

CONTACT

Maitreya's words

A Tsunami of Love

Being full of love is not enough, like when you put water in your glass, if you put too much it goes out, that's what you have to do, you have to love too much so that it goes out.

Visualize yourself like a little glass and make it go out, more and more, make a tsunami of love, starting from you, and reaching everybody, everybody on Earth, and the Elohim...

About Rules

The oldest person on earth, Jeanne Calment, reached the age of 122 while smoking until she was 100 years old, eating 1 kilo of chocolate per week, and drinking Port wine everyday! Also, she was not vegetarian. That's 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 in order 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 structures of the IRM who must have an exemplary life (at least in public...what people do in the secrecy of their private life is not the business of anybody, including for the members of the Structure of the IRM.)



Being full of love isn't enough. You have to love too much so that it goes out...

Make a tsunami of love...

“We must never betray the teachings of the Elohim...”



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

A scientist, Raelian or not, is not in a better position than anybody else to judge the Messages as he is indeed a very very primitive being compared to our Creators and their 25,000 years of scientific advances.

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 years or 1000 years, the top scientists on earth will 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’s a total lack of humility to question what the Elohim have told us. Really top scientists themselves avoid to say “we know”. The highest our scientists are, the more they humbly say :” we don’t know”.

So it’s very clear : there is no evolution, even if we see some kind of adaptations, Darwinism is 100 % wrong, and intelligent design is the only explanation to 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 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 lever 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’s a betrayal of the Elohim’s most important teaching.

No structure member should ever question the Messages about it and if one does, he must be judged by the Wise council with the highest possible severity whatever his position in the structure is.

If Raelians are free thinkers, structure members are the Guardians of the Messages. Anybody wishing to be a free thinker can quit the structures anytime. But as long as he stays inside he must never question the Elohim’s Messages.

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 is it shocks and push evolutionists away. It’s 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. I don’t want to hear about evolution ever as this term brings confusion. Even if some people say that there are undeniable evidence of evolution, these are false

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proof and a total illusion. There are no proof of evolution as there is no evolution. To search for evidence of evolution is an insult to the Elohim. Science is our religion but not the primitive science of the stone age era that is ours now. The true Raelian scientists must focus on finding evidence of the stupidity of the evolution theory. There are many and there will be more and more.

Religion doesn't make people more moral

In a recent study, researchers found that religious and nonreligious people commit similar numbers of moral acts. The same was found to be true for people on both ends of the political spectrum. And regardless of their political or religious leanings, participants were all found to be more likely to report committing, or being the target of, a moral act rather than an immoral act. They were also much more likely to report having heard about immoral acts rather than moral acts.

Maitreya commented saying that "of course religion doesn't make people more moral! Quite the opposite ! in fact a large majority of killings and tortures throughout Humanity's History was done in the name of monotheistic religions !"

Regarding the strategy in the Middle east and the violence that is usually chosen to 'fix' problems

Maitreya said: " Nothing in the world can be achieved by violence. Violence can give the illusion of victory for a while, like the famous Georges Bush's funny claim of " victory" in Iraq that actually created more resentment, hatred and desire of revenge of the defeated people.





It's our duty to be happy

After such a beautiful contact delivered by Hany, we must be happy. Not, "We CAN be happy" but "we MUST be happy." It's our duty to be happy. If we are not happy, not only we are not happy, which is already bad, because when you are not happy you are not happy. But also you betray your genetic code. The happiness is in our DNA. And also, we betray the Elohim. Why did the Elohim create life? 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's a very interesting research, a scientific research, that discovered that - by studying people who meditate - they reach happiness: the more you meditate the quicker you reach happiness. Because it's a connection in the brain, it's a chemical reaction in the brain that creates like a highway to the happiness center.

It can take a two week seminar but one word is enough, "happy". If you meditate, of course you reach happiness faster. At the beginning it is a little bit difficult: ok, you meditate, you have difficulty to stop the brain to think, "Am I in the right position...? Is my breathing ok...?" Or maybe, "After I have to go shopping..." You don't stop the machine. In the beginning you need time to stop the machine and really feel the meditation. But the more regularly you meditate, the faster it happens.

You lay down for meditation, or when you are better, you sit and you can meditate. When you are better you can stand up and meditate, and even better you can walk and meditate, and when you do this meditation, immediately it's happiness, perfect happiness, not a little, but an infinite happiness. You can do it whenever you want, in any situation, moving or not moving, dancing or not dancing, in any position.

And finally, what's meditation? This week somebody asked me a question about, "Why is it that when I start meditating I fall asleep? If you meditate when you are tired, very tired, it is normal that you fall asleep. If you lay down in your bed, you have had ten hours working plus two hours transit in a car, it is 10 pm, you are very tired, and you lay down and say, "Meditation"... and in 10 seconds, you are asleep. That's not good.

So, here is a little tip, as the Message says, "Meditate when you wake up" that's the best time. Don't wake up with an alarm clock, have a natural wake up. If you put the alarm, you don't have enough sleep, you wake up, "Braanngg - chop", and then you meditate and, you fall asleep again.

For a natural wake up, go to bed always very early, every day around 9:30, and you wake up very early, naturally. That's 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, you meditate and you cannot fall asleep because you had a good 8/9 hours sleep, you are not sleepy any more.

But if you want to meditate before sleeping because you are tired, don't lay down on bed, because you will fall asleep. When it's late and you are tired you sit, but not with the table in front because, you can fall on the table, nothing. And you meditate. If you feel like that and, that's good. Or, you can stand up. It is more difficult to fall asleep when standing up. Remember the best time for meditation is in the morning, like that you don't fall asleep.

But you can also use meditation to fall asleep, better than to take a sleeping pill.

It is however not good for training the brain for meditation. It will help you sleep, but it will create a kind of automatism in your brain that meditation brings 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 automatism and you will fall sleep quicker and quicker. But this meditation you keep it only for sleeping.

When you want to develop the "reaching of happiness", use another meditation that you will not use before sleeping, because the brain has it's own life, its highways, connections between neurons, connection of, "I meditate for sleeping" every time you meditate you will fall asleep. For example, you visualize yellow flowers before sleeping. You can choose yellow flowers or anything you like or yellow birds, anything you like, and sleep.

But when you want to meditate for happiness, you visualize a red flower. So 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's not really meditation. Meditation is not made to make you sleep. It's the opposite, it's 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's dark, the birds. We, human beings, invented electricity. With dark, if you stay outside without electric light, you watch the sunset, beautiful, then it becomes dark, and naturally you yawn, you feel sleepy.

Because the body, when it becomes dark, creates melatonin, natural melatonin, no pill, and that makes you sleepy. In the morning, the light destroys the melatonin, and changes it to serotonin, which is a happiness hormone. So it's very different.



Another thing which is very important too, for your health, is the growth hormone. The growth hormone, of course, for babies makes them grow, but for adult people, it fixes any problem in organs. Our body produces two times more growth hormone before midnight, when you sleep before 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 9 pm, or 10 pm, for two or three hours your body produces a lot of growth hormone, and more energy and more happiness.

So, go to bed early, wake up with the light, natural light, and you can be happier, with the meditation, without falling asleep. Don't forget to meditate as often as you can, because it's the direct connection to happiness.

Grow to make me Happy

I'm so proud of my babies. I saw Color coming, she was a little baby, not physically, but here (pointing to His head) and to see that some people really apply my teaching and grow, is my best happiness.

If you love Maitreya, and if you love the Elohim, if you want to make me happy, don't bring me flowers, don't bring me cakes or gifts, but grow.

The best gift you can give me is to show me that you apply my teaching. And my goal, the best happiness you can give me, something even better, is to become better than me. That's my goal.

My goal is to make you higher than me and you can do it. You can become better than Maitreya. That's the best pleasure you can give me, to see you suddenly shining more than me, spreading love more than me. That's the best happiness you can give me. So, do it.

This morning I was listening to Color, she is better than me. I love it! I love it. She almost made me cry. I remember Color the first time, with her face, so small, and now, flying, flying spiritually and physically to bring the Message everywhere in the world. You can do it.

I remember Hany, so shy, and now such a great guide. I remember everybody here, at the beginning.

Do you love me? Grow! Show me that my teaching is useful. If not it's just "blah, blah..." entering one ear and going out from the other one, wasting my time and my energy. Do it. Apply it. Shine.



Dance your day away

I'm soooo happy to be in Okinawa. To be in Japan with its tea ceremony, koto, kimono, yukata... The Japanese culture is the closest to the Elohim's one. The refinement, the beauty. I think it's all originally coming from China. China lost it because of the Communism. But Lotus has been telling me how every beauty in Japan was found before in ancient China, including the koto.

I think that the Elohim really have a special love for Asian people, and that's maybe why they look more Asian than European. The way you move, the way you have refinement. When you see the Elohim, -one day you will meet the Elohim-, you will notice that they move like Asian women, they are very feminine and refined.

That's what we need to do also. A real human being is 50/50 masculine and feminine. But femininity, we say it's refinement... but it's refinement, it's not femininity.

Macho men moving in macho way are just ugly.

You can see the same thing in animals. Every animal are very refined the way they move. Even if you take a male elephant, they move in a very soft and refined way like a dance. If you look at a male horse, the way they move is very feminine.

Even what some people call very ugly animals like hippopotamus, but the male hippopotamus, the way he moves his ass, is so feminine. Look at the animals. The symbol of macho, gorilla, the male moves in such a feminine way. Watch a video. The bull - I know in Okinawa you have bullfighting - the way they move is so refined. The rooster, the symbol of France, is so beautiful, beautiful colorful tail, moving like a dance, like a Japanese dance. The peacock, the most beautiful animal on Earth, in my opinion. The female peacock is so so but when the male peacock opens its tail, like a Japanese girl opening her fan, he opens his tail and vibrates, like Color when she is dancing, very feminine. It's a male.

Only men are stupid enough to try to be as ugly as possible to look macho, and forget to be refined. That's why I love Japan, because you have more refinement than anywhere else in the world. Even men, they kept a little bit of that.

Sometimes I love watching Sumo, that's very macho, but these colorful dresses they have are so beautiful. They look very feminine for me. Their panties are so funny, they look like babies for me, so cute! And also, I love the way they lift their leg sideways, that's like a dance, and they are very macho, pam... pam! but I love what they do before, it's like a dance.

European boxing men are not refined. Even in the most brutal sports in Japan that is Sumo, Sumo wrestlers dance. That's why I love Japan. So, you are very lucky.

I remember everybody to develop your feminine always. When you refine the way you move, when you try to look as refined as possible, you refine your brain, your consciousness.

You cannot have a refined consciousness and supra-consciousness without being refined in the way you move. That's why it's so important, because the way you move your body affects your brain. Those who are depressed, they are like that... If we ask them to open their shoulders and look up, immediately their brain feel happier. So the way you move your body affects your brain.

If you focus on making all your day like a beautiful dance, even when you walk, when you eat, you will elevate your consciousness and feel happier. It's loving yourself. If you just move like an animal... not even like an animal, like somebody who don't like himself, you cannot feel good.

From the moment you wake up in the morning, don't live your day, dance your day. Open your eyes and say, "Today I will dance all the day." No need of music, you get up dancing, you go to the toilet dancing, you brush your teeth dancing, and so the all day long. And you will feel happiness growing inside you like crazy. Please do it, for yourself.

Dancing with your body makes your brain dance

In Africa, when people are feeling depressed or sad, they go to those who cure diseases with plants, like the Shamans of Asia. They go to the shamans, and they explain, "I'm depressed, blah, blah, blah, blah..."

The first question the shaman asks, "When did you stop dancing?" That's a very important question. Because when we become negative, or depressed, we stop dancing. We must never stop dancing. You should dance at least three minutes every day.

I don't mean going to night club with noise... no, no, no, no, no... Every morning, I go to the bathroom, and after I dance, alone, in front of the mirror. Do it!

When you wake up: meditation, yes, In the bed, meditation, very important. Then you go dancing, after going to the toilets. Three minutes, and you will feel a big difference.

Everything is dancing in the universe. The Earth is not turning, it's dancing. We are living on a dancing planet, and sometimes she shakes her ass. That's what you call in Japan "earthquake". Like African, you know African, "Wooowoooooh". You know, the Earth is shaking. It's a dance.

The sky is dancing, the galaxies are dancing. Inside your body, the atoms are turning... no! Dancing! Everything is dance. But you must dance also, any kind of dance. No need of a discotheque, too noisy. No need of ballet dancing, it's torture, torture...

Just dancing. It can be Okinawa dancing, any dancing you can do. I love Okinawa, "Pam papam papam papam papam..." Any dance, move your ass, move your oshiri, move your legs, and you will stay young forever, never stop dancing. Dancing with your body, makes your brain dance.

You see in the night, you can see beautiful shooting stars. In your brain, when you look carefully, the neurons are like shooting stars, they send electric signals between them, through the synapses, and it looks like shooting stars. Neurons are dancing. Dance with your body, it's the key for happiness. Three minutes, it's the minimum.

Why not dancing all day long? You can dance all day. No need to really dance like that, but instead of walking like depressed people, dance when you walk, dance when you walk. "Color I love you..." make it a dance... Dance when you eat. Make it a beautiful dance. I love watching Color eating, it is like a ballet. Every thing you do, do it like dancing... When you make love, dance.

Make everything a dance in your life. And when you meditate, you make your neurons dance, and that creates happiness.



And it's scientific. What I am telling you is 100% scientific. Every doctor knows that the worst thing when you are sad or depressed, is to stay in your bed and cry. Because when you stay idle, you go down.

Staying in front of computer is the same. This finger is very happy, only one finger, but the brain... except if you do some happy game, but it's not enough. Some people spend 8 hours, 10

hours in front of their computer. No... Dance, move your body and happiness comes.

Remember, the answer of the African shaman, every time you feel a little bit down, first question you ask yourself, "When did I stop dancing?" And do it immediately. And jump, like a rabbit, and happiness is coming. Let's do it now.

Everybody get up, and let's dance, no need of music, the music is inside, just feel the body moving with the Earth, with the stars, do the butterfly, it's dancing, everything, and do it. Do you feel good? Dance and jump forever.

The only moment you can stop dancing, is when you die, but then you will dance on another planet...

Kindness is the most important expression of love

This morning I want to talk to you about the most important quality in human beings. The most important quality 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 in life what is most important is the truth, to be right. It's not true. If you have to choose between being right and being kind, choose to be 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's too much kindness, it's not 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, it's never too much. Put your brain in auto-pilot, train yourself to always have kindness in priority. When you meet somebody, even somebody you know, say something kind,

compliment them, "Ah, you have a beautiful dress... I love your make up... I love your shoes... I love your smile..." Kindness is expressed with very simple things. 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 humanity were kind, there would be no wars, no starvation. If all the billionaires of 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. It's not kind... If I was sitting in a car made of gold, I would feel guilty of, "Why do I use this money to have a car made of gold, it's completely useless." All the problems in the world of Capitalism, is the lack of kindness. When you are kind, you want to be kind with everybody, even the people you don't like. You don't force 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 more poor. 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 it's judgement, "The way you behave is not good, I will teach you what is good..." 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 the humanity richer by being different.

So, remember, being right is not important. Being kind, is THE most important thing. So right after this speech, when I finish, you can start. Why not this morning, after the meeting, when I finish speaking, why not being kinder than you have ever been with other people here, to start...? Why not? Ok?

The Cloud Meditation

This morning I want to share with you a beautiful meditation I had this week, a meditation about these clouds. Look at the clouds. We have been in the clouds, and we will be back in the clouds. Our body is composed of 80% of water, when we die, and we all die, this water evaporates and go in the air, and in the clouds. So when you look at the clouds, wonder how long did it take for this water to accumulate in a cloud, coming from the body of people.

Maybe three years, maybe seven years after someone died, particles of its body go in the clouds, and then fall as rain, in the river, and you drink that water. And the same particles of water, again are in your body. This is a wonderful cycle of water. How many times did the particles which compose our body, our brain, our consciousness, how many times have they been in the body of other people? And other animals? And plants?

In this infinite cycle of life, how many times? An infinite number of times. We have been everything, everywhere, and we will be everything for ever. That's why we are one, with the sky, with the stars, with the soil, with the plants, with other people around us. The 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 in your body, and reciprocally, so we are one.

And this feeling of oneness is not something abstract, it's something material, it's the matter which makes your body and my body, being the same. The matter which makes your body and the body of these green plants and flowers, it's the same.

Scientists study genetics today, the DNA of a monkey and a butterfly have very little differences. In other words, the elementary, fundamental bricks of life are the same in everything alive. So we are not different, there is consciousness in everything alive, at our level and other levels. That's 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.

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, pleasure, exactly like us. The only difference, is they don't know infinity, that's the privilege of the human beings. And for that we don't use consciousness, we use 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, they use consciousness. Consciousness is not enough. A worm uses its consciousness. It's not enough.



We human beings, we have a supra-consciousness, and this supra-consciousness is the only way to feel infinity, and to reach love. In other words, we are just a brain, a thinking brain, we are not 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 the country means "The country of real men", like if other countries are not real men. Germany, original name means "We are the men and other people are not men". 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".

And this creates hatred, war, and not love. When you reach supra-consciousness, you are not anymore Japanese or French, we are not anymore human, "We Are", we are one. We are not better than insects. This week I posted on Facebook the picture of a little insect that I saved in my house. Everybody loved this photo. This poor animal was dying in my house, I felt it, I took it, placed it outside, gave it some water, it drank the water. I felt his happiness, I was one with this insect.

Feel this oneness, with other human beings, with everything alive on Earth, on another planet. Because many human beings who have not reached the supra-consciousness, call people from outer space "aliens". You saw the movie "Alien", monsters,... Grrr... This is not supra-consciousness. This is why white people hate black people, this is a kind of racism.

You a being from another planet, with a body shape of a spider, but full of love, having reached supra-consciousness or a human being, with a face of Adolf Hitler, and full of hatred. I prefer to spend time with a spider full of love than with Adolf Hitler.

So everywhere in space is the same. Only when you reach supra-consciousness, you have love. You all have it in your brain. So, in practical way: stop thinking, don't be satisfied with basic consciousness, meditate to reach supra-consciousness, and feel love. Please, do it.



August 6 celebration



It's always a big emotion for me to celebrate this Raelian New Year in Japan. We are now entering 69 a.H., after Hiroshima. We are the only organization in the world having a calendar with the new year connected with Hiroshima.

August 6th, "We Must Never Forget Hiroshima." A peaceful day, with people living a peaceful life, children playing, and suddenly "Boom!". We must never forget that. This was the biggest war crime of the whole history of humanity.

I know that many people are waiting anxiously the revelation of the numbers, as I always give new numbers on August 6th, numbers of the percentage of chance we have to survive, and the news are not very good...

One more time, because of the crazy American and Israel peoples - one more time, we have the danger to have a world war. And the most dangerous country is America. And sadly, again, 99% chance of destruction. That's not beautiful.

But there is 1% chance to survive, so there are optimistic people, the Raelians. So we must think only about this 1%, and do meditation for peace, hoping that next year will be 10%.



Remember, every meditation you have for peace on Earth is influencing everybody. So with your meditations, you can really save the world.

When you are alone, in your bedroom and meditate for peace, don't think, "Oh, I cannot change anything, I'm just a small human being." No... You can! You have this power, the power of your brain, of your brainwaves, which influence everybody on Earth.

That's why I hope this year you will do more of this "One Minute Meditation for Peace" in the street.

Please do it as often as you can. You know, you have to do it in Japan too. Meditation, one minute for peace, and tell the people, "This is the only way to save the planet."

The more people meditate for peace, the more will change the mind of the crazy governments.

The most dangerous thing on Earth now are the governments. All the people want peace, only the governments are crazy enough. And in Okinawa you know how crazy are the Americans. I hope soon there will be no more Americans in Okinawa.

So let's think about this 1%, and let's make it 10% next year, by spreading love, peace and meditation for peace.

We can save the world.

The Universe is your Temple

Thanks to Kotaro, we have been watching the ocean with a feeling of religiosity. Like when people go to a temple and suddenly they feel religious. We don't need temples, the ocean is a temple. There is no need to go in a house made of stone or wood, to suddenly feel spirituality. By looking at the ocean you can feel the same, even more! By looking at the sky, at the clouds, by looking at the green plants. All these things are temples, much better than temples.

When looking at the smile and the eyes of other people, it is better than a temple. When looking at yourself. I call my body "my temple". Treat your body like a temple, because it's absolutely fantastic what is happening in your body. Right now, 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, the heart is pumping.

It's 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 worshipping. The universe is your temple, feel it everywhere, inside you, in the sky, in the ocean, in the smile of other people. This is the real spirituality.



We are the infinite

Infinity... There is nothing deeper than infinity, it's impossible. And realize it, this is a very important meditation. Every particle and atoms in your body have always existed, as matter or energy, and will exist for ever. There is no beginning. That means what makes our body is eternal, has always existed, and will exist forever. It cannot be destroyed. Even if we die, the matter which makes our bodies cannot be destroyed.

When you die in Japan, many people burn the body after and then you get a little pot with the ashes of your father or your mother. They are still there. Why is it smaller? The father was one meter eighty, one hundred kilos, maybe, too much sushi, and suddenly a little pot... Why? Because every fat burns, and 80% of the body is water.

Where does it go? In the clouds. Nothing is destroyed. So everything in our body has always existed, everywhere. Realize it, we live in infinity and eternity. That means forever, that means that, we, our body parts, have always existed, everywhere. There is not one part of the universe where a part of our body has not been.

So when you look at the stars during the night, every star you see, every part of your body, every little atom, have been on each star, because infinity in space and time, cannot be separated. And that's the past, but also the future. There is not any part of the infinite universe where every part of your body will not travel, again and again and again. How many times? an infinite times, because it's infinity.

So we are infinity. We are not something looking at infinity... No, we are not. We are part of infinity. We cannot be separated, and that's why we are one, We are One.

“I love you, period.”

Love is full, or nothing. Remember that.

When you are a Buddha, it's the same. The problem is to stay in this state right now... Right now, look at my eyes. Right now, you are 100% in love, you feel it! Right now, feel more love than all your life going from your eyes, feel it.

Try to make this instant the most loving moment of your life. Please, just one second. Are you ready, ok? We will do it. One second when you really feel totally love. Are you ready? Do you feel it? There's a spring, a geyser of love! Feel it, like a wow! And the more you feel this love flowing outside of you, the more you receive.

Love is not like money. When you give the money you have less after. For love, it's the opposite of money. The more you give, the more you have. So, that's why you Raelians, you are billionaires of love, because the more you give, the richest you are.

Bankers cannot understand that, they don't know that. Business men don't know that. The more you give the more you have, do you feel it? Do you feel that now that you spread your love like birds spread their wings; you have more love in you, do you feel it? You must feel it at all time... The problem is not to do that, it is to stay like that.

My words of light and love make you fly, but when I will stop, you can be back to “hummm...” Don't be back to “hummm...” Stay like that. That's the problem. You can be a perfect Buddha, for one second, very easy, but to stay it, that's the problem.

It is the same for meditation. When you meditate, as beginners, you lay down, breathe in, and you meditate. Then you get up and “hummm”. But slowly when you develop your ability to meditate, then you meditate all the time. I love walking on the beach. I walk and meditate at the same time.

To lay down with a recording of Maitreya, it's good for beginners. After, you talk, you meditate. Now I'm talking to you, I am in meditation. When I eat, meditation. When I go to the toilet, meditation, everything, all day long. That's the goal.

For one second, you can feel, and the problem is to try to stay like that. Not to try, to do! And that's what I wish you will all be able to do.



MEDITATE WITH US 1 Minute r Peace

www.rael.org



Hello everyone!

Just to share with you the enthusiasm and joy I felt yesterday while leading a 'meditation for peace' with a youth group in front of the Coop grocery store in Sierre, Switzerland.

I had settled in front of the Coop in Sierre at noon because there are a lot of young students who come to buy food; I sat with my sign on a large stone just outside the entrance of the store, closed my eyes and tried to find peace in me as I begin taming the street... From time to time I open them out of curiosity and for half an hour, nothing, no significant reaction except for the usual reactions of astonishment....

At one point I heard a gentle voice say "Sir, can we meditate with you?" I opened my eyes and saw a dozen nice young students smiling and asking me to explain how to meditate. Woohoo! What a delight!! They all sat around me and after a brief explanation I guided them for a 10-minute meditation. Then we exchanged a bit and they thanked me warmly! It was fantastic!

It's an invaluable gift when we are there at the right time doing what we were created to do. I noticed one thing: when we decide to go do this meditation on the street, we become a creator in the true sense because we create the event, we give life to humanity and we develop a great serenity and an enormous enthusiasm within us that lasts throughout the day!

And the icing on the cake: A lady who witnessed the scene came to me and handed her business card. It turns out she's been a Tibetan yoga teacher in Valais for 2 years and travels the world to conduct seminars. She asked me what organization I was involved with and said she had heard a little about us... She is in charge of a group whose leader is a Buddhist master close to the Dalai Lama and they have a meditation center. We spoke on the phone last night and I will organize a wine tasting with Stéphane because she appreciates wines from Valais...

I was just an hour in the street and the reward was huge. It's not always as successful but we have an effect on people more than we think even if reactions are not always as positive. Moreover, what we develop inside is extraordinary. It's our genetic code expressing itself!

LOVE
Jean Marie Briaud
Raelian Guide



Swastika Week

The whole week long, actions were undertaken on all continents in support of this precious cause in the eyes of Raelians who wish to change the opinion in Western countries about that millennium symbol, peacefully revered by almost a billion people now, especially in Asia; a symbol used everywhere on earth in the largest religions.



In Canada, the Raelians have coordinated their activities on Saturday, July 12 and once again this year, the campaign has not gone unnoticed despite the refusal from the giant billboards owners, claiming that it would displease some communities.

Quebec City, Qc... 25 people participated in this event with a human size balloon, placards and leaflets. On a predetermined route, the Raelians crossed hundreds of people overwhelmingly positive towards us. Donald Tremblay, in charge of the Quebec City region tells us: "One of the highlights was to meet a group of tourists from India ... you imagine their reaction! On the way back, a few interested people to whom we handed out flyers, went directly on Internet to access our site. The activity lasted almost three hours and it was a great success! What a great team, what a beautiful harmony!!! "

Toronto, ON.... the regional team met in High Park, where the Raelians created swastikas on the grass using their bodies, and of course distributed cards with enthusiasm while contacting passers-by along the lake for great conversations with interested and open people. Patrick Rheins, head of Toronto, tells us his impressions of the day: "I'm sure we opened the minds of many people today, such as this Jewish woman, upset, asking us what we were doing exactly. After hearing our explanation, she calmed down and "the work was done." A seed was planted and one mind was opened. At the end of the day, we could see that our warmth and behavior clearly created an impact on the public, for which the association between the swastika and our harmony might prevail now."

Montreal, Qc... fifty Raelians gathered in a popular park downtown (where the famous Mont-Royal Tam-tams resonate). In front of a beautiful banner (visible also for people traveling by car), we informed passers-by and left many cards giving the explanation about our worldwide action to rehabilitate the swastika. "We had positive reactions and also strong emotional reactions, which confirms the importance of our work", said Nadia Salois, Regional Guide of Greater Montreal, beautifully summing up the reason of our presence in this beautiful day.

Vancouver, BC....Three hours later, the Raelians in Vancouver took over in support of this action for the Swastika Rehabilitation Week. The activity started with a meditation on serenity, peace and love. After installing the banner and inflating the balloons, a Raelian wandered topless inside the big Swastika balloon, which strongly piqued the interest of passers-by, said David Dunsmore, Guide in charge of the activity in Vancouver: "People were very sensitive and respectful throughout our action. It was such a pleasure to know that we represent not only the spiritual Raelian symbol, but also the symbol of infinity of the Elohim, our Creators, through which we have the privilege to make it known to all humanity."

SWASTIKA REHABILITATION WEEK

July 5 -12, 2014



Lyon, France....

We had the pleasure of meeting again around forty of us from both Mediterranean provinces, Rhones-Alpes, and Switzerland, with 4 guides at 2pm at Place Bellecour. Issaey did an amazing job of preparation by making 20 panels and a carriage with different swastikas from different countries, life-size, recognized around the world and with pictures of where they can be found in France, where the symbol exists whether religious or not. The goal was to capture the attention of the public. It was impossible not to see these panels!!!

Most of us were wearing our swastika T-shirt, had a sign and we organized a parade on the main and busy street by playing around with our large swastikas so that they would be visible from afar and so that as many people as possible would come to us and ask questions about the event. This did not fail to raise public interest because many were curious and intrigued by our presence and came to us to ask questions. 1500 fliers were distributed.

That moment was magical and so full of harmony and pleasure! Being together for this occasion has undeniably had an effect on people from Lyon. We had a lot of compliments as a result. By late evening, a few of us stayed to enjoy this warm atmosphere in Lyon and enjoyed a delicious ice cream on a terrace in a BIO followed by a delightful dinner at a fine restaurant in the heart of old Lyon. HAPPINESS EVERYWHERE!!!





The "One Minute For Peace" message flew high!

We spent a wonderful week end on September 20, 21 2014 at the greatest festival of free flight of the world.

Between 70,000 et 100,000 people attended this international event

Olivier Ronzon, a French Raelian, took part of it, performing two superbly designed flight, disguised as a peace dove. The music of John Lennon was played while he took off.

He was the only participant to receive two awards. He was awarded the second best price for the most beautiful bird and he was 4th for his disguise.



The public showed lots of enthusiasm when he took off and when he landed for the « One Minute For Peace » message and the beauty of his 'outfit'.

<https://www.youtube.com/watch?v=DunOT3RkTGM>

<https://www.youtube.com/watch?v=H-XKpXuWw2E>

Some Raelians and other friends were there to express their support to Olivier in this beautiful adventure in the 7th sky..., Issaey, Magali, Naëlla, Boris and Gwen helped with their enthusiasm, recording the event with videos and pictures and helping for the whole set up.

« I want to thank our 'fathers' for creating life so that one can have so much fun! » Love to all from OLIVIER





Light heartedly, Raelians celebrate death

On Sunday, November 9th 69aH, about a dozen Raelians attended the removal of the forehead bone of Claire Gareau, a pioneer of the Raelian Movement in Quebec. Claire and her companion Marcel were indeed the very first to have welcomed and hosted Rael during his first visit to Quebec. Claire has always acted as a good mom with all those newcomers who came from all walks of life to help this mission entrusted to the last of the prophets. We remember her sparkling eyes filled with love, even for a simple hello.

The removal of the forehead bone is a very unique religious practice, all the more rare that it can only, for now, be made in Quebec and since recently in Nevada, United States. So it is a huge privilege to be able to attend this very religious moment for the Raelians, and a unique opportunity to put into practice the values they advocate in regards to

death.

As evidenced by the photo taken immediately after this ceremonial action, the atmosphere was one of happy celebration while being a solemn and touching moment. Odds are that very few such happy pictures were taken in this funeral home which is otherwise so sad. But how is this removal done exactly?

Everyone entered a room that looks like a hospital operating room, with two people in white lab coats and a corpse covered with white sheets. The skin, cut at the top of the head, has already been pulled over the face to allow the bone of the forehead to be drilled out, a step which had already been started before the witnesses arrived. In their presence, the hole saw performs the final step of the extraction, keeping only a small piece of bone which will be stored by the guides in charge at an undisclosed location. The skin is then replaced over the top of the skull, allowing the witnesses to recognize the face of Claire. The body itself will not be exposed and will be disposed of as discreetly as possible, according to the requirements of the Raelian religious writings.

The entire operation lasted only a few minutes, after which Réjean Proulx explained the procedure which they had just attended and answered the few questions from the many who witnessed the removal of the forehead bone for the first time.

Some philosophical issues aroused great interest, particularly for their clarifications that are not all found in the Messages. Priest guide Joseph Kollar recalled the distinction between the religious gesture of recognizing the Elohim as the Creators of Humanity, with the transmission of the cellular plan, and with that of having the forehead bone removed. According to the Raelian writings, every individual who becomes aware of the Messages is indeed disconnected automatically from the possibility of one day being recreated by the Elohim, unless they have their cellular plan transmitted. Réjean Proulx said "this is a recognition during our lifetime". "And the conservation of the forehead bone is a recognition of the Elohim in death".

Joseph asked: "but why do Raelians have to perform this removal, if the Elohim recognized them after the transmission of their cellular plan?". "It will be for the day when humans will themselves be able to recreate those who they deem worthy of deserving this privilege*, but, apart from the gesture of recognition, the Elohim technically have no need for this conservation. I once asked Rael what would happen if I die at sea, eaten by a shark, even though I have made all the necessary provisions for the conservation of my forehead bone which thus becomes impossible. Rael and told me that as long as everything was done for the removal to be performed, there is no problem for the Elohim**."

The same goes for all Raelians, wherever they live, even if their religious practice is not respected by the authorities of their country. The important thing is to do all the steps in this direction, and the responsibility will only revert to those who refused, not to the Raelians who are powerless in front of their justice system.

You who are following Maitreya Rael, have you made your arrangements? It's never too early to do so, but watch out, it may well be too late and, despite your indisputable Raelian involvement, you could find yourself exposed at the local funeral home and buried with all those Christians who make up the majority your family.

After all, not everyone is fortunate enough to have grown up in a raelian family, like Pierre Gareau, the one who smiles the most magnificently in the photo, knowing that he was able to pay the most beautiful ultimate



tribute to his mother Claire, who is perhaps already smiling to see him continue this mission, which was at the heart of her life.

* The Raelian Church urges its members to donate their organs for possible transplantation, and their bodies to science for conducting research, in order to help humanity and the progress of science. Only one cm² (0.2 in²) of their forehead bone should be kept, so that one day humanity will be able, through cloning, to recreate them if it deems it useful. 1 cm² of forehead bone per individual furthermore creates "cemeteries" that are a lot less big, on an increasingly small planet for its almost 7 billion inhabitants. Once scientists no longer need the body, it is recommended to cremate the remains of the deceased person, and the Raelian Priests may possibly, if it is the deceased's wish, disperse their ashes in a harmonious place, in a ceremony bringing together relatives and friends.

Fiers d'être raéliens, p. 317

* ** If the Raelian in question has taken precautions in his will, asking that his forehead bone be sent to the Guide of Guides, there is no problem, since it will be registered by the computer which surveys every one of us during the whole of our existence. In the same way, there is no problem for the Raelians who die without the authorities respecting their last will and testament, by refusing the removal of the said forehead bone. What is important is that each Raelian make his or her will known in the manner asked.