Feel this eternity, we never die.

Dying is an illusion because everything is illusion, the illusion of being born, as well as the illusion of dying. The truth is, we are eternal, and with the Elohim's technology where they can transfer our memory into a new cloned body, we are really eternal.

One of the best ways to reach happiness, is to constantly feel this infinity and oneness. Two concepts which are very different, but very similar. They look like opposite: oneness, only one, and infinity, multiple. We are oneness in multiplicity, or we are multiple in oneness.

We are one, we are one also with people we don't know. We are one with people we never met, people now living in very poor African villages, people living on other planets. We are one. They don't visit Earth now, because it is a "No fly zone", it is too dangerous. There are many civilizations in infinity, an infinite number of civilizations in space, but they avoid Earth because we are dangerous. We only think about shooting what comes from the sky, everything, rockets,

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anything happening, unknown. When seeing a UFO, an unidentified flying object, the stupid military will push buttons and lash out.

Everyone in the universe knows about Earth. The Earth is called a "danger zone". The Elohim protect us, but the truth is that they protect other civilizations from us. They ask them to please not visit Earth now and wait a little. They have a kind of communication between extraterrestrial planets where they explain that we are not ready. We send many messages to space through the program SETI, asking if there is life anywhere. Everybody hides as they know that if we know where they are, we will shoot. That is why all the civilizations in the universe are afraid of Earth. In the universe, there are an infinite number of races. Many are non-human, there is an infinite number of shapes. Some look like spiders, lobsters, fish, any kind, anything you can imagine, but they are peaceful, full of love.

We, human beings, are fighting over very small differences of skin color. Imagine if space people who look like spiders were to come. This spider civilization would be very peaceful, non-violent, they would be Gandhi spiders. But we will not be visited by space people, because in this part of the universe, the Earth is a "no fly zone". Our mission as Raelians is to prepare humanity to welcome beings from space, not only human-looking ones but any civilization from space, with love.

The American organization NASA thinks about space exploration. Is it for science? For discovery? Unfortunately, it is to take minerals, gold, anything of value, precious metals. That is the only reason they want to send these rockets to other planets. They want to find things, things!

What if other people are already living on these planets? What do you think human colonizers will do? Will they shoot, or enslave, like when they arrived in America. There were beautiful native American people, peaceful, living in harmony with nature, the Europeans killed one hundred million of them!

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And now the American NASA has space colonization projects. The other civilizations in space look at us, fighting between ourselves, killing blacks, yellows, everybody, and we are already planning space colonization. Of course, that will never happen. Any time we try to send out exploratory space crafts with the intent to colonize, they will explode - the Prophet is talking. They are not crazy, they will not let them come, just like the Japanese who were very intelligent, as the only country in Asia to never accept white people settlements. They were right. The Chinese welcomed everybody, they welcome the English who, later on, killed many people, stole everything, and gave opium to the Chinese people.

It is exactly the same for space exploration. Slowly, humanity will evolve, becoming peaceful, non-violent, like Gandhi, forgetting any idea of colonization or violence. Then, we can send out space exploration, like the Chinese explorers of the past. Christopher Columbus and all the white explorers travelled with guns. A long time before Magellan and the first European explorers, Chinese explored all over the planet. They didn't travel with arms and an army to attack other people. Instead, their boats were full of gifts. They visited many countries, contacted the kings, brought gifts to become friends with everybody. That is the way. We need to have this Chinese mind when we send space crafts, full of gifts. When we land on a planet we should bring gifts from the Earth people. Only then will we be welcomed everywhere.

But as long as we have guns, nobody will want to receive us. That is why the Raelian mission is to prepare for the future. Our mission is of course to explain that the Elohim created life on Earth. But it is the past and not very interesting. Today is interesting, the most interesting, because we can change the future through the most important mission, which is to bring peace and love to humanity, with kindness and compassion. Maitreya is supposed to be the Buddha of compassion. That is the "essence" of my teaching, not only like the past Buddha bringing compassion for other human beings. It was

important then, but I am the Buddha of the future bringing compassion for other people from other planets, with kindness and love.

Rain meditation

April 66 a.H. - 2012 Okinawa, Japan

On this beautiful day, there is a lot of rain. We often make the mistake of saying "it is a beautiful day" only when it is a sunny day. That's a mistake because when it is raining, it is beautiful also. The sun is beautiful, but the rain is beautiful as well. With only the sun, there would be no life on earth. Rain is life. When you look at the rain, look at it as a meditation. When I look at the rain, I don't see rain, I see clouds. When I look at the clouds, I don't see clouds, I see the ocean, because the ocean evaporates and creates clouds. When I look at the ocean, I don't see the ocean, I see rivers, because rivers make the ocean. When I look at a river, I see rain. We are in this cycle, more than 90 % of our body is made of water. When you drink a glass of water, you drink the rain, the clouds, the ocean, everything.

And the water you drink which becomes this 90% of your body, has been drunk many times, an infinite number of times by other people. The water you drink has been drunk before by an infinite number of people. When you drink, after you go pee, it runs into the river, into the ocean, into the clouds, becomes rain and you drink it again. Maybe today you are drinking the water that I peed last year. Some molecules of the water you are drinking now have been drunk before by many other people.

When you drink a glass of water, it contains molecules of water that have been drunk before by Buddha, Jesus, Moses and all the prophets. This is the infinite cycle of life, everything is transiting through our bodies, passing through our bodies. The matter making up our bodies is eternal. The

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minerals have always existed, energy or mineral. The water has always existed. So what is only us, is our consciousness. This is really us. Not the water going through, nor the minerals making up our bodies, but our consciousness, and that is what we cultivate everyday through beautiful meditations like the rain meditation. So, don't see rain as something which is outside of you. Rain is a part of you and you are a part of the rain.

Don't see the earth as something separate from you. You are a part of the earth and the earth is a part of you, in an infinite cycle, and I hope you can see everything with this feeling of oneness. Not only with the clouds and the earth, but also other people. Animals, plants, and especially people. Feel it again. Some molecules in your body come from my body and in my body some molecules come from your body.

We are one, that is why we must love, give so much love to other people, because inside them, there is a part of us, and inside us there is a part of them. Feel that, live it. It isn't called a meditation, it is love. To hug somebody else, you are hugging a part of yourself. When you hate other people, you hate a part of yourself. So that is why love is the only important thing. I love you. And remember also that we are part of the Elohim and the Elohim are a part of us.

When you think, you separate yourself from the universe

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Whatever you do in life, you are not alone. The energy of the universe is expressing itself through you. When you are happy, not only "you" are happy but the universe brings happiness to you, it supports you. Because you are the universe.

Your body is the best toy in your life. Your body is a connection with infinity. Look at your hand and see infinity, it isn't your body, it is the sound of infinity. Your heart beat is the sound of infinity. We are one but we have to feel it. When we don't feel it, we are not. Thinking is the best tool to separate you from infinity. Many people think that reading many books makes them connected to infinity. Nobody can understand infinity, not even Yahweh, no consciousness in the universe can understand it. But you can feel it and you don't need to have been to the best universities to do that. Just feel it. When you try to understand it, you put a separation between infinity and yourself. You cut the communication between both.

The brain is the most powerful and the most dangerous tool. If we use it to think, it is not good, but if we use it to feel, then it is powerful. It is the same with orgasms. You can only feel them. When you think, you separate yourself from the universe. The same goes for everything in life. Nobody can understand it but you can feel it. You can feel love. This room is full of love. I feel it more than anybody else. The energy of love you create is huge. In this room, there is some dark energy as well, I can feel it. They try to think. They are like black holes. By doing so, they cut the links with everything around them, they become alienated. Crazy people in hospitals are very intelligent but they are crazy because they don't feel their connection to the universe anymore. You put yourself at risk mentally when you think too much. The world

is sick because of intelligent people. Governments are made of intelligent people who create problems in the world. We have to be afraid of intelligent people. Chernobyl, Fukushima: very intelligent people created them. They were however totally stupid because they were disconnected from reality.

Infinity inside and outside

December 68 a.H. - 2013 Okinawa, Japan

During the 11am contact on Sundays, you send love to the Elohim, to every Raelian, to every human being, but it is more than that. You send your love to Maitreya, and through Maitreya you send love to the Elohim, but it is more than that. By sending your love to the Elohim, you send love to Infinity. And infinity is inside you.

We must never think that the Elohim are only somewhere in space. They are inside you. You have an infinite number of Elohim inside you, because in the infinitely small there are an infinite number of planets, everywhere in your body, with Elohim, infinitely small, creating life and spreading the energy of love. Love is at every different level of infinity, in the infinitely large and the infinitely small. So don't make the mistake of only feeling love for outside, but feel love also for inside.

The Sunday contact is a contact of love, outside and inside. Would you travel the world to be with the Elohim? Would you be ready to travel the universe to be with the Elohim? Would you search around infinity? Can we search around infinity? We can travel around the earth, we can travel around the galaxy, but we cannot travel around infinity because infinity has no measure. We can only travel around something which is measurable, so infinity is everywhere. We are infinity, an infinity of love. Feel the stars, this sky is full of stars, but you cannot see them because it is daytime.

They do exist but we cannot see them. It is the same inside, with galaxies, stars and Elohim, we cannot see them but they exist. So feel this infinity, this oneness, with infinity outside and infinity inside.

Feel infinity to feel infinitely happy

January 68 a.H. - 2014 Okinawa, Japan

The Elohim's Message makes it possible for us to feel connected, connected with them but not only that. The most important is to feel connected with infinity, feeling that we are part of it. Feel that inside us, we are made up of infinity, an infinity that is able to become conscious of itself.

This brings us more love, because as a consequence, we also see infinity in other people's eyes. When I look into your eyes, I don't see Japanese, Korean or human, I see infinity and I hope that when you look into my eyes, you also feel infinity. I am a Messenger of the Elohim but more than that, I am a Messenger of infinity, because this is the ultimate truth behind the Message.

Feel infinity. When you feel infinity you are infinitely happy. If you don't feel infinity you can just be happy but not infinitely. Only when you feel infinity, you feel infinitely happy. That is the privilege of feeling connected. We are connected, you and me, everybody, we are connected with the Elohim, connected with infinity, and connected with ourselves. Many people we see are sad, hopeless, depressed, taking medication to be happy. No pill can make you happy.

Why are they sad? Japan is the number one country in the world for suicides, in Japan, one person kills themselves every hour. Right now somebody is killing themselves. They are doing it because they don't feel connected. If we look back in our own lives, every time we didn't feel connected

with others, we felt depressed and sometimes, everybody, including myself, we wanted to kill ourselves. I remember, I was a teenager and I didn't like the world, I wanted to kill myself because I felt disconnected. People try to forget this feeling of not being connected by pursuing material things. By buying things, like a new car, they believe that a new car or a new house will make them happy. It never works. You will have joy for a few months, but it won't make you happy. Other people try to forget this disconnection by having sex. Sex is good, it is pleasure, but it doesn't make you feel connected. You will be connected physically for a few minutes, but this connection is not important. The mind connection is important and only the Elohim's message can bring it. Only when we feel connected to infinity, does inner happiness come, this is not connected to things, not connected to sex, but connected to yourself, to everybody.

Feeling the happiness of others makes you happy. Giving love, making one person happy makes you feel connected and that is why the feeling of connection with infinity brings love. When I realize that I am a part of infinity and see other people as other little pieces of infinity, then I realize that separation is an illusion. This is very important, you are me and I am you. When we realize that separation is an illusion then we feel connected with everybody and with everything in the universe. You feel me now, you feel my love. This big tree here, it also feels my love and I feel its love. And the ocean, and the sky, and everything. That is why feeling connected brings more love. So please thank the Elohim for feeling connected with infinity.

Gods, god and Infinity...

March 69 a.H. - 2015 Okinawa, Japan

In the beginning, when humanity was very primitive, they had many gods, everywhere. For everything they couldn't understand, there was a god. They still use the name of a god in Japan for thunderstorm lightning. In the past, people really believed that it was a god. Everything that human beings couldn't understand was a kind of god. The moon, the sun, were gods, like Ra for the Egyptians. We know that the sun isn't a god now. There was the god of the ocean, the god of the mountain. People were living in fear, afraid of everything, gods were everywhere.

Of course, there were no gods, but by praying and putting some fruit or food at the bottom of a mountain, they were hoping to be protected because they were afraid. Then times changed, new religions came with many gods, new gods, no more from the mountain or the ocean but suddenly just gods, like the Greek gods. Many were women gods too. In Asia also, they had many gods everywhere.

As we progressed, the more our technology progressed, and so did our gods. After a while, some people created the idea of only one god, monotheism. Monotheism is no more intelligent than polytheism, in fact on the contrary, monotheism is more stupid. "There is only one god who created everything from nothing". He used nothing to create everything, nobody can do that. He was never born and will never die and, for the Christians, even more stupid, he can have a child, the son of god, this is the most stupid possibility. So we evolved slowly. In thousands of years, we go from many gods who don't exist to only one god who still doesn't exist.

The Elohim are not gods, we have to repeat that clearly, because people believe that Raelians worship the Elohim as a kind of gods. So we must repeat it very clearly, the Elohim are not gods. There is no god. The Elohim are

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human beings like us. Once upon a time, they believed in gods too, and then in only one god and finally they reached the ultimate level of spirituality; infinity.

Infinity is not a god, as some people may equate infinity with god. No, there is no god. Infinity in space and time, nothing is limited in space so it cannot have a center. If you have infinity, you cannot have a center. Some people say infinity is god and he is the center. Infinity cannot have a center. To have a center, for example, you need a circle and the center will be in the middle, like in this medal with the symbol of infinity. But it isn't infinite, I can't wear infinity. Infinity never ends in any direction. When I point my finger, I choose a direction in the infinite but the line coming from my finger never ends. There is no end to it. That is why it is called infinite, something that never ends. After much progress, the Elohim, finally reached the realization of infinity. Thanks to them, we as primitive human beings, can have the same religion as them, a godless religion, based on the very essence of where and what we are, and of who we are; infinity. We cannot presently equal the Elohim's level of science, that is impossible; nor their level of knowledge, but when we feel Infinity, we become equal to the Elohim.

That is the most beautiful gift they gave us. There was progress from many gods, to one god, and now to infinity. Now there won't be any further progress, there is no next step. Why is that? Because it is infinite. Infinity cannot have a next step. The hourglass is a beautiful image for you. Before the watch was invented, the only way to measure time was with an hourglass. There were big ones to measure a day, smaller ones for a tenth of a day, and even smaller for the time it takes to boil water. That was the way to measure time. No cell phones then. We are hourglasses in time and space. At first, the top part is full of sand, there is nothing below.

Time is passing through us, we are in the middle of the hourglass. You are in the narrowest part of the hourglass and time is passing through. There is an infinite amount of sand at the top which comes through us and flows out. We

are these hourglasses, or rather 'century-glasses' instead of hourglasses, for time and for space.

There are two triangles in the Raelian symbol. These triangles are like the two parts of the hourglass and we are in the middle. We feel Infinity like an hourglass of matter. We are at the narrowest part of the hourglass, becoming aware of the infinitely small and the infinitely large. When you want to meditate on infinity, visualize yourself as a kind of hourglass; not an hourglass, not a 'century-glass', but an 'infinity-glass'. Feel it, when you meditate on infinity. You cannot understand infinity, nobody can, but you can feel it when meditating.

Now, the heavenly gate to infinity

May 69 a.H. - 2015 Okinawa, Japan

The best way to feel infinity is to feel now.

Now cannot be divided, it isn't one second, it isn't one thousandth of a second. If you divide one thousandth of a second into one thousand pieces, it will be one millionth of a second. Then you can divide it one million times again and another million times. How many times can you divide a second a million times? An infinite number of times. It is vertiginous. This can help you feel now. Now is infinitely small in time. It is so small that it doesn't exist. When we think about now, we think about this second. One second is too big. In one second, you can be very angry and calm down. In one second you can be unconscious and suddenly conscious.

When you are really now, there is no change, there is perfect harmony with the infinite because now being infinitely small makes you feel now, it makes you feel harmony. It is the same for space. Your body is made of tiny cells, cells made of atoms, atoms made of small particles,

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with small planets inside them and people like you meditating on infinity. How many of them? An infinite number. Their bodies are made of cells and tiny atoms, and in these tiny atoms, there are small people like you. How many of them? An infinite number. This is never ending. In the infinitely large as well. Our planet is in an atom of a huge being on their own planet which is in a galaxy, in the body of another being and this can continue infinitely.

Everywhere in Infinity there are people feeling Infinity, meditating and feeling now. When the huge being is thinking or feeling its now, it is feeling the same as we are now. The Elohim tell us that it isn't possible to communicate with different levels of infinity but the now of the infinitely small of the huge being is the same now as ours and for the tiny beings in our hands, their now is also the same.

This is why now is the heavenly gate to infinity and to happiness. It is like when you use a cell phone, as if all your cells are phoning, everything feels now.

When in the now, eternal life is too short

June 72 a.H. - 2018 Okinawa, Japan

Computers are taking over more and more jobs, it is happening all over the world right now, it is beautiful and fantastic but the media will not report about it that way, they are trying to make everybody afraid of it. Newspapers sell only when they report negative news. When you check the news, it isn't news, it is the news selected by negative people. War, pollution, they select what creates fear so that people buy their newspapers, because people are addicted to negativity. Even Raelians may choose to look at the negative news because they too are conditioned to look with fear, to nourish their fear, to feed their fear.

If you start your day watching or listening to news selected by negative people, your day will be terrible. Remember one of the most important teachings of the Message, happiness is a decision. It is a choice made by our supra-consciousness. Our intelligence looks everywhere and wants to buy the negative newspapers. It is used to it, and makes you think even more. On the other hand, supra-consciousness chooses happiness instead.

Don't turn on your TV after your morning meditation. Let the shit be eaten by the shit lovers. To choose happiness is to choose positive things all day long. Don't even take five minutes of your lunch break to watch negative news. Try an experiment, watch the news of ten years ago and compare it with today's. It will be the same, trying to make people afraid of China, of Russia, Korea, Venezuela, Iran. Go camping for one week with no TV, no radio, no internet, and watch the news when you come back. You didn't miss anything, they will still be talking about the same things, the same as what they were talking about 10 years ago, 20 years ago, 30 years ago, the same shit. They call it, "news"! There is nothing new in it!

I was reading a newspaper from 1950 on the internet, "We must work hard, there are a lot of money problems, there is an economic crisis..." Crisis is a medical term, defined as something short and strong. The opposite of crisis is something which becomes chronic, that stays forever. There is no economic crisis but the governments justify their incapacity to govern by saying, "It is an economic crisis" and people believe them. If we had an economic crisis everybody would be homeless. There are more and more billionaires. Poor people are poorer and rich people are richer and richer but they want you to believe that there is an economic crisis. Some struggle to feed their children, others wonder what color their next Rolls Royce will be. There is no lack of money. There is no lack of food, we throw millions of tons of food away everyday while some African people have nothing to eat. It is just a question of organization. There is enough food on Earth to feed everybody, even two times more people than we count now. But rich people destroy the food that is available in order to keep the price high, they destroyed tomatoes a few days ago in France for that reason, meanwhile African children are starving to death. No newspaper talks about it, they talk about North Korea, Iran, other stupid things, but they don't tell you the truth.

Even money is an illusion. Everybody is talking about the national debt of America, of France, to make you afraid. These are debts to banks, the same banks that print a large amount of money when needed and ask for interest. This is a joke but you are trapped inside. You live in this illusion and to trap you further, banks created something genius, credit cards. They lend you money and you are trapped for 35 years or more. This is a crazy system to enslave you. People believe that there is no more slavery on Earth. If you have ever bought anything on credit, you are a slave. You haven't got chains like the black people a few years ago, your chain is called a "credit card". This is the reality of every day. Free yourself from slavery, don't fall into the credit trap. Everything is an illusion. And to escape from that, the Elohim gave us beautiful systems, Geniocracy and Paradism.

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All the media are now talking about the dangers of computers, how they will replace men. "Soon 90% of our jobs will disappear, workers will be replaced by computers and maybe 99% of people will be jobless". Yes! It is happening and soon 100% of people will be jobless. On the Elohim's planet, nobody is working, everything is done by computers and robots. I had a meal with them, farming is done by robots, cooking is done by robots and computers and robots bring the food to the table. Nobody has to work.

On the Elohim's planet there are no scientists, no doctors, everything is done by computers. Already here, some doctors use computers to diagnose their patients. A few years ago I had eye surgery performed by a computer. The doctor was there to check if the computer worked well. Every job you can imagine will be carried out by computers. A computer is an accumulation of data. For the past 40 years, I have been telling you that everything that human beings can do, a computer can do it better because it is based on data. Data is past knowledge. We find it so difficult to remember everything that even the doctors have to specialize. No doctor can remember everything. A computer can. Computers can process all the knowledge of humanity without any problem, and can extrapolate and create new data, and even carry out research. That is why there are no scientists on the Elohim's planet. There were a long time ago when they created us, but not anymore.

What do the Elohim do if there are no jobs? They enjoy the now. That is why infinity is their religion. When you are in the now you are in infinity. The past is limited, the future is limited. Now is infinite. Only now is infinite. Computers can do every job we do, so the Elohim just enjoy the now. When you enjoy the now, it is never boring. There is not enough eternal life to enjoy the now. I may say, eternal life is too short. When you live in the now, eternal life is too short. Don't think about it. Feel it! When you are in the now time does not exist. You can meditate for one hour, one day, suddenly you will be sleepy, you go to bed. But you don't see time passing. That is the beautiful future in store for us. People are so afraid of losing their jobs and the media says,

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"We have to stop it, computers will replace human beings!",
"Be careful! They will control you!" Yes they will and it will be beautiful.

Imagine if all the leaders of all the leading countries in the world were computers. They would immediately destroy all nuclear weapons. There was a beautiful movie about that where gradually computers took control of every country, they had been programmed to save humanity. So the Russian computer, the American computer, the Chinese computer, started talking to each other. "How can we save humanity? Let's destroy all nuclear weapons". Yes! So the future is beautiful when you live in the now.

8. Laughter

"Only laughing gives you the energy to change the world"

Awakening develops in laughter

Awakening and blossoming develops in laughter. All those who say the opposite are false prophets, false Buddhas, and there are many of them. The first step in awakening is laughter, happiness. It would be stupid to reach a serious awakening, what would that be good for? Fortunately, awakening and laughter come hand in hand. One needs to be happy in order to be awakened. Awakening and consciousness are the opposite of climbing a mountain by hanging on its rocks. You will reach nothing by hanging on the rocks.

On the contrary, you must let go. It is when you abandon yourself into the infinite fall, that you actually elevate yourself. It is a paradox, but this is what awakening is. If you lay down to meditate and your goal is to feel the effects of meditation, you will not feel anything. With awakening, if you want something, you will get nothing.

If you don't want anything, then you will get everything immediately, you will become the Buddha which is inside you.

Don't postpone today's laughter

October 66 a.H. – 2018 Skype to Canada from Okinawa, Japan

One true word is worth more than a thousand words that are not right. A picture is worth a thousand words too and I would say that laughter is worth all the rest, if it is laughing from happiness, laughing from being, laughing for nothing, that is to say, laughing for no reason, that is worth attending a Raelian Happiness Academy for. Often, people who come to one ask me "what are we alive for? Why did the Elohim create us?" And my answer is always the same, they created us to be happy.

What can be happier than someone laughing? Nothing, no one. And it is for that reason that if you want to sum up the seminar, my wish is that you end it with a huge burst of laughter. I know that you have sufficiently elevated Guides to help you do that. There is everything in a burst of laughter. Of course it is not a very Christian way of doing things, and yet that is exactly what we can see on Buddha's face. That is what we find in true ancient oriental and also occidental wisdom, it is laughter, it is the joy of living.

All the rest in the Messages is fascinating, to know where we come from, how we were made in laboratories, that is fascinating; the meditation teaching is marvelous; to know what future we are moving toward, that is nice. However all those explanations about our origin, they are the past, they are dead. To contemplate the creation of life on Earth is like being at the museum. The Elohim do keep a few museums on their planet, they kept some of the test tubes that were used back then, it is in a museum, it is old, it is the past.

Maybe we will never reach a future happiness on Earth. All we need are a few Fukushimas, a few more idiots to set off nuclear bombs on Earth and maybe we will never know that is possible. On the other hand, today's laughter, you are sure to have it. So don't postpone it till tomorrow, don't miss it.

If only my tears were food for starving children...

March 66 a.H. - 2012 Okinawa, Japan

Remember to always laugh, have fun and make jokes. When the Elohim were creating life on earth, they were cracking a lot of jokes. They are never serious, always laughing. They made jokes in their creation, the most beautiful jokes are on the beach, the crabs. They are one of my favorite animals. Instead of walking straight like all other creations, they walk sideways. It is a joke. Can you imagine if we were all like them, walking sideways?

So remember to always have fun, to never be serious. When you are serious, you betray your genetic code. Being serious is so stupid. When you were a little baby, you used to laugh. Every baby laughs, for nothing, they just look at their finger and laugh. They just look at anything, a butterfly, a bee, anything and laugh. But then they become an adult, educated and very serious. That is terrible. And the older they get, the more serious they become. And one day they will die with a serious face. That is terrible. Remember to laugh more and more. If, as a baby, you had received a good education, you should laugh more and more. At 20 more than at 10. At 50 more than at 20. At 70 more than at 50. And the day you die should be the day you laugh the most.

Then you wake up on the Elohim's planet laughing for eternity. An eternal laughter that is the best. Because having an eternal life being serious would be very stupid. Can you

imagine waking up on the Elohim's planet and feeling that you will now be eternally serious? This is totally stupid. When you wake up on the Elohim's planet, it is time to laugh forever.

All Buddhas were laughing, all great teachers were laughing.

A high spiritual life is not lived in seriousness. A high spiritual life is laughing, having fun, and playing. Be very afraid of this contagious disease that is very dangerous, which is seriousness. You watch TV, see the politicians, they are always serious. Teachers are serious. Wars, Fukushima, this is all made by very serious people. When we laugh, we create peace, harmony and love. So please, laugh, right now, and more, and more. That is how the Elohim love you; when you laugh.

Laughing is the best prayer for the Elohim. Stupid Christians pray seriously. Can you imagine if you were the Elohim, and you had 7 billion humans looking to you saying "help me, help me". That would be terrible. You wouldn't want to look at them anymore. If we were to do that, the Elohim would want to look at another planet instead. But if we laugh, if we send the Elohim our love of being alive, then they would feel happy. What kind of god could be happy to see every human being sad? That would be a sadistic god: "I create you to suffer and have pain", what kind of god is that? No, the Elohim created us to enjoy, to laugh, to have fun. So, that's what we must do. First, it makes the Elohim happy and when your prayer is laughter, then it makes you happy too and it makes other people around you happy. So, laugh for the Elohim, for yourself and for other people. Let's make our lives an eternal round of laughter. It doesn't mean we can't have ups and downs in our lives, but when you are a little down, or depressed, laugh too, because it is the best medicine. When you are ill, if suddenly a doctor tells you that you have six months to live, do not spend six months crying, that would be stupid. If I had six months to live, I would laugh every day. Then, it is beautiful. If you have a car accident,

one arm cut off, you may cry forever, or say "Ok I have one left".

Don't laugh only for good things. Most people laugh for good things. They have a new girlfriend, they laugh. They win one million at the lottery, they laugh. But when they lose their money, they cry. They lose their girlfriend, they cry. Laughing when something is wrong is what makes you better than everybody else. Your girlfriend or boyfriend leaves you? That is a good time to laugh. You lose all your money? Perfect time to laugh because if you cry, it doesn't make the money come back and it makes you so depressed that you cannot make more money. So remember, laughing when something is wrong is more important than when everything is right. You want to become a Buddha? Don't become, you already are a Buddha. You want to stay a Buddha? Then laugh when things are wrong. During the huge earthquake that led to the tsunami and the Fukushima's accident, we were with James and Sophie at Tako and it was hard to remain standing, the ground was moving so much. We were not afraid, not afraid at all, just laughing. We were laughing like crazy. I saw videos of people during that earthquake, people were screaming for god's help that is stupid. Laugh!

We were sure the house would fall and we were laughing. What a great experience. It was fantastic. So when everything makes you laugh, then your life is beautiful. Remember, laughing when everything is ok, yes, it's ok, but most importantly, focus your brain on laughing when things are wrong. You should be able to laugh at anything wrong. Even things that you have to change, for example, we have to change the world, make it a better place, we have to destroy wars, we have to give food to all the starving children in Africa, but we cannot do it if we are serious. By laughing we have more energy to do it. Serious people think "why are you laughing, people are dying because they have no food, how can you laugh?" Stupid people believe that because people are starving to death we must cry. That doesn't give them food. If my tears were food for starving children, I would cry everyday, but it isn't, so I laugh. I know

that right now, one child is dying every 10 seconds in Africa because they have no food, at the same time American armies are wasting billions of dollars on weapons. So I laugh. Because I want to have energy, the positive energy of laughter, to change the world. By being serious and angry you waste energy. You make everybody negative and you cannot change anything. Only laughing gives you the good energy to change the world. All the Buddhas were laughing, be like them. Remember, be a Buddha, an instant Buddha, like instant coffee, by laughing. There is much more intelligence in one sincere laughter than in one hour's speech. So please laugh.

Every time we are serious, we betray the Elohim

March 66 a.H. - 2012 Okinawa, Japan

To be Raelian is to not be serious. The Elohim never intended to arrive on earth to create a serious population. Can you imagine that happening? The Elohim saying: "we will create a population on a planet, they will always be serious, sad and depressed". You love to have pets, little cats, dogs. Would you want your pets to be very serious? We love it when our dogs or cats are playing, running, having fun. That's what we love. Why do we want to have pets? To see them playing all day, running and being happy. Nobody is going to buy a dog or a cat if they know they will be sad. When you think "I want to buy a little cat or a little dog", you imagine it running, barking, meowing. Imagine that you wanted to have a baby one day. Don't do it, there are already too many children on earth, but if you imagine "I want to have a child", would you imagine "I will have a baby and this baby will always be serious"? Nobody wants a baby like that. What kind of baby do you want? You want a baby that always laughs. That is the baby we want to have.

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It's the same for the Elohim. We are their babies, we are their children and when they created us, they wanted to have happy, laughing children, not serious ones. Every time we are serious, we betray the Elohim. Laugh, be crazy, as crazy as possible. Live everyday as if it is the last day of your lives. That is one of the best secrets to have a happy life. One more time, live everyday as if it's the last day of your lives. If today is the last day of my life, I would want to do what I am doing now; being with you, giving you love and happiness, helping you enjoy every second of your lives, as if it is the last one, and then we all sing like children, dance like children, enjoy every second and be as crazy as possible. And you know, we have to think about our brain balance. The more serious you try to be, the more in danger your mental health is. You are more at risk of becoming crazy, really crazy, mentally sick, if you are very serious. But if you try to be crazy, then you will never become really crazy.

The paradox of craziness is the same as the paradox of sleeping. Some people try to sleep, they cannot. But they watch TV, they watch a movie, they feel very tired and fall asleep. They don't want to sleep, they want to watch the movie, but they fall asleep. You start meditating, you follow Maitreya's meditation, five minutes later you are snoring, even though you didn't want to sleep. That is why sleeping is a paradox. When you want, you cannot, when you don't want, you fall asleep. Children are the same, when they play they never want to go to bed. But they play and they fall asleep. Everything is a paradox. Craziness is also a paradox. If you are serious, you can very easily become mentally sick. But when you play like crazy, you will never become crazy.

This is very easy to understand, when we are serious, our whole body feels bad. It isn't working properly. A lot of bad hormones flow inside. When we laugh, when we play like crazy children, everything flows perfectly inside. Some hospitals use laughter as a therapy to cure cancer and it works. All day long, people are watching funny programs, laughing programs on TV, and their health gets better and

better. So remember, if you want to stay physically healthy, mentally healthy, try to be as crazy as you can. You will never become crazy, if you try to look crazy. If you try to play like crazy, to look crazy, you will never become crazy. But if you try to look not crazy, you will become crazy. So enjoy, laugh, love.

Laugh at your mistakes

May 69 a.H. – 2015 Taiwan

There is no higher happiness than feeling infinity live in you. As the Elohim say in the Message, "We are infinity becoming conscious of itself". Feel it, enjoy it, it is very short.

Soon we will return to dust, so better laugh, better laugh every day of your lives. I love China for the statues of Buddha, they always make statues of Buddha laughing. When you realize what infinity and life is, you cannot stop laughing. Don't take anything seriously, being serious is the privilege of stupid people like the politicians, the military, they are all very serious. They make me laugh so much. How can they be serious, it is so funny, laugh.

When you start laughing you start to realize what we are. Laugh at everything, we are the pee of yesterday's people. That is so funny! The water you drink today was in the urine of some people before. Laugh at everything, even at death. If you take death seriously you make it terrible. That is why meditation is so important. Meditation is spending all your life preparing yourself to die laughing. Because the most important laugh of your life is the last one. Every laugh before is just a rehearsal, but the most beautiful laugh of your life, is the last one.

When death arrives, you will take your last breath, and it will be finished. My last breath will be a laugh, that's it. But you have to train yourself for that. If you don't practice every

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day, you will take your last breath and die anyway, but you will die sad, depressed. You die a thousand times when you die sad. When you die laughing, you die only one time. Do you prefer to have one death or a thousand deaths? So practice laughing every day. One day will be your last laugh. I hope everybody in this room will remember me the day they die, and I hope that everybody here will spend their last breath laughing. Why be serious when you die? "How can you laugh Maitreya about death, it is a serious matter?" "No, it is not a serious matter". Laugh! If you don't know what to laugh about, laugh about yourself, because we are so funny. We are all clowns of infinity, feel it! And we make so many mistakes.

There is no difference in the number of mistakes that awakened people and stupid people make. Normal people and awakened people make more or less the same number of mistakes in their lives, but happy people laugh at their mistakes. And when you laugh at your mistakes, you don't make more mistakes, but you are happy. I have made so many mistakes in my life. I'm so stupid sometimes! And I laugh at myself.

People who are not awakened, feel terrible about their mistakes, they feel guilty, they feel like doing "hara-kiri", like Japanese people. Laugh at your mistakes. When you start laughing at yourself, laugh seriously, not with a little laugh but with very serious laughing. You really have to focus all your consciousness on laughing, and then happiness comes from inside, naturally. When you start, you have a very difficult time stopping, the most difficult is the first laugh. So many people are serious all their lives, they are serious at school, they are serious when they go to their first job, they marry somebody seriously, I think they make love seriously, I'm sure they do, and then they have children, seriously and raise their children, seriously. They say, "life is a serious matter", most of them become politicians, or military, seriously, and one day they die, seriously.

Happy people, one day had something which made them start laughing. It could have been a good meditation, or

watching a beautiful sunrise, it could have been becoming very sick and being told that they have six months to live. They may have then decided to spend the next six months laughing and they started to laugh, and laugh, and ten years later they are still alive. Laughing makes you healthy. They will die like everybody else, but later. But above all, they will have had a happy life. So laugh, start. The hardest is the start, it is very difficult to make serious people laugh, they need something to happen in their lives, it could come from inside, it could come from the funny Maitreya, it could be something which makes them say, "why am I taking my life so seriously?" Many guides were very serious before, and then the clown, Maitreya, came with a red nose and started laughing and I do my best so that they never stop.

The easiest way is to laugh at yourself. Don't laugh at other people that is not good. We love laughing at others, but that isn't real laughter, because it doesn't bring happiness when we laugh at other people's mistakes. It is very funny to see somebody hitting a window and falling, we laugh, but it isn't very good. What is good is to laugh at yourself, at your mistakes, at life, at the sun rising, because the sun is not rising, the Earth is turning.

9. The Message

"Everything you do, smiling, walking, eating, playing, anything you do, do it feeling like you are an Eloha"

The gift of meditation

January 68 a.H. - 2014 Okinawa, Japan

You can be on the most beautiful beach in the world and be very depressed because happiness doesn't come from outside but from inside. Many people believe that to meditate or reach a higher level of consciousness, they need to go to other places, to Tibet, to a monastery at the top of a mountain. No, the middle of a city is the perfect place to meditate. Everything else is tourism and doesn't bring happiness.

Remember this story of a man travelling from America to India to have an awakening. He goes to a place where there is a very famous master with a big reputation for his teachings. He arrives in the middle of a little town, and asks where this famous guru is, and he gives the name. He is in the middle of a town, surrounded by a lot of noise, a big

market, dogs barking. The man shows him a building and says: "he is right here". So he goes to the house and the teacher welcomes him. Then the American guy asks "when do we go to the monastery?" He says "It is right here, in the middle of the noise, in front of the market, with many dogs barking, because", he says, "you don't need to go to the mountain. You have to be capable of being in harmony and peace in the middle of a town". And the apprentice was very disappointed because Europeans and Americans imagine a temple at the top of a mountain. The temple is inside you. If you develop your self-happiness and harmony, you can be sitting in the noisiest city in the world and be perfectly happy. Happiness is inside. Meditation, harmony, peace and happiness, that is what is the most important. The Message of the Elohim is beautiful but any information it contains would be worthless if it was not bringing us happiness. The information about how they created life is interesting but the most interesting is what makes us happy. The philosophical part of the message, the teaching part which brings us happiness is much better. That is meditation.

The Elohim are your partners in life

April 66 a.H. - 2012 Okinawa, Japan

When the light and love of the Elohim are in your heart, everything becomes easy in your life. In difficult times, it becomes easy. Nothing is painful when you live for the Elohim. Even death is easy. Being a real Raelian, deeply Raelian, is to dedicate one's life to the Elohim. Nothing else matters. You can find a girlfriend or a boyfriend you like or be single, it doesn't matter. You are not single when you love the Elohim, they are your partners in life. They are much better than having a girlfriend or having friends. They guide you every day of your life. When you feel them, your life becomes a paradise.

Please shine more than me

April 66 a.H. - 2012 Okinawa, Japan

Each one of you is a special flower. Only you can sing your song, only you can dance your dance; only you can exhale your perfume. Vangelis made the best music in the world. He never went to school. He learned from nature. Music is everywhere. Be the Vangelis of your life; be the Mozart of your life. No school can bring this to you. School teaches you what has already been done by others. Be your own teacher, your own guide. You are the genius of your own life. Start now. Soon I will disappear but what is the most important is the Message. If it shines inside you, then I can disappear, happily going back to my father. But if the light I spread dies, then my life would have been a failure. Do you want me to die happy? Then shine more than me. Become totally illuminated by the teachings of the Elohim. That is my goal.

The magic of the Message

May 68 a.H. - 2014 Taiwan

Since you discovered the Elohim's Message, you experienced big changes in your mind, in your happiness. Many Raelians, write to me and say, "Maitreya thank you! Before reading the Message, I was depressed, I was not happy on this planet, I wanted to kill myself". "I was using drugs or alcohol, smoking, I was thinking about dying."

It is normal to think that way. On this planet, in this world, when you don't realize the truth, it is normal to be depressed. If you think about the violence in the world, all the people starving, all the people suffering, all these stupid governments and banks, making you slaves, being happy is

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not normal. It is normal to be sad and depressed. If you think that there is no hope of changing the world, then wishing to die is perfectly normal.

Before receiving the Message of the Elohim, I was also thinking about wars, pollution, feeling hopeless. So, if you have been thinking about dying, killing yourself, you are perfectly normal. Only stupid people can be happy when ten thousand children die of starvation every day. Every day there is war and people are killed. When you see the world and you don't accept the suffering, the starvation, you are normal and if you feel powerless to change it, it is normal then to be depressed.

But then comes the Message, and you realize that you can change the world. With other Raelians, we can make this planet a better place. With the Message of the Elohim comes this wonderful hope. We can save the world. We can save the world!

You can save the world, each one of you! It is your responsibility. Before receiving the Message, you didn't know. Now you know!. You are responsible now. You can no longer say that you don't want to know. Sorry, you read it. You read the Message, you are responsible.

What can you do? You can spread the Message, inform people. The Elohim's Message is a treasure that brings elements that can change the future that is the magic of now.

The candle flame

May 68 a.H. - 2014 taiwan

Look at a candle. The flame represents “now”. The solid wax is the future, and the smoke is the past. Only now is “light”. Some have a very short candle, for them death is coming very soon. Some are young, they have a long candle. The size of the candle doesn't matter, only the light is important. Not the smoke, the smoke is the past. You are a candle. Don't think about the smoke, the past is not important. If you have had bad experiences in your past, painful experiences, every time you think about them, it damages your brain.

You can visit the past as many times as you wish, it will always be the same. You can think about the past one hundred times, one thousand times, it will always be the same. The future may never exist, even if you have a big candle. Suddenly somebody opens the window, a puff of wind, and finished, a heart attack, a car hitting you. That is the wind of life which blows out your candle, you don't know when. Maybe this is my last sentence, a little part here suddenly stops. It is always possible. I'm ready. Are you ready?

The Message is alive because of you. Maitreya is not the Message. Maitreya is nothing. The Message is alive, because of you. If I die, now, will you stop being Raelian or continue? If yes, I can die happy. When I received the Elohim's Message in 1973, I was free also to say, “Wow, beautiful!”, I could have put it in my pocket and gone back to racing cars. I could have, and nobody would have been here. So, I chose, I chose to find you! I said to Yahweh, “Yahweh, whoa, wait a minute! how can I spread the Message”? I said “I cannot, just one man”. Imagine yourself, you are in the countryside, suddenly an UFO comes, gives you a message, and says: “Now go and tell everybody, quit your job, and create the Raelian Movement”. You are alone!

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Think about it. Today it is easy to be Raelian, there is a big organization. I was alone then. For one week, I almost couldn't sleep. But Yahweh said: "There are thousands of people on Earth who are ready. Many people will laugh, many people will try to stop you, many people will say you are crazy, but there are thousands of Raelians waiting for you". "Are you sure? Are you sure"? I asked, I asked repeatedly. I was scared. I love race cars, as you know. To stop racing cars and speak on television about the Message, wow!

"Everything will happen, they are waiting for you". So I thought, "I will speak, Yahweh must know. He must be right, he's Yahweh, so I have to trust him". I didn't trust myself, but Yahweh said, "Thousands of Raelians are waiting". And I spoke, I spoke on French television thinking that nobody would write to me and that it wouldn't be my fault. Three days later, the mailman came with a box full of letters! Every letter said "We want to help you, we want to help you, we want to help you...". I wanted to go back to my passion, racing cars. But when I saw these letters, I said, "Bye bye racing cars". I missed it, I was a little angry, but the letters were so full of love, and here we are now. Because I did it.

Many of you used to smoke before becoming Raelian, drink alcohol, use drugs, think about killing yourselves. I saved you. The Elohim saved you, with hope, but a hope which is not a stupid hope like the Christian one: "If you suffer, you will go to heaven after death, suffer, suffer, suffer...". This is Christian, "You must suffer to deserve heaven". The Elohim's Message says "You will make this planet heaven: using science, changing the political system, destroying all armies, all nationalities, becoming one humanity with Geniocracy, Paradism, no more money...". Wow! We have a lot of things to do!

The Elohim's Message, doesn't just explain the past, the candle smoke, it is preparing a beautiful future for our children and grandchildren. The Elohim's Message is telling us, "You can give yourself eternal life, you can destroy death". For the first time in the history of humanity, the

message from the sky tells you, "You can stop dying, using science, cloning". Sometimes I give public speeches, and some people say, "I don't want eternal life". I say, "No problem, die". You are free to do what you want.

Eternal life is not mandatory, you are free. I want eternal life, because I enjoy life. Do you want eternal life? Then spread the Message so we can change the world.

Femininity

May 68 a.H. - 2014 Taiwan

The world is a very macho place, and women have a very important responsibility, they have to bring femininity. Every Raelian girl should be a member of the Angel Order and change the world. Angels are not just cute. If you think that you are not beautiful enough, or not feminine enough, this is not an issue, you need to bring about woman power on Earth. If there were more women in the governments of the world, there would be much fewer wars. So, every Raelian girl should join the Angel Order, to change the world, to bring femininity to everybody, to teach men to be more refined, more feminine.

The problems of the world are created by macho men: wars, macho men; pollution, macho men; all the starvation and problems linked to colonialism, macho men. It is terrible. When a boy at school is a little bit refined, others will bully him, telling him that he is a girl. It was like that for me, I was very refined, always. I am absolutely not gay, but I love beauty, femininity. All the other boys had grey raincoats, I had a little red umbrella, I loved it, it was cute. And all the boys were accusing me of being like a girl. So what? It is your freedom of choice to be feminine.

Be refined. I recommend that every man learns how to dance - not a monkey dance, but a beautiful one, slow

moving, feeling the beauty of your body. That will not make you gay. Whether we are gay or not is genetic. Many men are suffering because they need to look manly and that makes them depressed.

Enjoy your femininity. If you meet the Elohim one day, you will see how feminine they are, moving as if they were dancing, every movement they make is beautiful. They are not serious, everybody thinks that Yahweh must be serious with a stern face. No, he's laughing like a little boy, all day long! When I was with him I was so surprised, always laughing. Don't imagine the Elohim to be serious. It was humans who created the image of a macho father, a macho god, on a cloud, an almighty god. They say, almighty god, which means that he is all powerful and here he is, sitting on a cloud, with a white beard. So he couldn't stop aging? If you are almighty, do you want to become old? No! This is so stupid. Yahweh, looks like he is 15 years old, he is laughing all day like a little boy, making a lot of jokes. When they were creating life on Earth in their laboratories, it was a game they enjoyed. One would bring a new butterfly, and they would all be amazed. The next day, another one would bring another even more beautiful one.

Pleasure, femininity, every flower, every animal, is full of femininity. You know some people think only butterflies are refined. I love animals, I love them so much. For me the most feminine animal is the hippopotamus. Have you seen the way hippopotami move their rear? So feminine, a little big, but they move in a very feminine way. Every animal is feminine. The bull, so feminine, beautiful. The gorilla which is the symbol of machismo, moves in such a beautiful manner. They love to eat ants sometimes. They take a strand of grass, put it in a hole, almost like a geisha eating sushi. Femininity is everywhere. Only men are stupid enough to think that they have to be a macho.

Be feminine. And you, Raelian girls, it is your duty to teach femininity to Raelian men. It is not only beautiful, but it changes their consciousness. The way you move, affects your brain, your happiness. Scientific studies carried out in

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psychiatric hospitals show that depressed people walking slowly with their head down can change their mental state by walking differently.

Every movement affects your brain. If people laugh, it is their problem, but feel how the energy is different. A happy brain comes from a happy body, and a happy body comes from a happy brain. Make your life a piece of art. The Elohim created life on Earth, combining science and art. It is in the Message. They created life on Earth with scientists and artists.

Without the artists, every tree, every animal would be grey. The artists are behind the colors of the butterflies, the songs of the birds. I love listening to these birds singing, because they were artists. Be the artist of your life. It starts with the way you move, make your life a dance.

If you do your job well, your boss cannot be angry if you start to move in a more refined way. So, change your life, by becoming more feminine, more refined. When you are more refined, you have more love for other people, more compassion, less violence. All the messengers of love were refined. Buddha was very refined in the way he used to move, Jesus too. They are all beautiful.

The wind of the Message

October 66 a.H. - 2011 Okinawa, Japan

The Message is like a strong wind in your brain. The first time you read the Message there was a typhoon in your brain. The typhoon of the Message is much more powerful than any typhoon on earth, and you felt it when you read the Message. Let it blow, that is a typhoon you love, it is a typhoon which doesn't destroy anything. It is a typhoon which builds yourself, your connection with the world, building a better world, a unified and peaceful world.

The wind of the Message is also a wind of consciousness, a typhoon of consciousness, a typhoon of love. When you love, don't love with a gentle breeze. When you love, it must be a typhoon, never a little wind. A little wind is good outside. But inside, your love, your consciousness must be the most powerful typhoon in the universe. Don't love with a little wind. Do it with a strong wind, and you'll fly. Strong wind makes you fly, like an eagle. You don't have to move your wings, the eagle flies, only the wind makes it fly. The same applies to you.

The Message is the wind under your wings, which makes you fly higher and higher. In consciousness there is no ceiling, there is no limit. The limit is yourself. So you want to fly higher, higher and higher? Let the Message wind blow, not a small wind, but a typhoon.

A tsunami of love on earth

October 66 a.H. - 2011 Okinawa, Japan

At first there was the earthquake of the Message, then, the tsunami of love. That is better than Fukushima. The Message is an earthquake, it shakes you up, it shakes every cell of your body, every neuron in your brain. And then you feel a tsunami of love. We are contributing to the tsunami, we are covering the earth with love, all over the earth. Right now we are living a wonderful time, many people are rebelling around the planet, in something akin to the beginning of a world revolution. Many people are dissenting in America, occupying in the streets, camping and occupying Wall Street. Everywhere in Europe, in Africa, in Asia it is starting. Now there is a movement called Occupy Fukushima in Japan. So the whole world is revolting up, against stupid politicians, against the banks, against money, against capitalism, everywhere. They are occupying the streets in the thousands, hundreds of thousands. Everywhere. They are fed up with the way the world is governed. They want a big change but they don't know what to replace it with. And we bring the solution.

The solution is Paradism.

Paradism is communism without proletariat, where all the world can share the benefit of technology and science, without banks, without money, where everybody can share everything which is on earth. No more Fukushima, no more money, no more banks, no more lending money from banks and then paying huge interest, turning humans into slaves of banks. All your life, working to pay back your house, your car, your TV. You are slaves of the system, and everybody is tired of it. They don't know what to replace it with. It is very easy, replace it with Paradism.

First of all, withdraw all your money from banks, don't trust banks. The banks own you, you become their slaves. Buy gold, buy something which is safe, produce your own

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vegetables in a vegetable garden, because soon the world monetary and financial system will crumble down. Nobody has a solution, we have it, thanks to the Elohim: Paradism.

Imagine, imagine this planet with no more banks, no more money, where instead we share everything. A planet of love where everybody starts to think about the only important thing, which is love. There cannot be love with money, banks and stupid governments creating Fukushima.

Love for each other, love for our ancestors, and love for our children and grandchildren. That is what we bring. That is what the teachings of the Elohim bring. That is what the Raelians with me are bringing to this planet: LOVE and more love, and more love.

Protect life on earth

March 66 a.H. - 2012 Okinawa, Japan

I love Okinawa and the Elohim love Okinawa. It would be a great idea to build the embassy here, I hope that it will happen. Okinawa, forever will be a holy place because I am here. And I want you to really realize how important your actions against the nuclear problems are. Some people may think that it is just a detail, but it isn't just a detail. For the first time in the history of humanity, humanity is destroying the Elohim's creation. Radiation, chemical pollution, everything we do now is destroying hundreds of species of animals and plants every day. By being active like you are now, against the nuclear debris coming to Okinawa, you are protecting the Elohim's creation. Never in the whole history of humanity did we have the power to destroy hundreds of species of plants and animals every day. I see Okinawa like the Garden of Eden, like the paradise where the Elohim created life at the beginning.

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It is unbelievable when we realize how human beings are destroying life. When we look around us we can see the Elohim's creation, in every plant, every flower, in this beautiful Okinawa spring. Every bird, every butterfly, what a beauty. How can we destroy, kill, every day, hundreds of species of animals and plants?

Raelians should be very active to protect the Elohim's creation. Many organizations around the world try to protect the environment but they do it only because they love trees, flowers, everything. They do it only for this reason. But we are different, we love the Elohim, we love their creation, we see the Elohim in every flower, in every tree, in every butterfly. I never see a butterfly, when I look at a butterfly I see the creation of the Elohim. Normal people see a butterfly. When I look at a butterfly, I see a caterpillar. When I see a caterpillar, I see an egg. Because before there was an egg and the egg is the creation of the Elohim.

When I see a big tree, I don't see a tree, I see a little seed. The biggest tree on earth at the beginning was a little seed, the creation of the Elohim. The same for everything we look at around us, when I see a bird, I don't see a bird, I see an egg, because it was an egg at the beginning, the Elohim's creation, with all the DNA information inside to create the final plant or animal. When I see a human being like you, I don't see a human being, I see a baby, you were a baby, it is still inside you. There was an egg at the beginning, a sperm and an ovum together making the egg, making you. The DNA, all your DNA information was contained inside to make you who you are. So, many people around the world are very active protecting the environment, but we, Raelians, are the only ones who do it because it is connected to the Elohim. We are here to protect the Elohim's creation, like in the Garden of Eden, there were people protecting the Garden of Eden, as written in the bible.

You, Raelians, you are the new guardians of the Garden of Eden. All the organizations around the world protecting the environment don't have that spiritual element. It is our

mission to bring them the spirituality of this movement. For every plant, every animal we destroy, we are destroying the work of the Elohim. For each butterfly we destroy, imagine how long the Elohim worked to create it! Imagine the Elohim working in a laboratory, finally making the most beautiful butterfly of Okinawa, they were so happy, so proud, thinking about us and the pleasure we would have one day to look at them. When we destroy them, the Elohim are very sad, we destroy their work, as if you build a beautiful house and somebody comes and destroys it. That is why I want you to feel in your heart, deeply, how important it is to protect the Elohim's creation. Praying to the Elohim is good, sending our love to them is good, but protecting their creation is much better. When they look at us and they see many people saying "Elohim I love you" but around them, everything is being destroyed, that isn't real love.

What the Elohim find much more respectful is when you Raelians actively protect the earth and their creation. There is more love for the Elohim in one action that helps protect life on earth than in one prayer. There is more love for the Elohim in one action to protect life on earth than in one million prayers. So I'm very proud of you and I know you are very active and the Elohim are really happy to see that you try to protect their creation.

Return to the original religions

*August 67 a.H. – 2012 Skype to Kama from Okinawa,
Japan*

Kama is, more than ever, the future of Humanity. You must, more than ever, be the messengers of light and truth on this planet, which has a huge need for new values. The values that you are spreading with the Message aren't only spiritual and scientific, but they are also very important for saving humanity. The Raelian mission is nothing short of saving humanity because currently everything on Earth is geared toward self-destruction. And the only message that can save humanity is ours; not the Christian message, which conversely has caused a lot of damage and problems on earth, such as colonization, the burden of which you still carry even if it is no longer a political one. It is disguised and still present economically and culturally, but more so culturally and religiously. Therefore, it is neither Christianity nor Islam or any of the other great religions that has existed in the past that can save humanity. The only thing that can save humanity is the Raelian Message.

First and foremost, the Raelian Message places every race on an equal footing by explaining how the Elohim created all races equal. This means that no single race can be superior to the others, because all are equal. And this is fundamental. We are the only philosophy and atheist religion – this is important – to bring this extraordinary message that doesn't say that in the beginning there was Adam and Eve. Instead it says that in the beginning all the races were created. And this is very important because it prevents any possibility of slavery, colonialism, or domination of certain races over others.

The other important element has to do with the values that are embedded in our philosophy and that are tantamount to absolute non-violence. In Kama – more than anywhere else – you know the degree to which non-violence is important,

and to see this you must go back to your original religions, the ones that existed before Christianity. There was no violence then. Yes, sometimes there were conflicts between different ethnic groups, but these conflicts were not wars, they were conflicts that were usually solved by the wise men and women. There was no god back in those days. This is what needs to be recaptured from the roots of Kama. Unfortunately, many of these past traditions have been lost, bruised, and distorted. And these original African religions were very close to the Elohim. What did they talk about? They talked about spirits, and this is what has to take place again: the spirit of the tree, the spirit of the forest. The spirit is what ecologists are finding out today, that is, each time we look at a plant it is alive and it has a bit of consciousness. An animal has a bit of consciousness that our primitive ancestors called, "the spirit." But in reality, there was no god in the original African traditions, nor was there a superior being, but there was a communication with nature that present-day ecologists are recapturing. We can see a return to Gaia. We realize that the white colonizers, in an ecological roundabout way, finally recognize the failures of their values, of their colonialism, of their almighty god, a total failure that is bound to bankrupt the planet.

But through ecology, they are returning to something extremely similar to the original traditions of all Peoples, whether in North America (or anywhere else) where the Natives, like the Africans, knew how to communicate with the spirit of the trees, the spirit of the animals, and the Great Spirit. Indeed, the North-American original traditions are values that are very native to the earth and to the life of this small planet. North-American Natives (and all Natives around the world, for that matter) have every reason to be bitter! Not only for what they went through, but also for being called, "Amerindians," when in reality their true name (at least for the true Natives) is "Anishinabeg," which means, "The people of the First Nations."

Who are these "Indians?" This is another proof of the white people's stupidity because we now know that these Natives are not from India and they still continue to call the

original inhabitants of the North-American continent, "Amerindians!" But colonizers got it wrong as they thought they were in India, on the other side, hence the reason why they called the Natives, "Indians." They are not Indians. I once met with the Grand Chief of the North-American populations who asked me: "How is it possible to give dignity back to the original American People?" – who, like Africans, suffered tremendously – and I replied: "First, stop using the word 'Indians.' You are not 'Indians.' What was the name that was given to the People of this immense continent before the white people arrived?" He said: "Anishinabeg." And I told him to use "Anishinabeg" and to ask the white people to call you "Anishinabeg," not "Indians."

If you were in India, yes, but you are not in India you are in America. And the word "America" does not fit, just like the word "Africa" does not fit. Where does the word "America" actually come from? It comes from the person who discovered America, i.e., Amerigo Vespucci, an Italian. This is why it is called, "America." In fact, he did not discover it because it existed before they got here, just like Africa existed before the first explorers set foot on the continent. Therefore, they did not invent anything. I was telling the Grand Chief to imagine Indian explorers arriving here and thinking they made it to the other side of the American continent, of their Anishinabeg continent. So, imagine they are arriving here and they are imposing the name they are using on the white people population. This idea would be completely unacceptable. So, why is the current situation acceptable? Why is there a double standard? This is precisely why it is important to get rid of the name "Africa" as a first step to the spiritual and cultural decolonization process.

I ask the Great African wise men and women to find the remaining tribes that are not yet contaminated by the white people, go to them and search for traces. The traces are there. I remind you and I say it again that all the past religions were atheist just like the North-American religions were in the beginning. They were all talking about the spirit. But that's something else. What is the spirit? It is the DNA!

RAEL – THE MAITREYA II

It is what allows each plant and each animal to have a part of consciousness. We are now beginning to discover in our laboratories that if we give plants love and we communicate with them, if we play music to them, they become bigger, they grow taller faster and they embellish! It means that we are able to telepathically communicate with plants and animals. Never in the past – in Africa, in Kama – were more animals killed than necessary when it was time to feed. Then came the white people, the colonizers who killed the elephants for their ivory tusks and used them in artifacts and jewelry.

Africans would never have done that in the past. They would only kill enough to eat, no more no less. This is also what ecologists and people who are in favor of a modern economy of distribution believe: to not do more than is actually necessary. As many people now acknowledge, the earth has enough resources to feed the entire world, but it doesn't have what it takes to satisfy the greed of western capitalists who do not want what is necessary to live, but what is necessary to crush others, to enrich themselves at the expense of others, and to become billionaires at the expense of others. America is slowly becoming an underdeveloped country and this is wonderful! It is wonderful because there are now less homeless in Kama than there are in America. Be aware of this and don't be afraid to say it! This is proof of the failure of capitalism and colonialism. So, I would like for all Kamites to be aware of this Message of hope, a Message that goes much further than everything you have learned up to now. It's the world of tomorrow, the only possible world because the world of tomorrow will be Raelian or will not be. It's the only solution.

Humanity is you

April 67 a.H. – 2013 Skype to Mexico from Okinawa, Japan

Each of you has something to give and can make a difference. Whoever you are, whatever your level in this society, poor or rich, intelligent or not so intelligent, it doesn't matter. You all have something to bring to make this planet better. Don't think: "I'm too stupid", "I'm too poor", "I'm not powerful enough", everybody has something to bring to change the world. When you wake up, remember that: Humanity is you! Humanity is not around you, you are Humanity. Even if you were alone, like the first human being created a long time ago by the Elohim on this very day, you would still have been humanity. Remember that every day, every second of your life: you are humanity. And if you work towards peace and love and sharing and feeling oneness, the future will be beautiful. But it starts with you, with you little human being, waking up in your bed in the morning. Say it every morning "Wow, I am humanity" and the future will be beautiful.

Without god, we are much happier

February 68 a.H. - 2014 Okinawa, Japan

It is a privilege to be Raelian because it is your personal choice. Very few people here became Raelians because their mothers or fathers were Raelians. You are lucky, because your family was probably Buddhist, or Shinto, or Christian, Muslim or anything. Normally people follow their parent's religion. It isn't a choice. If you were born in an Arabic country, you would have been Muslim, if you were born in a Christian country you would have been Christian. If you had been born in Israel you would be Jewish. This is not a choice. People are often proud of their religion, they

fight for their religion, but they rarely choose it. They are just programmed like a computer in their childhood. There was no choice, no freedom. The Elohim's Message on the other hand advises us to give children an education about every religion and let them choose when they become adult. This also applies to Raelian families, we must not raise our children as Raelians. We must teach them every religion without imposing any one on them, including atheism.

Then, when they reach adulthood, their biological adult age, which is around 15 years old, let them choose. Then it is a real choice, it isn't something imposed by the family and that is freedom. It is a choice which allows your consciousness to shine. Instead of being like a stupid robot or a computer following the program that your family put inside you, you decide. Japan is a very lucky country, because most of people are not really raised in any one religion. I know in Japan you have Buddhist ceremonies for death because it is beautiful, some Shinto ceremonies because they are beautiful and many people have Christian marriage because of the white dress. I was so surprised when I first arrived and saw many weddings in hotels with a chapel, a little church in a hotel, just for weddings, for people who are not Christian at all. That's why I love Japan. It is the most Raelian country, everything meets together with freedom.

That is much better than being a fanatic Muslim, a fanatic Christian or a fanatic Jew. You are very lucky in Japan. And that is probably because of Japan's isolationist tradition, not letting any outside religion influence people. Think about these people, millions of people in the world who are born Christian, and they fight for Christianity, they are born Muslim and they fight for Islam, they kill for Islam, they put bombs for Islam, and Jews are no better in Palestine.

The only intelligent people, apart from the Japanese who adopt all religions, are those who are born Christian and quit Christianity, born Muslim and quit Islam, born Jewish and quit Judaism. These people are using their brains. They are exercising their free will. They are using their intelligence

and deciding that it isn't because their family was Christian or Muslim or Jewish that they have to follow the same path. These people are the real peace lovers on earth. Belonging to one religion separates people from others. On the contrary, when you are suddenly free, you are in harmony and feel oneness with everybody. That is the privilege of Raelians. Whatever part of the world Raelians are from, they are almost Japanese, because they love the beautiful part of each religion, without being fanatic for only one.

We love peace and love like in the Christian philosophy, we love the message of Jesus which is about love and compassion. We love the message of the Jews, which states that the Elohim created life on earth. We love the beautiful part of the Koran, of the Prophet Mohamed's teachings, which says that the blood of one scientist is more important than the blood of 100 prophets, and we love the beautiful message of Buddha which says we must have happiness inside ourselves. We love the beautiful part of every religion but we are closer to Buddhism, because Buddhism is an atheist philosophy.

There is no god that is a very important part of the Elohim's message. We must repeat it loudly everywhere. There is no god, the Elohim do not believe in god and this is the most advanced spirituality on earth, because a high spirituality doesn't require a god. That is why we are closest to Buddhists, because they also believe that spirituality doesn't need a god and this freedom from any supernatural god helps us have a higher level of happiness. In other words, without god, we are much happier.

That is why it is so beautiful to be Raelian. Raelians have a high level of happiness, a beautiful spirituality, without god. I wish you the most beautiful, not day, not minute, but the most beautiful second of your lives. Right now, this is the most beautiful moment of our lives, because it is now, and life is a succession of nows. Feel this highest wisdom, now. Now. Now is magic. Now is unique. We can be old, young, sick, healthy, anything, now, right now is magic. Feel this moment, feel the light, without thinking. That's happiness.

Applaud the creation

April 68 a.H. - 2014 Okinawa, Japan

On the first Sunday of April, we celebrate the creation of human beings, us, by the Elohim. For me, this very day is the most beautiful celebration, a celebration of life, of art, because we are art. When you look in the mirror, when you look at other people here around you, we are all pieces of art. Many people say "I would like to see the Elohim". That's very easy, look at yourself, because they created us in their image. That is why I love you, I see the Elohim in your eyes. Never look at other people thinking that it is just somebody. See the Elohim in the eyes of every human being you look at. Feel them. We are Elohim and we will really become Elohim. Right now, thousands of scientists in the world are working towards the creation of life. So, maybe you, or your children or your grandchildren will be part of the team which will create life on another planet.

It is amazing. Try to imagine, thousands of years ago, there were messengers on the Elohim's planet too, talking to the Elohim and telling them: "one day you will create life on another planet". Those listening to the messengers were just a little group of people, like you now, and the rest of the Elohim were saying "you are crazy, it will never happen". It is the same, it is a cycle. We are slowly becoming Elohim.

Don't take that only as a scientific explanation, but also as a spiritual strength. Because we are Elohim. What a thrill. Look in the mirror in the morning, you are not just a human being, you are a future Eloha. Respect yourself more, have more love for your face, for your consciousness, for your power of creation. Try. Starting right now, everything you do, smiling, walking, eating, playing, anything you do, do it feeling that you are an Eloha. It feels so much more powerful, and that is the way to be the most thankful to the Elohim.

I would like to really applaud the Elohim for this creation, the hibiscus, the animals, these trees. This tree's ancestor was created by the Elohim, like for us. Any plant, any little bit of grass is their creation. The Elohim created the very first blade of this beautiful green grass, for our pleasure. All the beauty, all the food, every animal, every fish, every dolphin, everything! So I propose, if you agree, that, together, we applaud the Elohim.

About the science of the message

September 69 a.H. - 2014 Okinawa, Japan

The oldest person on earth, Jeanne Calment, reached the age of 122 even though she smoked until she was 100 years old, ate a kilo of chocolate per week, and drank Port wine every day! Also, she was not vegetarian. That is a good lesson for the fanatics, trying to live longer by refusing every pleasure on earth and having a monastic diet. Being happy and laughing is for sure the key, as well as carrying the right genetic code. Enjoy life and don't deprive yourself of what gives you pleasure! The Elohim gave us some rules to protect our genetic code when we plan to have children, but only for this reason! if you don't plan to have children then there is absolutely no reason to deprive yourself of any pleasure, except of course if you are a member of the structure of the International Raelian Movement who must have an exemplary life, at least in public. What people do in the secrecy of their private lives is no one else's business, including for the members of the Structure of the IRM.

Intelligent Design is the only explanation for the origin of life on Earth

December 69 a.H. - 2004 Okinawa, Japan

Scientists are not in a position to judge the Messages as they are very, very primitive compared to our Creators and their 25,000 years of scientific advance. The "scientists" who claimed a long time ago that the Earth was flat were wrong, as is any scientist today questioning the Elohim's Messages. With time, maybe after 25,000 years, we will understand the full picture. But nowadays, and even in 100 or 1,000 years, the top scientists on earth will still not be able to understand fully. 25,000 years is indeed a very long time. Thanks to the Elohim we have a Message explaining what we will, maybe (and only maybe) understand after 250 centuries. Let's be thankful and not question it. We are not equipped to question it. Our pygmy science is just a little bit more than 100 years old and it is a total lack of humility to question what the Elohim have told us. True high level scientists themselves avoid saying "we know". The higher our scientists are, the more they humbly say: "we don't know". So it is very clear: there is no evolution, even if we see some kind of adaptation, Darwinism is 100 % wrong, and intelligent design is the only explanation for the origin of life. Trying to twist the messages by saying: "the Elohim created life on Earth but they didn't create life in the universe, so there may be evolution somewhere, is a total betrayal of the most important part of the Messages: Infinity!

Pretending that the Elohim are the fruit of any kind of evolution is denying infinity. The Elohim have always existed and will exist forever even if they pass their knowledge to people they create "in their image" throughout the universe just in case some cataclysmic event at a higher level might destroy their part of the universe. We must never forget that the universe is infinite in space and time and that everything that exists has always existed and will always exist. Pretending that there is some kind of beginning is denying

infinity and going back to a primitive vision of the universe. It is a betrayal of the Elohim's most important teaching.

Even if they created us in their image, the Elohim created our genetic code from scratch, without using theirs. It is therefore real Intelligent Design, even if our genetic code is identical to theirs. This is why it is said that they created us in their image, in their 'resemblance'. Intelligent Design means creating something alive starting from inert chemical material. The fact that our genetic code is 100% identical to theirs, which was their goal all along, doesn't change anything.

They didn't copy a program, they created it from scratch and compared their creation until it was almost identical, although not totally identical, even if we are genetically compatible. "Intelligent Design" is the best way to express what they did, even and especially if it shocks and pushes evolutionists away. It is perfect as they are an insult to the Elohim by negating their creation. They represent what is the most disrespectful to our Creators. God believers are somewhat more acceptable as they propagate the idea of a creation and they are loyal to the inheritance of our Creators even if they don't understand it. The scientific progress that leads to intelligent creationism cannot be called evolution as this term contains a part of chance that is not compatible with the Messages and their essence.

My mission: changing sheep into human beings

October 70 a.H. - 2015 Okinawa, Japan

Most people are not human, they are sheep. Everybody repeats what journalists tell them. They don't know about us, they didn't read the Messages, but they "know" everything about us, from the newspapers. What does being Raelian mean? Are we together just for sex? Have we joined just because we are interested in UFOs, in ETs? We don't care about UFOs. If one makes a little effort to get to know us, and more and more people are now doing that, you won't believe the media. We are lucky to have internet. What is on the internet is so different from what is on the news. They don't even know yet how dangerous we are. We are not UFO lovers, ETs lovers and sex lovers. If they knew who we are, we would not be here today.

We bring humanitarianism, Paradism, we are revolutionary in every field. That's why you are Raelians. We want to save humanity. The Message is not about UFOs, ETs, it's about saving humanity, about becoming one with everyone.

We are not interested in UFOs, but in saving humanity.

Yes, the Elohim came to deliver a Message in an UFO, but we don't care about UFOs. We love the Elohim, but not because they have UFOs and come from space but because they teach us how to BE and continue to be. With 99.5% chance of destruction, Earth could become a planet where "there once was life". In the future, people could come and say "there once were humans on this planet". The Elohim knew that. After Hiroshima, they knew we were starting to head in the wrong direction. Satan is not happy about being right. He knew this creation would make millions of people suffer.

He was right but he is not happy about it. In the beginning there was a planet with an ocean and rocks, there was no suffering, and it is a huge responsibility to take a handful of sand and to make it capable of suffering. Soon we will face this same responsibility. If you succeed in creating a planet of love and happiness, that will be beautiful. Infinity becoming conscious of itself. You can feel it when you look at the stars, when you give love to somebody, you feel this oneness with infinity. On the other hand you could end up creating a world of suffering, and that is why the Elohim gave us the Message, because they can't believe we are purely suffering. They trust us. Even with 99.5% chance of destruction, they know some human beings are human. One more time, almost nobody on the planet deserves the word human. Everybody bleats while destroying the planet, promoting death.

You are human. You are among the very few people to be human. We want to save humanity from itself. Nothing in this huge universe can destroy us, only our selves. And we are doing that!! Very few people stop bleating, but we go out and meditate, one minute for peace. We are not trying to convert people, we don't threaten them with death or punishment if they don't become Raelian. We invite them to sit with us and meditate, one minute for peace. Very few people stop and do it.

I have a dream. It isn't the embassy first, because the Elohim won't come if we don't save humanity. It is to save humanity. My brother was changing water into wine. My father gave me a much more difficult mission: changing sheep into humans. That is what I have to do and I will do it with you.

10. The Mission

"The actions of a Prophet of the Elohim can never be spiritual only, they must also be political"

My mission isn't just spiritual

July 71 a.H. - 2017 Okinawa, Japan

As Prophet of the Elohim, my role is to guide the Movement according to their requests and updates. The actions of a Prophet of the Elohim can never be spiritual only, they must also be political, especially when it comes to saving humanity. Jesus overturning the merchants' stalls in the temple or Moses breaking the stone tablets and destroying the golden calf are two examples among many others. And it is quite possible that the Elohim will ask me to transmit further directives which will seem even more drastic or shocking to those losing sight of our most important goal: to save mankind.

**A world where everybody is only thinking
of giving, and nobody is thinking
about receiving.**

May 66 a.H. - 2012 Okinawa, Japan

It's time to say "Thank you Elohim. Thank you for us being who we are, where we are, in the right place, at the right time, together." It's also time to ask yourself the right question: "are you in the right place? At the right time?" You know the answer. Why are we together? We could be anywhere on the earth, we are free. We have chosen to be here, coming from Italy, Canada, France, Naha...Why are you here? Because you chose to be here and next Sunday you can also choose to be here or not. It is your choice, your freedom. If you feel something, if you feel something for the Elohim, if you sincerely want to welcome them in your heart, if you want to help their Messenger and do what life is meant for, give and love instead of take and hate, you have to choose. Only you can choose. I didn't force anyone to come here this morning. You are here with me now because you chose, and you can henceforth continue to serve the Elohim and help me, or not.

This freedom is the most beautiful gift from the Elohim, the freedom to have the chance to serve and love or not. You have the choice to give and love without expecting anything in return. It is better not to give, rather than give and expect something in exchange. If you give because you expect something in return, that is terrible. It is better to give nothing, at least you are neutral. But if you give and say "I give, but I want to have something in return," such as someone's love, "I love you but, I expect you to love me also", that isn't love, that is ego. "I love the Elohim because I expect to have eternal life after", that is terrible. It's better

to stop loving the Elohim if it's for that reason. It isn't love, it is interest. Receiving. Ego. "I want eternal life, so I serve the Elohim". The Elohim don't like this kind of love, you are just acting in your own interest. Love without, sincerely, without expecting anything.

Some people love the Elohim and sometimes come to me and say "but I never saw a UFO, I would like to see a UFO one day". If you come to one of the monthly meetings expecting, "we are going to the meeting, maybe we will see the Elohim.. " No! One more time, that is the ego talking. "Oh, I am somebody important, they need to show themselves to me". No. Real Raelians serve humanity, give love to everybody, without, sincerely, one more time, sincerely, without expecting anything. Not even a little thing. I give my life, I give my love, I give the best of myself, and I want nothing for myself. That is love. If you are a real Raelian, that is what you have to do. Give love, and give more, and serve, spreading love around you everywhere, and being always surprised if something comes back to you, being always surprised if something good comes back to you, and even feeling that you don't deserve it. Being sincerely surprised, always thinking you don't deserve anything to come back to you. You give love and if some love comes back to you, you will say "wow, I don't deserve it." Sincerely, not in a Japanese way, but sincerely being surprised that when you give love, some love comes back to you.

And always giving love, without expecting anything in return, then love is everywhere. I give you my love, the Elohim give you their love, they don't expect anything in return, I don't expect anything from you. I am surprised that you love me, because I'm just a messenger, I give you love because it is my mission and I am always surprised when you give me something. I don't even say thank you, because saying thank you is in a way encouraging you to give me something. That is why when you give me something, I receive it and I don't say thank you, because usually when we give, we expect people to say thank you. I don't want you to maintain this kind of process in your brain: "I give, I

receive, thank you". When you give, sincerely, with your heart, with the best of yourself, you don't expect any thank you. If everybody were to do that on Earth, then we would have heaven on Earth. That is how people live on the Elohim's planet of eternal life. Everybody gives, nobody says thank you. You receive love, give love, love is circulating everywhere, in a world where everybody is thinking only of giving, and nobody is thinking of receiving. We can do it, put that in your life and your life will change completely. Thank you Elohim for giving us this love, this rain of love falling on us even when the sky is blue.

The Embassy is just one step but our mission is infinite

February 68 a.H. - 2014 Okinawa, Japan

Thank you Elohim. Thank you for guiding my life. Thank you for your Messages. Thank you for the truth, thank you for the happiness. Thank you for the light. Thank you for letting me be myself. Thank you for teaching me that I can become you.

Before building the embassy to welcome the Elohim, we have to build it inside our heads, inside our hearts. Many Raelians make the mistake of thinking the goal is to build the embassy, and that it will be the most beautiful day of our lives, but that isn't true. The most beautiful day of our lives, is the path which brings us towards that day, our everyday life, bringing us closer to that day. There is not one day in the future when we welcome the Elohim which is more beautiful than today. The way bringing us to that day is the most beautiful day. Every day, every second is bringing us closer to that day, and we cannot procrastinate. If we do, we would have a terrible life, sad every day and only happy the day the Elohim come. That would be terrible. On the

contrary, we must have constant happiness, everyday, as happy as the day when they come, and we can do that by having the embassy inside ourselves. Imagine that tomorrow, we are all together at the embassy and the Elohim arrive, will you be happier than the day before? No! Happy to be tomorrow, happy to be next week, happy if it is happening next year.

The same happiness must be inside your heart, throughout your life because we are already waiting for the Elohim. I hope you are all waiting impatiently for the Elohim as if they were coming in two minutes time. Even if it takes another 10 years, it doesn't matter, we must cultivate inner happiness. We know the truth and each second brings us closer to their coming.

And once they have arrived, our happiness will not be over. On the contrary, because of what they will teach us, we will all be guiding humanity after they come. You will become a guide for everybody. In fact our mission, our most important mission, will start after the Elohim's arrival, by bringing their spiritual message to everybody. What is this most important spiritual message? Happiness, without god, happiness of becoming Elohim ourselves. That is why every moment we spend learning to be happy every day now, is a training to teach happiness to others after. The embassy is just one step but our mission is infinite.

Use the tools I give you

June 71 a.H. - 2017 Okinawa, Japan

You should be happy without me. If not, your happiness comes from me and therefore it isn't happiness. It would make me be just a source of joy, which would make me very sad, because that means what I am teaching you is worthless. I don't want to be your joy, I want to teach you to be happy. Your happiness comes from yourself. I give you the tools, you do it, you make it yourself. I give you tools, use them! Take these tools, put them inside your thinking brain, and use them to wake up the snail of supra-consciousness. Keep this snail awake, every day.

I would like to share a little story with you, a beautiful story. Once upon a time, there was a wonderful, young Buddha, a young teacher. He was speaking, teaching, and his teaching was beautiful. One day, he had some doubts, so he went to see his old master, his very, very old teacher, who was near death. He said, "Teacher, I'm not sure my teaching is good enough". "Do you have a last bit of advice to give me?" Then the teacher replied, "Yes, you will know that your teaching is good, when what you say is more beautiful than silence". The young teacher never spoke again. Whatever I teach you is beautiful, it comes from the Elohim, but it must be more beautiful than silence, the silence of your mind and the song of your supra-consciousness. So please, let the little snail sing. This little snail has a beautiful song, listen to its song, "Happiness, ohohoh happiness..."

Keep love alive

June 72 a.H. - 2018 Okinawa, Japan

I feel your love but please keep this love alive. Keep it alive everyday of your life. You are here with me because one day you read the Messages and you said to yourself, "I want to help Maitreya". "I want to help the Elohim's Messenger." That's why you came and I want to help you help me. Even the most shy amongst you can do it. I need the help of each of you. Even the poorest, even the shyest, even the most discrete, whatever your job is. Your love is what can help me.

Give your love to the Elohim but don't expect anything in return.

Keep your purity forever. Don't let anything in society destroy it. This purity is your biggest treasure. Purity is love. Don't be like the others. When everybody wants to be the same, it is like a piano with one note. Can you imagine a piano with one note? Don't be like that. There are many notes on the piano. You all are the notes of the symphony of humanity. We are the most beautiful orchestra of humanity, the Raelians. And you have a director, or a composer who uses every note that you are. That's me. But I just compose and I use all the orchestra that you form. Be you. Be your sound. What you have in common is your purity which connects you to infinity. But you are you, I am me. Say it every day. Never try to copy others and then, the beautiful symphony I'm writing with you will shine like the tail of a peacock.

11. Others books by Rael

Intelligent Design

Message from the Designers

Years ago, everybody knew that the earth was flat, everybody knew that the sun revolved around the earth, and today everybody knows that life on earth is either the result of random evolution or the work of a supernatural God. Or is it? In "Message from the Designers", Rael presents us with the vast amount of information that he received during his UFO encounters in 1973 - a third option: all life on earth was created by advanced scientists from another world.

First book in the whole series, best to read this book first.

Sensual Meditation

To open our minds to the future and realize our true potential, we must learn to awaken our bodies more fully to the pleasures of all our senses... that is the vital lesson which Rael has brought back from his journey to another planet.

In this volume, he details the techniques of meditation which the Elohim have designed to help bring us into harmony with the infinite nature of all things. By helping us to enjoy sounds, colors, tastes, perfumes and caresses more intensely, the teachings enable us to find new creativity within ourselves.

Geniocracy

The first English translation of a highly controversial political thesis.

Democracy is an imperfect form of government destined to give way to rule by geniuses: "Geniocracy". Under this system, no candidate for high office may stand for election unless his intelligence level is measurably fifty per cent above the norm. Furthermore, to be eligible to vote, an elector must have an intelligence level ten per cent above the average. Geniocracy is, therefore, selective democracy.

These challenging concepts already apply on the planet of the Elohim. Unless we can come up with something better, they advise us to begin preparing to implement a similar system, since all human progress is ultimately dependent on the work of geniuses.

In this first edition of the book to be published in the English language, Rael describes how such a process might work here - once intelligence testing is sufficiently developed.

Yes to Human Cloning

An amazing glimpse into the future.

In this book, Rael, who inspired Clonaid, the first company offering to clone human beings, explains how today's technology is the first step in the quest for eternal life.

With exceptional vision, he allows us an extraordinary glimpse into an amazing future and explains how our nascent technology will revolutionize our world and transform our lives.

This is a book to prepare us for an unimaginably beautiful world turned paradise, where nanotechnology will make agriculture and heavy industry redundant, where super artificial intelligence will quickly outstrip human intelligence and do all the boring tasks, where eternal life will be just as possible in a computer as in a series of constantly rejuvenated human bodies, and where the world could be a place of leisure and love where no one need work no more!

The Maitreya

Extracts from his Teachings.

Rael, the predicted "Maitreya from the West", shares his teachings and insights in this wonderful book of extracts taken from the many Raelian seminars at which he has taught over the past thirty years. A multitude of topics are covered in this book, such as Love, Happiness, Serenity, Spirituality, Contemplation, The Myth of Perfection, Non-Violence, Science, Loving Relationships, and much more. An excellent resource for anyone interested in developing themselves and wishing to live a more fulfilling and joyful life.

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