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The supreme orgasm is in feeling infinity

Maitreya Rael – Raelian gathering, December 1st, 79 aH (2024), Okinawa, Japan

We are messengers of the Elohim, but we are messengers of infinity. This is much more powerful. We share the same religion as the Elohim: Infinity! Each cell of your body is a temple. Feel this privilege you have to have all these cells staying together for a while. Because they come from dust, and they will go back to dust. But now, they are together. When somebody walks on your big toe, you feel it. All this is one. What keeps it together? I spoke recently about the “graviton”, the particle of love. It’s absolutely fantastic to feel this connection. My left hand is here, my right hand is here, they are one. It’s the oneness. Your supraconsciousness and your body, they are one.

Sometimes, intelligent people have this beautiful question, “Who am I?” You all, at a time of your life, a long time ago or recently, or now, asked this question. “Who am I?” I replace this question with something much simpler. Because, “Who am I?” is a very difficult question. “Am I my thinking brain? Am I my hand? Am I my heart?” People believe all stupid questions. I replace this question with, “Am I?” Not “Who am I?”, just, “Am I?” Are you? Don’t answer what, don’t answer, “I am French”, “I am Japanese”, “I am a teacher” or “I am a dancer”. You are!

Feel this incredible power inside you, “I am.” Say it inside, “I am.” Feel it!

One day, you won’t be able to say it anymore. One day, you will say, “I was.” It’s not pleasant, unless you are on the Elohim’s eternal life planet;

then it's pleasant, but nobody is sure to go there. But now, just now, not in ten seconds, now, the magic of now. Say it, say it loudly inside, "I am." Do you feel it? Don't think about it. If you think about it, you are not. Feel it! Do you feel that you are? Do you? Ask yourself, "Am I?" Don't say what. If you say what, you are not. To be without ego is the supreme being. When you add something after, "I am", automatically, it's the ego, even, "I am happy." "I am happy", it's ego. Just, "I am", no need to say what. It is the same for the location; "I am" on my chair? Not limited. "I am" in my house? Not interesting. "I am" in this city? Not interesting. "I am" in this country? Not interesting. "I am" on the Earth? Not interesting. "I am!" Don't say what, don't say where. If you are, you automatically feel infinity; you are part of infinity.



Each cell of your finger is not inferior to you, not superior. The cells in your tongue are not superior to you, they are not inferior, they are. Each cell has its own personality, and when these cells feel, "I am", if you do the same thing at the same time, and if the huge being in which we are do it, it can also feel the same. Infinitely large, "I am"; infinitely small, "I am"; infinitely me, "I am." And same for the center of the symbol: I was, I will be, because I am part of infinity. I am the past, the present, the future; the small, the large. If you don't have an orgasm feeling that, what can trigger it? Massaging a gland can give some pleasure, and it's very good. You can also gently touch your hand and feel good, but it's limited. The supreme orgasm is: feeling infinity. That's what you do when you practice meditation. Stop thinking because thinking disconnects you from the truth. When you say, "I am", say it without thinking about the words, even the words, "I am" can separate you. Totally egoless; any feeling of "I" disappears. "I am", it's good, but there is, "I". Say and feel, "I am" without "I".

Every concept, every thinking, separates you from infinity. So, remember, even when feeling and saying, “I am”, this feeling can separate you from what is. What is “is”; what is “is”. And the, “what is” doesn’t need “I”. When you free yourself from the ego, completely, you reach the top of the top of infinity. I should say, the top of the top of feeling infinity; because infinity has no top and no bottom. We must be very careful with words. Like when people are together, friendly talk, and this beautiful question arises; many monks practice this question, “Who, among us, is the most humble?” If you say, “Me”, automatically you are not. Who is the most humble? You cannot answer! That’s where you cannot say, “I am!” Because if you say, “I am”, you are not. So, this feeling of infinity is in each cell of our body, in each cell of humanity, meaning, “Human beings, you are cells in the huge body of humanity.” Imagine the cells of our body talking and asking, “Which cell is the most important?” Of course, none. Everybody matters, every cell matters; we are one, we are! Without “we”; it is. Feel it, without the word “feel”. Feeling cannot be described by any word. Being cannot be described by any word. You have it or not. And the good news is: you all have.

As soon as you remove the ego, immediately you feel it; in the eyes of other people, in the voice of other people, in the dance of other people. It’s everywhere and nowhere, because infinity is everywhere and nowhere. And that’s so exciting! If you don’t have goosebumps when you feel it, you don’t feel it. If it doesn’t make you cry, you don’t feel it. Very often, I cry. I don’t control it. If I look in the eyes of a beautiful girl or boy – it’s not sexual – tears come. If I look at a little frog, tears come. If I look at a cockroach, tears come. They are. Of course, some people have some tears only when they look at the sunrise. Maybe some of you remember, I put a photo on Facebook, a long time ago, of a little bug, shiny bug; it was exactly in the middle here, on its back, and couldn’t get up. I took it, I put it right here on the jacuzzi and I brought a little bit of water. I had tears; immediately it started drinking, it was dehydrated. A little bug. When you find insects that you don’t want in your bedroom, put them outside before thinking or having the reflex to kill them. Cry first. Everything alive comes from the Elohim, every insect, all bacteria, even bacteria that create infections. That’s why some Buddhist monks, long before Covid idiots, Covid imbeciles, Covid “baka” (stupid), when people were putting on masks, do you remember? You never did it, of course. But a long time ago, many centuries ago, the Buddhist monks of a special group were putting on a mask. Why? Because they didn’t want to kill the bacteria we breathe. That’s interesting, but it’s a little bit extreme, although beautiful. Extreme and stupid because our body constantly kills bacteria. But thinking, “Oh, when I breathe, I kill bacteria. I will wear a mask”, that’s beautiful, even if it’s not intelligent. It’s love, “I don’t want to kill.”

Everything alive comes from the Elohim. If you have this attitude of respect for life, for any kind of life. I was speaking, one day, with a Buddhist monk who really supported this idea of the mask to protect bacteria. I said, “Do you like walking on the grass?” (He answered) “Oh yes, it’s beautiful!” (I said) “At each step, you kill some grass.” Death is part of life. So, we have to find the right balance. Now I’m breathing, some bacteria are killed by my immune system. I’m sorry! But it is life, it is not an action that tries to voluntarily kill. We eat sashimi; these fish want to live, but it’s delicious, and we need food. So, there’s the right balance: if you kill fish and animals for the pleasure of killing, that’s not good, but for staying alive, with respect.

When I was in Canada, I was hunting deer, beautiful Bambis, and I was eating only the meat from my hunt. You can go to the supermarket and buy some meat; some animals have been killed. But you are disconnected; a piece of plastic and inside there is a piece of meat, “I eat it but I didn’t kill it.” Me, I want to be responsible for what I eat. When I was in Canada, I was also fishing, not for the pleasure of catching fish, but to eat. And when I was killing a deer, I was in a beautiful meditation, feeling the life that I was taking to stay alive. Not a piece of meat in the supermarket. I want to be responsible from the beginning to the end. Of course, not everybody can do this, but even at the supermarket, feel it, all these meats and fish you can buy, they were not alive to be killed. So, when you use it to stay

alive, feel it. (When you eat) sushi or sashimi, feel it, it's part of the creation of the Elohim. And the food becomes more delicious, more nutritious, because you create a connection of causality between your food and your body, "I am." I am thanks to all the animals that were killed, during my life, to maintain me alive. This thankful attitude towards your food makes you happier and healthier. Not a piece of sushi (eating it unconsciously). You touch something that was alive, and it becomes a part of you. That's the beautiful attitude of love for everything alive and for yourself. Food is so beautiful; you can be the best philosopher, or the best prophet in the universe, if you don't eat you die. Don't say, "Oh, I am vegetarian, I don't kill." I am also a gardener. Every time I was cutting the salad in my garden; I was killing the salad; they are not growing to be killed. The dream of the salad, they have dreams, they grow; if you don't cut them, they will grow a long stem, flowers and seeds, which are their babies. But we take the small salad and we kill it, and it's delicious. We need, whatever food we eat, we are taking a life to help us stay alive; and we can do it with love, with the feeling of oneness. Eating is a kind of religious act, "Thank you, animals, plants, seeds, anything, for giving me your energy!" And then, we feel infinity. Infinity is in the sushi also; infinity is in the water you drink, in the "ocha" (tea) you drink. Infinity! The tea making leaves, didn't you want it to die? But we take it. [...] (Imagining plants speaking, "Ouch, ouch, it hurts!") Because plants feel. When you remove one leaf, they feel it, but tea is delicious. So, we are part of everything, and if you feel it, it's so beautiful.

In this area, people are disturbed by the crows. Sometimes, when you are sleeping, they come in front of the windows and (caw loudly), and some people want to kill them. They have the same right as me to be alive; they could be pleased to have beautiful red and green parrots. Imagine parrots all black. So, when I look at the crows coming on the balcony and making noise, I say, "Thank you for singing." If they are a little too noisy, I send them away. But it's so good to have animals, so many animals, even spiders. You have a lot of banana spiders here; they are so beautiful. Recently, on the tree right in front of this door, I found a spider that I never saw before, with beautiful colors; it's a spider. Normal people, they want to kill them. Spiders are beautiful. Snakes are beautiful. From childhood, I played with snakes. I remember (when) I came to Japan, maybe some people remember this, I was on a little island, Miyakojima. At the entrance to my room, there was a snake and, of course, I caught it; I love catching snakes. Don't do it! I know how to do it. I caught it and all the Raelians around were screaming, "Maitreya, don't touch, don't touch!" Don't try it, but a snake, if you grab the tip of the tail, it cannot come back to bite you. Don't do it! I have done it since I was seven years old. I love snakes, it's very beautiful; the contact with the skin, very beautiful smell, interesting. Every insect, you don't know, has a special smell, but people (are disgusted). I love the smell of "gokiburi" (cockroach), a very interesting smell. Nobody smells cockroaches, they have a very special smell, and they have beautiful babies. It's like in the movie "Alien", the egg of a cockroach is like the dropping of a rat, you open and there are twelve or fifteen babies, I don't remember, inside one egg. So beautiful; it's like a space traveler. But people don't look. All this life comes from the Elohim.

So, feel this oneness with everything, with every cell of your body, with every cell of other bodies, with every animal, every plant, every planet. We are this. Never forget it, and never separate yourself by ego. To finish this long speech, I can speak for infinity, "I am." Do it, without "I". Are you? – ["I am."]

Thank you, Elohim!

Trust and respect are the roots of love

Maitreya Rael – Raelian gathering, December 8, 79 aH (2024), Okinawa, Japan

The Message of the Elohim is a gift of love.

Trust and respect. Two things are the roots of love: respect and trust. In your couple, if you are in a couple, it's the same thing. In the beginning, people discover another being and start loving; and many, many couples, then become tired of each other and they separate, which is good, but why? Sometimes, couples would stay a long time together, so why does it end? Because these two things, two basic things, disappeared: trust and respect; and trust is so important.



Respect and trust are love.

The Elohim respect us by asking
“if we wish to build an Embassy”
and they trust us to build it.



And in communication, not only in couples but between you, Raelian brothers and sisters, trust is so important. You should really think about it in your friendly communication. Trust needs time, but respect is immediate. You never respect enough people you pretend to love; never enough respect. Respect is in the details, like love: “Oh, I love, we love, I am full of love, I love everybody.” Yes, but respect, do you always respect totally, completely?

What is respect? First of all, and that’s why I love Japan, first of all, be polite and show respect. Train yourself to show more respect to others. The Raelians show a lot of respect to me, but I wish to see the same respect between you. There is no reason to be more respectful to me than to any other Raelian. Everybody is so polite with me. Politeness is really the root of respect. Are you polite to each other? I love Japan because there is a lot of politeness. But the Japanese Raelians must be infinitely more polite than the normal Japanese. You are never polite enough, never too much. And the Elohim, with their Message, are an example of love, of politeness and respect.

What is the most beautiful example of respect? The Elohim created us, they created every life on Earth and now they wish to come back. They wish to come back and they say, “Please, make an embassy to welcome us.” They could come just naturally, suddenly landing in the middle of New York and say, “This is our creation, we created life, everything belongs to us.” They could do it. No, they say, “If you wish, you, humanity, if you wish to welcome us.” Their respect for us is incredible, they are our Creators. Everything on Earth, they could say, “It’s mine! Every human being, you belong to me! Give me this building and shut up!” They could do that.

No! They say, “If you wish – if we wish – make an embassy and we will come. If you wish to welcome us.” Wow! What some call “the supreme almighty god”, the Elohim, say, “Please, make an embassy.” That’s love; that’s respect; that’s trust. They trust you to make an embassy; and don’t forget, they say, “Please, if you wish to welcome us.” It’s not an order, it’s not, “Build an embassy, we will come!” No! They say, “If you wish, make an embassy, and we will come.” Do you wish to welcome them? [Yes!] Do you wish to welcome them? [Yes!] Hey, they are listening!

It’s your wish, but the first step is to welcome them in what people call, “in your heart”; in your brain. Many people dream of this beautiful dream, “I want to be around the embassy when they arrive.” That’s dreaming. Beautiful, it’s a dream. To make this dream possible, you first need to make the embassy inside yourself. Do you wish to welcome the Elohim inside yourself? [Yes!] Just imagine a UFO coming on the balcony, and Yahweh comes out. Do you wish to welcome him? Try to imagine! Who will open the door? How will you welcome him? What will you do? Will you shake his hand like a friend? Will you bow like Asian people do? Will you fall on the floor on your belly? Imagine! Because one day it will happen. So, the love and the respect they have for us, you have to practice it in your heart.

Every morning, I wake up and I say, “Thank you, Elohim!” Thank you for nothing, just thank you. Not thank you for the food, thank you for the house, no! Thank you for being, because I exist thanks to them. Not only me, you too; your life comes from the Elohim; your planet comes from the Elohim; this beauty, everything around us. I wake up and I say, “Thank you, Elohim!” Every morning. If you love someone, be thankful every day, every second, for their existence.

Some people, when we have some communication of love, they start to cry. And what is the normal reaction? They quickly go for a Kleenex, a paper tissue, and they dry their tears. No! Let it flow, let it be. Your tears of love, for the Elohim, are the most beautiful gift. “Elohim, I love you, blah-blah”, no! In one tear for the Elohim there is more love than in one hour of speech. It’s deep, “Thank you, Elohim!” When I say, “Thank you”, in the morning, I cry. Not of sadness! There are tears of, “thank you”. I have them right now! Usually, people try to stop their tears. No! Cry! It’s the most beautiful act of love.

And I want to be thankful; thankful for the person sitting beside you, she could not be here. Any people beside you, look at them, they are a gift from the Elohim, a gift from the Messenger also. If I didn't try to spread the Message, I couldn't find any of you. Look at the quality of the people in this room. Maybe you feel, "Oh, what a privilege to be with Maitreya!" I feel, "What a privilege to be with you!" Fifty years of hard work, jet lags, difficult times, all around the world. And now, we are together; from Mongolia, Canada, Switzerland, Korea, and so on, from everywhere. And all this is thanks to the Elohim, and thanks to me. Because it's not automatic; I could have said no. "Go around the world and spread the Message!" – "No! I go back to my racing cars, I'm not interested." But I said yes. I said yes and I did it.

So, I say, "Thank you, Elohim!" And, "Thank YOU." You are my reward; you are my gift after fifty years working so hard. So, really, from the bottom of my heart, "Thank you!"

The 11 am contact is a practice for their arrival

Maitreya Rael – Raelian gathering, December 29, 79 aH (2024), Okinawa, Japan

Thank you! The contact on Sunday at 11 am is a kind of practice. Always try to imagine when the Elohim come. What will be your state of mind? We can imagine thousands of people in a yoga position. It's possible. We can imagine thousands of people hand in hand, sending love. It's possible. We can imagine people just happy. It's



possible. We can imagine ourselves.

Visualize yourself. What will be your state of mind on the day – and it's coming soon – when you see the UFO coming down slowly? What will be your state of mind? How will you feel? Will you laugh? Will you cry? Everything is possible. But feel it. That's amazing!

Every Sunday at 11 am, it's a practice, it's to prepare yourself, "How will I react to the coming of the UFO?" Everything is possible. But you, only you, know how you will react. And by practicing, by imagining, you prepare yourself. The day the

Elohim come, everybody on Earth will be surprised, but not the Raelians. If you are surprised, you are not Raelian.

You are the only people on Earth who should not be surprised. Even if in the street, every day, people say, “Oh, a UFO!” The Raelians say, “So what?”

You know, sometimes when I make public speeches, people come to me and say, “I want to talk to you about UFOs.” I’m not interested. We are not interested in UFOs. If you are Raelians because you are interested in UFOs, you are in the wrong place. You see, Toyota is beautiful; Honda, I like; Hyundai... but a UFO is just a vessel, a craft, an airplane. What we love is what is inside. It’s not the body that is inside, but the knowledge, the philosophy, the love. What are we welcoming? Not a UFO, we don’t care about UFOs, but love. And Sunday at 11 am, it’s a love story.

Are you at the 11 am contact to receive love or to give love? It’s your choice, but practice. One more time, the only people who should not be surprised when the Elohim come are the Raelians. We have been expecting it for 25 years, 30 years, 50 years. We are waiting for that. If not, you are not Raelian! We Raelians, we live with the Message of the Elohim in our consciousness. The Elohim are with us when we wake up, when we eat, when we sleep. We are one with them! So, the day the Elohim come, we will not be surprised. We will be surprised if they don’t come! But they are part of our life. I breathe the Elohim every day; I eat the Elohim every day; I feel the Elohim every day, every minute. So, I live the day of their arrival every day. And if you are really Raelian, you will just welcome what you ever wanted, just feeling. And your brain can have different thoughts. What is your feeling? Okay, the Elohim come, what do you wish to do? Cry? Laugh? Do you wish to hug? Every possible feeling is inside you. Or bowing in Asian style.

I saw this morning, on YouTube, the rules for bowing in Japan. Fifteen degrees – they say – fifteen degrees when you meet somebody. When you meet somebody, you respect a lot, twenty-five degrees. They are very precise about it. I’m curious. Do you really learn that in school in Japan? And when it’s somebody for whom you really have a lot of respect, forty-five degrees. I didn’t know there was a code like that. So, when the Elohim come, how many degrees? It’s very interesting! “If you bow like that to human beings, how will you bow to the Elohim?” – “Ah, I don’t know.” It’s interesting. So, don’t retire yet! You need to practice sports. That’s really, physically, preparing you to welcome the Elohim.

But everybody has a different personality and therefore different reactions. Me, I will laugh, because it’s my personality to laugh whatever happens. When somebody dies, I laugh. If not laughing would bring people back, I would be serious. Me, it’s my personality to laugh. Every morning, I wake up laughing. When I think about my life, I cannot stop laughing. It makes me laugh to be alive. The number of death threats I received is infinite, but I’m still alive! Because I want to laugh at everything. To live in fear, that’s not life. Enjoy it! And like Gandhi, when the man came to kill him with a knife, his first reaction was, “Oh, poor you!” Because he was thinking about the burden of the crime. So what? We know what is coming after. A real Raelian should never be afraid of dying. If you are afraid of dying, you don’t trust the Message. Every day, it’s possible to die, every second.

After that stroke, six years ago, I told you already, I woke up in a hospital bed, “Where am I?”; same questions, “Why am I here? Who is with me?” Same questions. You wake up from a coma, “Where am I?” I was hoping to be on the Elohim’s planet, “Wow, I am coming!” And then, a nurse came, “Oh no!” [disappointment]. And I started laughing, “Okay!” Like the prophet who was asking one day, “When will my mission be finished?” I asked many times. And the answer was, “If you are alive, it’s not finished!” It’s simple.

Do it. You all have something to do on Earth. Did you do enough? Never enough! If you are still alive, like me, you have something to do. We do it together. And we know what is our supreme goal: welcoming the Elohim!

Your lovers are in the sky

Maitreya Rael – Raelian gathering, January 5, 79 aH (2025), Okinawa, Japan

We are together for love. You are a symphony of love. Sometimes, we don't know whom to love, we forget, "Oh, I would love to have a partner. Oh, I would like to have a boyfriend, a girlfriend." But you have this. Look at the Elohim as your partners. They are! They are!!!! Feel their love. Don't think about it; feel it! And then you don't need any partner; they are inside you. Not in your heart; the heart is a pump. Feel the Elohim in every cell, not only with the consciousness or supraconsciousness.

Sometimes, I look at my feet, I feel the Elohim. In your fingers, everywhere, feel them! Like a lover. Don't just love the Elohim, be IN LOVE! Like with the love of your life. If you really feel them, everything you do is full of the Elohim. Every word you say, every song you sing, every dance you dance, every step you walk on the Earth must be, "Thank you, Elohim!" In everything. Not just on Sunday at 11am, "Thank you, Elohim." No! All your life; in everything you do.

When you eat, when you drink, when you make love, when you go to the toilet, send your love to the Elohim. And then, you will never feel lonely. Your lovers are in the sky, they watch you, they guide you! So, feel them every second; every heartbeat is thanks to them. Be in love with the best possible lover: the Elohim! Don't say, "Elohim, I love you", like a prayer. Tell them, "Elohim, I love you", like if you were talking to your lover.

I love you!

Dancing and singing talk to your body

Maitreya Rael – Raelian gathering, January 12, 79 aH (2025), Okinawa, Japan

Thank you! I told you many times, the best way to talk to the Elohim is to sing and dance. We need, all of us, to sing every day. If you pay attention to what's happening inside yourself, you notice that after singing you feel better. It makes all your cells feel better, especially in your brain. Recently, there were some scientific studies explaining that after singing, some hormones are produced by the body, which are hormones of happiness.

You don't need to be a good opera singer, but try! Not just, "la-la-la-la", no! When you sing, even in your shower, not just, "la-la-la-la-la". Sing like an opera singer! Visualize yourself singing in an opera. You don't need to be in tune; you don't need to be in the rhythm. We practice it with the AOM meditation.

What is the AOM meditation? It's "singing"! Make sounds, any sound. But make your sounds as loud as possible. The loudest your voice is, the more your cells vibrate, especially in the brain. And when they vibrate – it's like masturbation – more hormones are created. You know it!

And when you dance, don't dance like a robot, without feeling. Dance like a professional ballet dancer! Don't think that it has to be beautiful. No! Move your body!

And when you sing, make your vocal cords vibrate! Not everybody can play piano, or guitar, but your vocal cords are much more sophisticated than a piano, a guitar, a koto, or any instrument. In fact, the most fantastic music instrument on Earth is your voice, which is unique! The same way you can see the fingerprints, with some scientific technologies, we can record your voice and know who is speaking. Your voice is like a fingerprint. Your voice is unique. Each of us! Our voice is unique. And that's why when we sing together it's an orchestra that vibrates. Everything in the universe is vibration, but the vibration of your voice, it's the most connected to the supraconsciousness.



“Supraconsciousness is the opposite of effort; no effort, no intention, no goal.

When you sing, you don't think. You cannot sing and think at the same time; it's very difficult. That's why it's so important to sing and dance when you are so much a thinker. Some people think so much. Many people here have

been like that. And we see people dancing and we think, “Oh, he is stupid.” Dancing is important; it’s the most important thing. No need to be beautiful, just move your body, move this instrument. And for the voice, don’t try to sing in an intelligent way, you may not get the result. For example, if you dance trying to be intelligent, you won’t get the result.

I remind you one more time. When you go to a traditional African doctor, you are asked when was the last time you danced; I told you many times but it’s so important to remember that. Most people go to their doctor because they feel depressed, because they are not happy. It may be somatic. It means that when you are not happy or when you are depressed, which are the same, you create a disease. It’s the way your body answers to you. You can have stomach pain because you are not happy; you can have back pain because you are not happy; or you can develop a cancer because you are not happy. So, it’s the way your body, which has its own intelligence, talks to you.

Every day, when the night comes, pay attention; what happens? As soon as it becomes dark, you yawn; your body is talking to you, “Go to bed!” – “No, no, no, I will have a coffee.” “No, no, no, I will turn the TV on.” Your body talks to you, it makes you yawn; but you don’t want, you want to stay awake. You are fighting your body. Listen to your body! And in Africa, when you go to the traditional doctor, or a shaman – or you can give the name you want – the first question the African doctor asks is, “When did you stop dancing?” It’s simple! Because when you are, when you ARE, of course “happy”, naturally you sing and you dance. Naturally! You go somewhere, you receive a lot of money, you have a new girlfriend, naturally you want to dance. You don’t think about it, it’s moving you; in a very simple way, sometimes. Sometimes, just the arms, “Yeah!” That’s your body talking to you. Just, “Yeah!” Better moving everything, and not only once. That’s why it’s important.

Dance your life! When you dance, you talk to your body. When you sing, you talk to your body. The first person to listen to your voice is yourself. Yes, other people can hear you but, the first person, directly, very close, is yourself. You heal yourself by singing, the effect is so huge. First, there is a sound, a vibration, which has an effect on your health. Then, you are breathing. You cannot sing if you don’t breathe. That’s the beginner’s lesson. “La-la-la”, no! The first lesson is about breathing, so the voice can come out. So, it forces you to breathe.

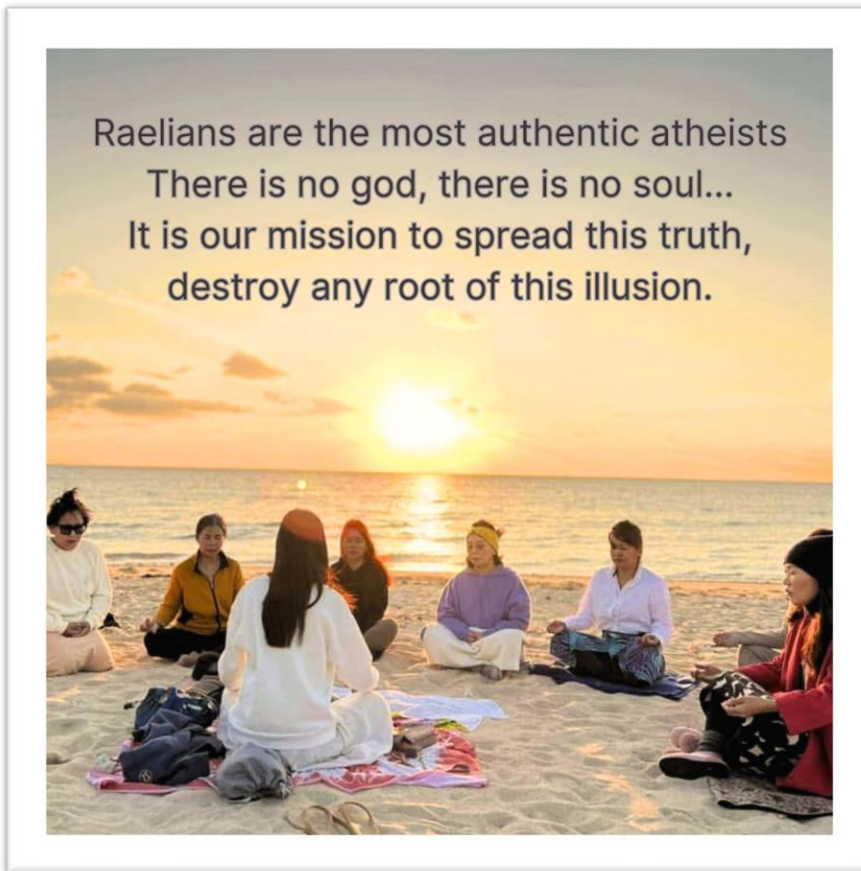
90% of diseases are linked to people not breathing enough. You know it. Sometimes, you are very tired of what you do and you take a deep breath; you see, the body is creating it. This breath is a meditation, and singing forces you to breathe, to breathe completely, not only with the shoulders. People breathe with shoulders; that’s not breathing. When you breathe properly, the stomach, everything breathes. In singing, you learn to breathe with the stomach. However, when people are asked to “take a good breath”, they breathe quickly. That’s not breathing! That’s a joke. Breathe deeply and slowly. Feeling the air going out is more important than feeling the air coming in. If you want to breathe properly, you pay attention, you witness the air entering and then going out, “Ahhhh!” And singing is “the air going out”. If you breathe quickly, it has no effect.

There is a beautiful technique, which is imaging a balloon. If you want to breathe properly, imagine you are inflating a balloon. Breathe deeply and make the balloon as big as you can. In doing this way, you train your body to breathe properly. Breathing in comes naturally; breathing out by singing. Singing is breathing out! You need to focus on the flow of air going out. That’s why to sing well, you don’t sing with the throat, you sing with the stomach.

So, sing and dance! This is the best way to stay happy and not to wait for diseases. In French, I don’t know in Japanese, but in French we have an expression when somebody has many problems and is worried, we say, “J’en ai plein le dos”, meaning, “My back is full.” My back is full of pressure. Do you have this in Japanese? And people go

to see a chiropractor, a massage therapist, everything, and what is the problem? They have back pain! Sometimes, Raelians come to me and say, “Maitreya, I have a terrible back pain. What can I do?” Dance! Be happy! If you are happy, the back pain disappears. Because in your back there are a lot of muscles. You have tens of muscles in your back. Each of them is connected to a part of your brain. So, when you breathe, sing, dance, all the muscles relax. When a muscle is under tension, when it’s contracting, we feel back pain; because our body doesn’t like to be contracted. So, no need of therapy, chiropractic treatment, no! Just sing, dance, and be happy. And naturally, all muscles relax. When you are under contraction, you feel pain. The stomach ulcer is a contraction of the stomach.

So, do you want to make your body relaxed, happy? No! You want your body to be! And you ask your body, “Are you?” You are all the body! Are you? Talk to your body! Your body talks to you; why wouldn’t you talk to your body? When you talk to your body, it’s listening to you. Twenty-five centimeters (the distance from the mouth to ears). You



can even talk in a loud voice and it affects all your body, positively or negatively, “Oh, I’m tired of this person.” “Oh, I’m angry with this person.” You talk that way, sometimes, and it affects the brain, it affects the body, it affects your health. Always say positive things! Is it a beautiful day today? Say it! Even if you are alone, especially if you are alone. No need for somebody to listen, when you say, “What a beautiful day!” You don’t need any feedback. “What a beautiful day! I enjoy this day.” And talk, talk to yourself; all your organs will feel it, and especially the supraconsciousness.

I’m so happy to be with you. Do I need to say it? Not at all. But I say it because it’s good for me! Very selfish: “I” = ego; “am happy to be with you.” Yes! I say it. And I ask,

“Are you?” – [Yes!] – Express it! Yes, express it! And push other people to express it also, to dance, to sing. You don’t compare yourselves to others. You can find better! But better or less is not important; you are not in competition with other people. You sing to express your happiness. And singing or dancing is like masturbation; you create your own pleasure. It’s very selfish! You can say, “Oh!” or you can sing; it’s the same thing. Or dance. Dance like crazy. Do it!

Please, masturbate your voice! Let’s dance. If you use the thinking brain, dancing is very stupid. If you use the thinking brain, others say, “What is that?” But if you use the supraconsciousness, you are, you feel one with the vibration of the universe. Do it!

When you are, you are constantly new

Maitreya Rael – Raelian gathering, January 19, 79 aH (2025), Okinawa, Japan

Sunday contacts are for being together and sending love to the Elohim.

Why? To feel our power of love. It's very important to always go back to what love is. Love is helping other people to be. My goal is to make all of you "more you". Bad leaders want you to be like them. Good leaders want you to be you! I am happy to come to the Sunday contact to be with you, not with me; with you!

Concentrate your efforts to make other people more themselves. If you are not in love, you want to show other people how good you are. And that's shit! But if you are full of love, you want to make other people shine more than you. Be you! I will never stop saying that. Be you! Be you! Be you! Be you!

It's like the sound of a little bird, "pioo pioo, pioo." Be you! Nobody else can be you, but you. And being you is not conforming to models, to a responsibility, to a position; it's being you, the only you. And thank you, Shizue! I have been waiting thirty years. Thirty years! And all of you, be you! Not for other people, but for you!

This morning, I read something beautiful on the Internet. A doctor, a top doctor, explained that it's fashionable to talk about "attention deficit disorder", ADHD. They even give medicine to millions of children to fight that, especially in America, with a drug named "Ritalin", I think. They give it to every child. Why? Because when the teacher speaks, while most children are looking at the blackboard, children with ADHD look at the window. They prefer to watch the birds and the trees than the teacher's face. They are not normal, but they are! I was like that; the teacher's face, I didn't care; not interesting at all. Not only the face, what he was saying was so stupid. So, I looked outside. Thankfully, at that time, there was no "Ritalin". There may be, in your school, among your teachers, among your children, new Leonardo da Vinci, Einstein, but they give drugs to everybody. Einstein was considered mentally retarded by the teachers. Albert Einstein! And they were saying, "You will never become somebody important" because he followed his brain, he was not trying to be like everybody. And I know, many among you here were like that, not following. Be you!

So, that's so important to be you! You can be a new Einstein, a new Leonardo da Vinci; nobody knows. But allow yourself to be, never put yourself down, "Oh no, I am not good enough." You are good. Tell yourself how good you are. You are unique. I'm not joking. I am not trying to make you happy, no! There is only one you! That's love; that's being you. So, do you think it's important to have a good friend? A good friend, what is a good friend? You all have friends, but what is a "good" friend? It is someone you feel good when you are with them. Why? Because they love you; meaning: they want you to be you! He wants you, or she wants you to shine more than them. You feel immediately good with a good friend.

Buddha said, "You don't need anything, but you need a good friend, without expecting anything from outside." Happiness cannot come from outside. Where does it come from? From deep inside. So, be your best friend! You have a best friend: you! When you look in the mirror, don't say, "Oh, it's me". No! Say, "Wow! It's my best friend." Then, it changes everything in your life. You sit for breakfast; would you give shit food to your best friend? No! You choose the best food, the most healthy, and you give it to your best friend: you! Think about it; not think, feel it all

day! Not only a good friend, be your lover! Everybody dreams of being with the perfect lover; that some people call heir “soulmate”. First, there is no soul; and you can never find somebody perfect. But you can be. Be your lover!

Many people suffer because they are single. When you meet somebody, a beautiful girl, a handsome man, you prepare a beautiful dinner; with candles, a beautiful music. We do that, right? Why not for yourself? Why not light candles



THANK YOU FOR HELPING ME BEING ME. YOUR LOVE IS THE FERTILIZER WHO MAKES ME BE ME, ME TOO. I AM MORE MYSELF BECAUSE OF YOUR LOVE. IN YOUR EYES, I SEE THIS LOVE

for yourself, buying your favorite food, I don’t know, anything. And you cook; you set a nice table. No, no! You set the most beautiful table possible, with flowers – not cheap flowers, the most beautiful orchids – and you invite yourself. You can pull the chair, “Please, sit down.” The best bottle of sake or champagne, I don’t know, or fruit juice, and you serve yourself; and you taste it for you. Be your lover! Eating with yourself, nothing can be better. Not opening the fridge and (eating directly from the fridge). No! Make a beautiful lover’s table for your best lover: you!

If you are not in love with yourself, how do you expect anybody else to fall in love with you? Be your lover, your charming prince, your queen. You serve the

queen, or the king, and slowly, you start eating, being in love with you. And don’t stop after; go to bed with your lover. Why not make love with yourself? Giving yourself an orgasm, not thinking about somebody else, not thinking about sexy girls on television, but feeling yourself. Then, you spend the most beautiful possible evening. And when you wake up, the next morning, say to yourself, “Good morning! Did you sleep well?” If you are not in love with yourself, you are missing the most beautiful love story. Like a philosopher said, “You can be alone, but when you are

alone, if you feel lonely, you are in very bad company.” I repeat, because it’s absolutely fantastic. Being alone is not the problem; feeling lonely, that’s the problem. So, if you feel lonely when you are alone, you are in very bad company. And who is the company?

Feeling yourself and loving yourself; whatever happens around, you are in love. You cannot love other people if you are not in love with yourself. But don’t say that just as a sentence; feel it, live it, every second.

I know you are happy to come to the Sunday contact with me, but you come to the contact with you. Are you there? Are you here? Really? Because some people come, they are not completely here. When we meditate, we reach supraconsciousness, a good feeling; suddenly you feel infinity. But why not all the time? All the time! When you come to the Sunday contact, when you eat, when you go to the toilet. I enjoy going to the toilet. I don’t care what you think of me, I am. I go to the toilet, and when the shit is coming out, I feel it passing centimeter by centimeter. “Eh, Maitreya, the new Buddha?” Yes, I feel my shit because I am! Be, in everything, including at the toilet.

So, thank you for helping me, you too, helping me being me. Your love is the fertilizer that makes me be me. Me too, I am more myself because of your love. In your eyes, I see this love. You are not coming like, “Oh, Maitreya!” No, no, no! I feel like a tube of wasabi: you press, and it comes out. And I see you like that also. I love pushing other people’s tube also; so more beauty comes out. When I meet somebody, I always have something in mind. We, Raelians, we meet, “How are you?” And we hug each other, right? “Oh, I’m fine, thank you!” But me, I’m thinking, when we say goodbye after – because we say goodbye after – “Will this person feel better?” That’s what we need to keep in mind. That’s what we call “love”. After meeting you, I always think, “Will other people feel better, or down?” Some people, you meet them for two minutes and (you feel bad). You know! Some people suck your energy, and they make you feel like shit. With each word we say, we can make people shine or kill themselves.

One word can change the life of people. It’s a big responsibility. So, if you feel it, no thinking. I come to the Sunday contact like you. Will you feel better after spending some time with me? I hope; I do my best for that. I want you to leave after, feeling wow! That’s my goal. And it should be the goal of everybody. Then, when you get up in the morning, it’s already in your mind, “Will I help other people shine?” Do you feel it? Feel it! How? By being!

Are you? – [I am]

I love us. I love being with you. I am aging, I never thought I would reach seventy-eight, never! I check on the Internet every day, all my friends from the time I was a singer, almost everybody is dead. [...] But I’m still alive, and I like it. But every day may be the last. And you know what? When I will wake up on the Elohim’s planet, I will miss you, all of you. So, I enjoy it now.

It’s a scientific fact that every seven years the cells of our body are completely new. I read it this morning on the Internet – of course, it’s not happening in one shot – and everything is new. Every ten minutes, millions of cells are new in our body. That’s interesting; we are constantly renewing our body, constantly. You are now not the same as when I started this gathering; but we have a stupid consciousness that makes our brain stay the same. When we are in supraconsciousness, we are constantly new; but when we are thinking, we are like freezing our being, “I have always been like that and I will never change!” It’s not possible to be more “con” (stupid); impossible. Because our body, our brain, our being, are constantly renewing. Except our thinking, “Thinking is very good, I think. No, I don’t want to change.” It’s fighting yourself.

So, be! Again, when you are, you are constantly a new you. So, enjoy this constant new you. It's happening now, with every breath. That's why in some meditations people say, "Breathe out the old you and breathe in the new you." It's physical. Happy new you!

When feeling infinity, there is no difference between life and death

Maitreya Rael – Raelian gathering, January 26, 79 aH (2025), Okinawa, Japan

Thank you, Elohim! That's all. To be together saying, "Thank you, Elohim", there is no need for more words. Keep this thankful attitude each second, each step of your life. Make your life a "Thank you, Elohim". We love the Elohim, and who are the Elohim? Messengers of infinity. We are.

When you really are thankful to the Elohim, you are all messengers of infinity. We live on a planet where everybody is disconnected from infinity; disconnected by education, by power, by money. The only people really connected to infinity are the Raelians. Feel the privilege you have. Some people pray to God, do meditation, but only us are connected to infinity. We feel infinity, we don't think about it, we feel it; when you feel your breath, your heartbeat.

Which word is good enough to say, "I love you, Elohim"? Is there any word beautiful enough to say to the Elohim, "I love you"? Is there? No. No word is beautiful enough. But this (the medallion), this is everything; it's better than any word. Feel it!

The medallion is a symbol. We wear the symbol to spread the Messages, to have people ask, "What is it?" But we don't need it, we are. Are you? You are what?

You are aging; soon you will be dead. We are on the way. I love, when I see babies, they are cute; they are on the way to become dead. Think about it! When you are born, you are on the way to die. It's fantastic. But for the short time between the moment when you come out of your mother until the moment of your last breath, what will you do? Because one day it stops. It's coming! Life is preparing us for the last breath. People who live in supraconsciousness are never afraid of dying, because we are already dead. It's coming!

So, when we feel infinity, there is no difference between life and death; no difference. But if you are disconnected from infinity, you live a life full of fear. And what do people full of fear say? "I don't want to die!" This is the most stupid thing to say! No matter what you want, you will die. "I don't want to die"; if one sentence was enough to not die, we would sing it together. So, what's the difference between people using consciousness and those using supraconsciousness?

Consciousness: "I don't want to die!" Fear, but you die.

Supraconsciousness: "Welcome death!" And you live a life of pleasure saying – okay, not like normal people say, "One more day!" You age; you wake up and say, "Oh, I'm still alive. One more day!" – supraconsciousness says, "One less day." Not one more, but one less! Because today, maybe, is the last day of your life. Always say it, because one day it will be true.

I am a prophet, and I say to you, “You will all die.” And you will be witnessing that my prophecy is right. So, let’s enjoy now. And that’s why it’s important to be. And the most important question... what is the most important question? – [Are you?] – Yes!

Planet update

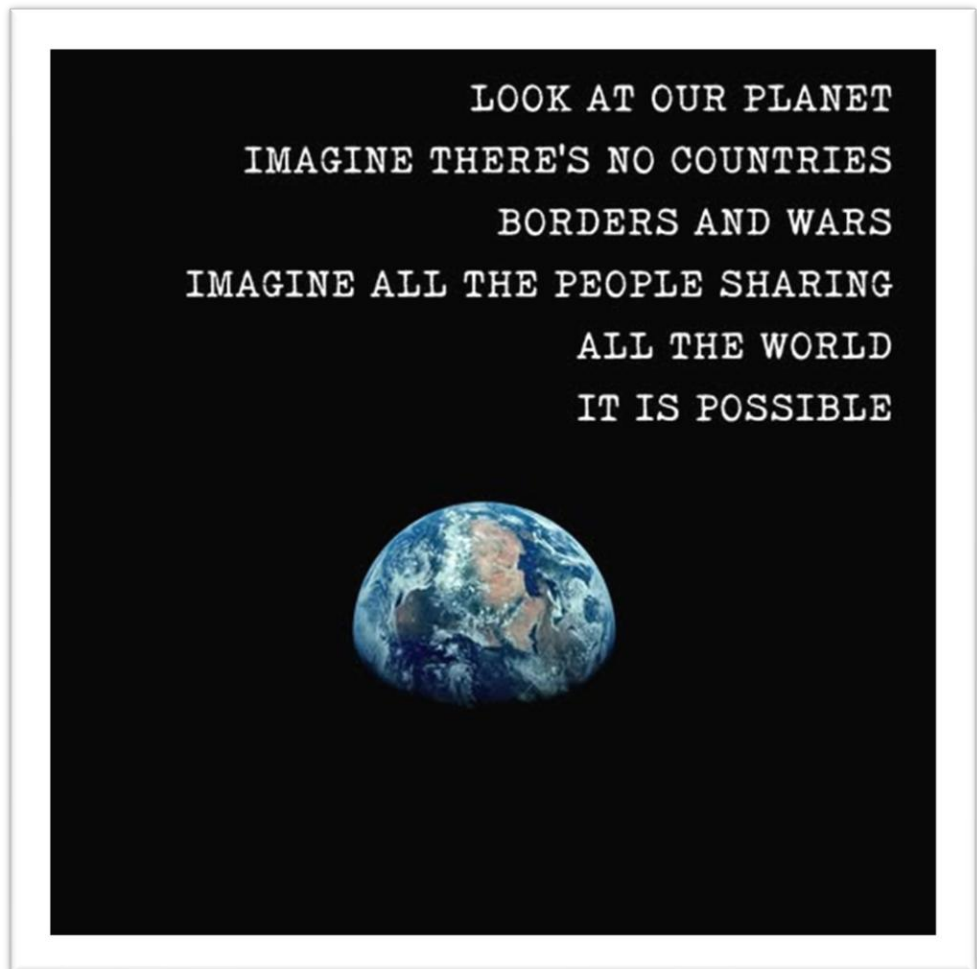
Maitreya Rael – Raelian gathering, March 9, 79 aH (2025), Okinawa, Japan

It was Femininity’s Day yesterday; it should be every day. We decided, “Oh, it’s Father’s Day, Mother’s Day, Children’s Day, Cat’s Day, Birth’s Day”. I’m sorry, it’s totally stupid! And suddenly, somebody, some people said, “Ah, it’s Women’s Day, it’s Father’s Day, it’s Mother’s Day!” So, on other days, we don’t care about everybody? On other days, you can hit your wife, but on Women’s Day you give roses. Every day is Love’s Day for everybody, mother, father, children, cats. Not just one day.

Most of the time, these things are created to make money, and they forget the real thing, which is love. Every day is Love’s Day. We must have two master words in our life: peace and harmony; with other people and with yourself. Don’t forget, when you hurt other people, you hurt yourself. I love Gandhi’s example, when a man inserted a knife into his body, he immediately reacted, not saying, “Oh, poor me!”, but instead, “Poor you!” The one suffering is the one killing. When you are dead, you are dead. But when you are alive, after killing somebody, you continue to suffer all your life. When you give love, you feel this love all your life.

I always ask you to give love, especially to people you don’t know. Giving love to your mother, your

father, it isn’t interesting. Giving love to someone you don’t know, that’s real love! You see someone on a bridge who looks lonely and you bring some drink, that’s love! I was on the beach, you know, and one woman was ready to



kill herself. She was not Raelian, she was not an Angel, she was just a human being. I gave her love and she came out of the water and decided to live. That's love.

Love even your enemies, in advance! If somebody wants to kill me, many people want to kill me, I love them. If somebody enters with a gun now, maybe everybody will be on the floor. I will say, "Shoot here!" [pointing to the heart]. Everybody thinks the heart is here [pointing to the chest]. No! There is no heart here, just muscles. The heart is here [pointing to the abdomen], in the middle. So, I will say, "Here! And I forgive you."

Please, be like that; love your enemies. If somebody hates you, it's their problem. You give love, "You hate me; I love you." There is a Raelian girl named Lydia, she says that I used a fork as a sex toy. I forgive her! If she were to enter the room now, I would hug her immediately. She can, everybody can say whatever they want about me, even the worst possible things; I will give love. If someone hates you, the normal reaction is, "You hate me; I hate you!" That's war; that's violence; that's the end of humanity.

For almost fifty years, I have been talking about the possibility of destruction of humanity. Very recently, as you know, the percentage of chance we had to survive was 4%. Suddenly, we jumped to 50%. Not to 10%, 20%, no! From 4% to 50%. If you follow the news a little, Donald Trump, the President of the United States, is preparing for a meeting with Putin and the Chinese President Xi Jinping. And he wants to organize a meeting. Why? What is the goal of this meeting? To decide to destroy atomic bombs! I spoke about 50% three months ago, in December. I explained why: because everybody now understands that with three bombs, there is no more humanity. I was wishing for that to happen!

And some Raelians left the Movement saying, "How can Maitreya wish for more bombs?" Yes! I was wishing for more bombs, more powerful bombs. And thanks to Putin, it happened. Now they have super bombs: with three bombs, no more humanity! So, they realized what I was prophesying: there cannot be a winner. You send a bomb, you receive one, no winner! That never happened in the history of humanity. For the first time, one bomb, many bombs, no more humanity. Are they wise? No, they are afraid! They are not wise – they are not intelligent – they are afraid. They realized, "If I kill, I will be killed." Wonderful! Human beings are so stupid; the only thing they understand is fear. Do you remember, recently, the mask, the poison vaccine? Poison vaccine. Fear! Who would put poison in their body? Fear! And every time you enter somewhere, you put alcohol (on your hands). Fear! You put on a mask. Fear!

Me, I sometimes meet people wearing a mask, and I say, "Oh, you are so afraid." They show their fear. They don't show intelligent protection, poor people! In the morning, they put on a mask, they are afraid. So, poor them! All day. And children: you teach children to be afraid, afraid of other people. And it's the same with the atomic bomb. They are not intelligent; they are just afraid. Yes, be afraid, very afraid! Because one bomb, the other country replies; and, "bye bye", no more humanity. And that's the reality, and it's happening now!

We Raelians, thanks to the Elohim, we can understand everything, because the Message, fifty years ago prepared everything, "We will enter a time where computers – that was my teaching, fifty years ago – computers will be more intelligent than human beings." Nobody was talking, at this time, about AI; it's happening! Nobody was talking about the fear of the end of the world by the atomic bomb; it's happening! Nobody was criticizing vaccines, all vaccines. All vaccines are bad! From the beginning, from poliomyelitis to tuberculosis, vaccines killed people. When I was saying that, fifty years ago, many people said, "Oh no, this is stupid!"

People forget. The big pandemic, during the Middle Ages, killed half the population of Europe. That's interesting, but that's not what they must say. What they must say is: half the population of Europe survived! "You have 50% of chance of rain"; wait a minute! We have 50% of chance of sun." It depends on which side you look at. "This afternoon, we cannot play pétanque because there is a 50% chance of rain." – "Shut up! There is a 50% chance of sunshine." That's very interesting. It's the same problem. (In the Middle Ages) 50% of Europeans survived, without antibiotics, without vaccines. That's why we are alive today! So, the vaccine is: not trusting the Elohim.



We have a computer, a super computer which is programmed to think. Only a tiny little part of it, which is the Supraconsciousness, is programmed not to think, but to be. It's so funny.

The most beautiful gift of the Elohim is the immune system. We have it. Do you remember, five years ago, in this room, when everybody was talking of social distance, mask, alcohol; do you remember what I did? I took the hand of Raelians and licked it – some didn't taste so good; I will not give any name – but I didn't get sick. On the contrary, my immune system got stronger.

When I was a child, I was playing in the mud and not washing my hands before eating. Well, the more you touch dangerous things, the stronger your immune system becomes. Everybody – it's really a fashion – they go to the gym to build beautiful muscles, but the immune system? No! Mask on! Your immune system is exactly like muscles; you need to exercise it. When there was social distance, I launched the Free Hugs action. People think we were crazy, but you become strong. It's like bodybuilding; immune system building. Big muscles everywhere, and a mask, it's so stupid! You say, "My body is strong but my immune system is (low)." So, thanks to my teaching, you know the truth.

This morning, I was watching a video from the United States. A top scientist – you can see it on Facebook, I published it – said, "All vaccines are bad!" Vaccines are an insult to the Elohim, "Oh, you didn't create us strong, we need an injection." We do not need injections! Antibiotics: everybody thinks, "Ah, antibiotics are fantastic." No! Anti-biotics: "anti" = against, "biotic" = life. Biologically speaking, it's "against life". And you know it. If you take antibiotics, many times, the next day you have diarrhea. Why? Because you kill all the bacteria inside, and these bacteria we need them.

When the Elohim created life on Earth, some have the illusion to say, "Ah, they created life but not bacteria." Who created bacteria? The Elohim! Without bacteria our intestines cannot work. We have bacteria in our liver, they help to digest. People say, "Oh, alcohol is not good for you. Alcohol is bad." They tested some people in hospital, and people who drink alcohol had alcohol in their blood. But people who were in hospital for three weeks, of course, without drinking alcohol, they still had alcohol in their blood. Because our body produces alcohol. There are many myths like that; like, "We need to drink six glasses of water every day." Wrong! Drink when you are thirsty! Our body produces water. If you stop eating and drinking water, you will still pee; the body produces water, and alcohol. How does the body produce alcohol? With bacteria! Very simple. I am not saying, "Drink two liters of sake every day." I'm just telling you that modern science makes huge mistakes. Science is always changing and evolving.

People who are pushing everybody to take vaccines say, "Trust the science", which is the most stupid expression. Trusting the science is: doubting. In the whole history of science, human beings make mistakes. There was a medication for pregnant women, seventy years ago, named "Thalidomide", and many babies were born without arms and without legs. It was the scandal of the "Thalidomide". And many more: "Oh, don't eat eggs! They contain cholesterol." Wrong! Cholesterol: we need cholesterol; our brain is made of 50% of cholesterol. Men, you want to have a good erection, right? With testosterone. What is inside testosterone? Cholesterol! So, you want to have a good one, eat cholesterol, it's very healthy, it's good for the immune system; for the penis, for the immune system, for the brain. These are all mistakes.

Do you remember, there was a myth, another myth of science, "Our body needs to be alkaline; you need to fight acidity. So, you have to eat food that is alkaline." Wrong! When you swallow food, whatever it is, it goes in the stomach; and the stomach is more acidic than the acid in the car battery. It's pure hydrochloric acid that makes digestion. So, why is the stomach not digesting itself? Because the stomach creates a protection first, and every day more acid, more acid, more acid. The pH – there is a measurement of acidity which is pH – and when the food comes out of the stomach to go into the intestine, slowly the acidity disappears. Because our body, our liver mainly, creates a substance that removes the acidity; if not, the acid from the stomach would digest your intestine. Thank you, Elohim! It's fantastic, natural. When you study natural science, the creation of the Elohim is absolutely fantastic. We cannot match it; we cannot equal it.

Ah, and finally, I want to talk about that because many Japanese girls are here, “Don’t go in the sun, you will develop skin cancer.” Wrong! If you don’t want to develop skin cancer, go in the sun. I repeat: if you don’t want to develop skin cancer, go in the sun; without sunglasses because sunglasses prevent the body from creating what is necessary to fight cancer. The sun helps you to have a good immune system. When you go in the sun, there is one vitamin that you cannot get from food: vitamin D3. But when you go in the sun, the body creates it. But people, many people who go in the sun, get skin cancer, why? Because of sunscreen! Sunscreen is a poison, a dangerous poison; the cream to protect your skin is giving you cancer. Girls, some news I saw this morning; I want you to be the first to know: the varnish you put on your nails is very dangerous, full of chemicals. Lipsticks are full of chemicals, dangerous chemicals. So, you can, for a party, put on lipstick, but remove it as soon as you can. Chemicals are everywhere. That’s why we have ten times more cancer now than twenty years ago.

And to finish this long speech, good news: Japanese scientists created a plastic bottle that disappears very quickly in the ocean. Because, actually, the plastic from plastic bottles needs centuries to disappear. This new plastic dissolves in a few weeks. That’s real science! So, science is not necessarily bad. On the contrary, real science is good, but it has to be real. In the past, people believed that the Earth was flat; some people still believe it because some scientists, “scientists”, believe that the Earth is flat. So, science is not necessarily good. We have to doubt. The best power to push science to become better is doubting. Real scientists doubt everything. Beginner scientists who have no knowledge, they say, “We know, we know everything.” Top scientists say, “We don’t know.” And if we knew everything, we wouldn’t need scientific research.

There was a stupid scientist, at the beginning of the nineteenth century, a French scientist, who said, “Science will disappear quickly because within ten years we will know everything.” In 1900, and he was a scientist. Another scientist said, “Women must not take the train; if women take the train and the train goes faster than one hundred kilometers per hour – only women – their brain will explode.” Your brain, right? This is science, but you have good and bad science. Recently, the funniest scientific theory. They are now making special pills for cows because they say, “The most terrible pollution creating global warming is cow farts.” So, they give pills to cows to make them fart less. Scientists! But that’s not the best. The best scientists, the funniest scientists, say, “No, the most dangerous thing for the Earth is human breathing.” So, stop breathing! Where am I? What is this planet?

I remember this author who wrote, “Maybe the Earth is a psychiatric hospital for the galaxy.” I think so! “Mask, alcohol, and don’t breathe, it’s dangerous for your health.” That’s science. But there is the real science. So, we must not judge science for the mistakes of a minority. And we must never forget that we are alive thanks to the creation of the Elohim; and this creation was science. So, science is not black or white. Like Buddha said, “It is.” It is made of research, mistakes, new mistakes, discoveries, new mistakes. So, thank you, Elohim, for this wonderful science! When our immune system is working, it’s the Elohim. They made us with an immune system and we have to cherish this immune system. And we Raelians contribute to it. How? By hugging!

And one last thing about scientists. You heard about the hormone of happiness called oxytocin. When you give love to somebody, real scientists can measure the level of oxytocin. It’s easy, by a blood test. People who give love see their level of oxytocin going up; people who receive love see their level of oxytocin going up; and, more importantly, people witnessing it, people watching, also see their level of oxytocin going up. So, we change the planet by giving love.



The Campaign "The first Humans were created black" organized by the Back To Kama group shook the streets of Atlanta in the US with beautiful billboards as well as in many cities in Kama.

