



Contact Newsletter #414

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Life on Earth is art, and we love the artists

Maitreya Rael, Raelian Gathering, April 13, 79 aH (2025), Okinawa, Japan

We are here because of the Elohim. Each of you is very important for the Elohim. Don't look at me like, "Oh, Maitreya! Maitreya is the only important one." Each of you has the same importance as me, not less, not more, the same. The Message made me work hard for fifty years; if I die tonight, did I lose fifty years for nothing? That would be terrible! No. Why? Because you are here! The Message is eternal thanks to you. Thanks to you and – you don't have many but there will be – your children. The Message is eternal. The connection to infinity is eternal, and you are the ones who will remember and remind everybody. Not Maitreya; Maitreya is passing. I'm just passing; I saw some lights and I entered. But my biggest pleasure in life is to have found you. Each of you is a beautiful story; each of you is such a special story. Don't think, "Oh, Maitreya knows important people, important things." Yes, I know important people, very important people: you! You are a part of my life, it took me years of efforts to find you; it took me time to travel to Korea; time to travel to the North of Japan in Hokkaido; to communicate with China; to travel to the cold and icy Quebec, a terrible country full of mosquitos; everywhere I went. Why traveling to such incredible places? Because I had an obsession: I wanted to find you! And I did.

Of course, I love the Elohim. Of course, I love the Message, but I love you more. The Elohim are the origins, the Alpha and the Omega. The Message is eternal. But you, wow! You are for a very short time on Earth; you could go swimming, surfing, playing pachinko, but now you are here,

you chose it. Every morning, you wake up and you choose to be Raelians; you don't come here by habit. This morning, I'm sure many of you could have chosen to go to the beach, to play tennis, golf. No, you decided to come here because the Message is in you. No, the Message is not in you; you are the Message! With two legs, you move, you go to the toilet, but you are the Message. The Message is alive thanks to you! That's why each of you is precious. Please, feel it! Look at yourself in the mirror; you are. Talk to yourself in the mirror, "Wow! I am the Message!" Not me, each of you. When you dance, when you sing, when you go to the toilet, you are the Message.



Do you want to play your life like a partition, written by other people? Or be like the musicians who throw their partitions away and start to feel the music and play what they feel? Make your life a concerto written by yourself and not by somebody else.

In the way you take care of yourself, in the way you choose, select, what food is good for your health, you take care of the Message. Raelians, you don't have the right to be sick, it's forbidden! You are precious; that's why you have to heal properly. Fast one day every week, exercise, don't be only sitting at the computer; walk, exercise.

Why did the Elohim choose this planet? To create you! Why? Because the light of the Sun is perfect, and you need the Sun. The Sun is essential to your health, and you have to stay healthy because you are the Message; you don't have the right to poison the Message of the Elohim with bad food! Be very careful about what you put inside the temple.

To love yourself more, feel what you are; you are the temple of the Elohim, your body! And I gave you, during the past fifty years, all the rules needed to stay in good health. The Raelians on Earth must be the healthiest people. More and more science advances, and every day it confirms the teaching of the Elohim.

Fifty years ago, when I started, I was teaching that you can create new neurons. All the scientists were laughing, "It's impossible!" Now, the scientists are saying, "Yes, thanks to what is called neurogenesis, we can create new neurons." How? By playing pachinko? No! By doing things, by taking care of yourself, by breathing, by singing, by dancing. Those among you – I will not give any name – who have a very ugly voice, sing! I want to see you singing, dancing. Don't be shy. It is the Elohim alive inside you! You want to think, "Oh, I pray the Elohim. I come on Sunday morning and say thank you Elohim." Do it in everything; when you move, when you sing; not only in the shower, everywhere. There is no law making it forbidden to sing. When you walk in your city, sing in the street! Why walk when you can dance? Make your steps on the Earth a gentle caress. You can walk and feel nothing; you are not. What is my teaching? "Be" a caress; you don't need to be a good dancer, just caress the Earth. Try to walk like in a dance; not beautifully but to move in a beautiful way. It may not be beautiful in the eyes of others, but it's beautiful for you. You can hug other Raelians as an elephant would do, or you can hug delicately with love, with love. Show your love with art, use your voice like art, and the level of love for the Elohim increases.

The Elohim came on Earth and used science, DNA, advanced technologies to create life. It was not enough! There were artists. Remember, it's written in the Message: scientists, yes; DNA, yes; and artists. That's why you can see a peacock; it's not just DNA, there is a tail, the most beautiful piece of art on Earth, for me. It's made by the Elohim. Here, you have fantastic orchids; made by the Elohim. Beauty is everywhere around you, beauty and refinement. The way animals move is a dance. You love cats, a simple animal; there are cats everywhere. Look at the way the cats move, it's a dance; everything they do, the vibrations they make; the cat's purring is art, the way they meow is art. You can also be outside listening to the animals of Okinawa. I love to get up as early as possible to listen to a special bird; it's so beautiful, a kingfisher. It makes a special sound, only very, very early in the morning, when it's still dark. In Okinawa, you also have the green pigeon, of incredible beauty. In my first days in Okinawa, I thought it was a parrot; the singing of this pigeon is so fantastic. But you have to listen – not to the telephone and music – listen to the nature [making the sound of the pigeon] for a long time. A pigeon! Art is everywhere. Not only that; insects in Okinawa, there are insects with an incredible beauty; it looks like if they had a light bulb inside. At night, some little flies are shining light. Isn't that fantastically artistic? They are called fireflies; it's a fire flying. Look around you, listen around you, and throw your telephone! This is a terrible tool that disconnects you from the art and the beauty of the creation of the Elohim.

The cellphone for me is not a cellphone; it's a wall between the beauty of the creation and yourself, a wall to separate you. I love walking on the beach. For me, this is one of the most beautiful beaches of the world. Very often, there are girls or boys sitting in front of the ocean holding a telephone. It makes me laugh almost to the point of falling. They are in front of the most beautiful ocean, the most beautiful beach, and they look at their telephone. That's the problem of not connecting to the Elohim's creation.

So, when you will leave later, feel, touch, listen to the creation of the Elohim. It's not only a book with DNA, it's art. Life on Earth is art, and we love the artists. When is the day of your death? That would be interesting to know. If we knew, we would celebrate it greatly, I think. The most important meditation, as you know, for us and for Buddhists, is breathing. And life starts with a breath and ends with a breath. You are born and you breathe for the first time; and when you die, you take your last breath. Between these times, enjoy!

What is infinity? “I am”; a vibration

Maitreya Rael, Raelian Gathering, March 30, 79 aH (2025), Okinawa, Japan

Vibrations, that's what we are. Everything in infinity is vibration. Infinity is vibration; the universe is vibration; our DNA is vibration. A long time ago, people thought that the atom was the smallest part. “A-tomos” means: something that cannot be cut. They were sure this was the smallest part in the universe; that's why they called it “atomos”.

Now we know it was a mistake. Nothing is “a-tomos”; nothing cannot be cut into smaller particles. So, they later discovered that inside the atoms there are electrons, neutrons, many “trons”. And each time they discover something smaller, the scientists said, “This is the smallest. There cannot be anything smaller!” Wrong! Every time they found a smallest one; other scientists found something smaller.

Now, with very advanced measurement instruments, it's easier to observe the infinitely small than the infinitely large. It's infinity. But regarding the infinitely large, the universe was that large [showing a size], according to scientists, not so long ago. Then, a few years later, it was that large [showing a larger size]. A few more years and it became like that [showing an even larger size]. But the universe didn't change! It was bigger from the beginning; bigger than what? Bigger than nothing! Infinity is infinite. So, you cannot measure infinity. Infinity is something that we clearly cannot measure. Then, they created many powerful telescopes to see how large the universe is. And now it's like that [showing a size]. It's because that's “how large” we can see. The size of the universe, for scientists, is how you can measure it; and you cannot measure it, nobody, even if you put one million Einsteins in this room, they couldn't measure infinity. Infinity is impossible to measure, that's why it's infinity. And on the other side of the human stupidity; stupidity is to try to measure the universe. It's totally stupid! “Totemo baka!”

It is the same in the infinitely small. They try to find “the” smallest particles, and there is none. There is none! But human beings, having a limited life, even for the most advanced scientists, they need to measure, to measure the unmeasurable. And they try to do it, they never stop. And now they look at the infinitely small, and again they see it, they see the smallest, they even created a name for this infinitely small particle, which they believe is “the” smallest particle. One more time, they didn't learn, right? “Ah, that's it, we found it!” And they call it – it's so funny – the “God Particle, the smallest particle that God used to create the universe”. That's a Guinness record of stupidity: scientists, who are supposed to explain everything by physical trials, logical scientific explanation, they find the smallest particle and they call it “God Particle”. And they are right, there is no God! So, there is no God Particle. It's infinitely stupid!

And people use the same kind of stupid thinking about the infinitely large; they realize the universe is larger and larger every year. Wrong! It is not! Other scientists created a theory stating that the universe is in expansion. You know, the universe is like that [showing a size], now it's like that [showing a larger size], this is expansion. Wrong! They just couldn't see it before; the size didn't change. And now they are blocked in a kind of dead end, so they say,

“We begin to understand that there are other universes.” That’s even more stupid! It’s not learning the word themselves: infinity is one! Infinity is one! You cannot divide it. If I take infinity and I give you half, it’s still infinity. So, they talk of “multiverse”. Wow! That’s “God Particle”; “God Particle” and “multiverse”. The meaning of words is very important. We Raelians know the roots of our religion; “Elohim” doesn’t mean “God”, but everybody believes it. The word “Elohim” means, “those who came from the sky”. It’s clear! It’s in Hebrew. If it were only one person, it would be “Eloha”. It’s clear! So, we know how words can be misunderstood; more than that, betrayed.



By concept, infinity is one. The plural is Elohim. The word “Elohim” is plural; infinity is one. We heard of a strange stupid concept about the universe. In the word universe, the prefix “uni” means “one”; “one” meaning “infinity, as infinity is one. There is no half infinity. No, it’s one! Universe is all; not “this side, this side, this side”, it’s all. And

so, they discovered other groups of stars and galaxies, and they said, “It’s another universe.” Just by saying the words “another universe”, you cannot possibly be more stupid. The Universe is all; all that we know and all that we don’t know. If we discover, somewhere very far, billions of new galaxies, it’s still our universe. Universe means “one”. Infinity means “one”. In fact, universe and infinity are synonyms. It’s very important to realize that it’s what we know, and what we don’t know yet. There is an infinite number – infinite – of galaxies, of groups of galaxies, that we know and that we will discover. It’s simple! In my finger, there are small planets, and there are groups of planets and stars; it’s a universe. Is it different from our universe? It’s the same because it’s one! That’s why fingers are so important.

To scientists, maybe we should use this one [showing the middle finger, for laughs]. In my finger, here exactly at the top, some scientists, very tiny, are saying that the other fingers are other universes, “We are in a multiverse.” But our hand is one! This is a universe. Oh, this is also! [showing the other hand] If you travel from this finger to this finger, you are still in the same universe. And if you travel from the Earth to one of the fingers of the Elohim, because they have fingers too, it’s still the universe. Universe cannot be separated. Our knowledge can discover parts that we didn’t know, but it’s not because we didn’t know that they didn’t exist. These scientists are so stupid that they think that only what we know exists. What we don’t know also exists! “This is a universe. Oh! there is more here.” [showing different parts of his body] I can explore everything, “Oh, there is another universe!” [showing the body of another person] “Oh, the Elohim planet is another universe.” No! Uni-verse, like “united”; it’s the same root: “uni” meaning “one”.

So, infinitely small and infinitely large are infinite; infinite meaning “there is no end”. My infinity and your infinity are the same; we are one. That’s why we repeat it in meditation. Remember my song, “We are one”. This is the truth. And they use new technologies to explore the infinitely small. Which part of infinitely small do they know? 50%? 90%? Wrong! 0%! Because infinity cannot be explored, it has no size; you cannot measure infinity, you cannot have half for you and half for me. Infinity cannot be measured, so it cannot be explored. That’s very difficult for scientists, because they want to discover, to understand and to explore. Infinity cannot be understood, cannot be explored, cannot be measured; it’s unmeasurable. That’s why it’s called “infinity”: infinity = without end. That’s a very difficult lesson of humility for scientists. But only a very tiny minority of the very best scientists starts to realize and say, “We know nothing!” Little scientists who work in small companies are saying, “Ah, we know everything!” They are clowns.

We know nothing because infinity is impossible to understand. But, and that’s the wonderful part of the Message of the Elohim, we cannot understand infinity but we can feel it! Hence comes meditation. We can feel infinity. If you try to understand infinity, you end up in a psychiatric hospital; but if you try to feel it, you become a Buddha. It’s inside you, you are inside it; you are! You can say, “I am.” Exactly! You cannot explain infinity, but you can feel it when you say, “I am.” People can ask you, “What is infinity?” What is the answer? “I am.” That’s all. If you try to explain with other words, you’re wrong. Your brain becomes 10% of the size of a cockroach’s brain. But when you say, like Buddha, “I am” – “What is infinity, Maitreya?” – “I am.” And we are back to: it’s a vibration; it’s just a vibration.

And with the new technologies, tiny microscopes, they can see the particles of the particles of the particles; they can focus on the smallest possible particles. And they see, not atoms like you imagine; a ball, two balls turning. No, no, no! It’s a beautiful image that we have, atoms, balls; it doesn’t exist, it’s a vibration. They cannot have a clear image of balls, there are no balls; there is no God and there are no balls. Don’t believe in balls! For balls, we are atheists also. It’s just a vibration. And they don’t know what is inside this vibration. And the very best scientists are saying,

“We don’t know.” And they add, “We don’t want to know”, because it’s not understandable. You look at the infinitely small and the smallest particle, which doesn’t exist, and what do you see? A vibration! Because there is no smallest particle. The top scientists are saying, “We don’t know and we don’t want to know because if we know, if we find a particle smaller than this small particle, it will be made of something else, and something else, and something else, and so on.” It’s infinity!

Infinity cannot be totally explored because it’s infinity, but you can feel it. And if you feel it, you are eternally happy. But if you try to understand, you are eternally sick. So, what’s very interesting to see and what top scientists realized, is that, firstly, the universe is infinite and is a vibration; and secondly, it’s stupid to try to understand and measure it.



It’s simple! But if you really become obsessed with measuring something that cannot be measured, you cannot sleep anymore and the psychiatric hospital is ahead. You know, you have to realize that crazy people in psychiatric hospitals are very intelligent, there are geniuses, but they are sick, they cannot sleep. The main reason proving that they are crazy is that they don’t sleep anymore because their brain starts to try to understand infinity. And you cannot; I cannot, Yahweh cannot, the Elohim cannot. But they teach us to feel it, and when you feel it, you are! You are happy, you can sleep very well because you are not trying to find answers to stupid questions: “What is infinity?” – “I am.” The answer is that; it is simple and you will sleep well.

The same goes with our explanation. It’s a beautiful explanation but it’s dangerous. You know, when you are speaking to normal brains and you say, “In your fingers, you have galaxies and stars”, they start to look at you differently. They can’t; they can’t but they want. We don’t want because we cannot. We know that we cannot but we can feel; we are.

We can feel the vibration. What is the sunlight you receive? You like the sun, it's a vibration! What is the sun? It's some kind of atomic bomb, a nuclear power plant. We can feel it on our skin. "Oh, I don't want to go to Fukushima, there are dangerous radiation." Every time you are under the sun there are nuclear radiation. Vibrations are everywhere. In my kitchen, the place where we eat is made of granite, and it is radioactive. We have a device, since the Fukushima disaster, to measure radiation, and on the table, the measurement's alarm is high. Do you like bananas? They are good, right? Bananas are full of radiation! So, everything is vibration, including your banana.

Another thing that scientists are now starting to realize: you cannot touch anything because atoms are turning in perpetual movement and vibrations. If I want to touch someone, this person also has vibrations and atoms moving. I have the illusion of touching that person but I don't touch her. Some other parts I would prefer to touch, but everything is vibration: the sun, the moon, the Earth. The Earth has vibrations. We begin to understand a little bit but we don't know. Everything is vibration; and some of them can kill you, and some of them can make you happy. Which ones do you choose? What is the best vibration? Love! It's also a vibration. There was a scientist in Japan, who studied water. Using different glasses of water, a group of people talked every day to one of the glasses, saying, "I hate you! I hate you!" to the water. And another group talked to another glass of water, saying, "I love you!" And after a certain lapse of time, there was a difference in the measurements he made in the water. Our vibrations of love change the water. Maybe you know. In your house, if you love plants, if you give love to your plants, they blossom, "Oh, I love you, my plant", and they bloom. It looks stupid but it works. When I was in France, I had a beautiful garden. I was growing all sorts of vegetables, particularly potatoes. Every day, I went to my garden with my guitar and sang for my potatoes. So stupid, isn't it? When the harvest time came, one potato weighed two kilos! One potato! Too much to eat for one person. One potato! Because I was singing for them every day.

So, vibrations, these vibrations that we use in our meditation, the voice, but not only the voice, also music, dance; dance is vibration. Everything is vibration, and most important of all: love! Remember, when you feel the vibrations of infinity, you are! Enjoy the vibration of life.

I love us!

You are all Messengers of infinity

Maitreya Rael, Raelian Gathering, March 16, 79 aH (2025), Okinawa, Japan

During the Sunday contact, you can talk but singing is also a good way. Dancing! We could make a dancing contact one day, maybe next Sunday. Anything is possible. What is important is to send our love to the Elohim, by any means possible, any media, dancing, singing, making a poem, cooking, in any possible way. Your heart must be full of love. To give your love to the Elohim, it can be a beautiful speech, it can be some tears, it can also be a joke; it can be any way to send love to the Elohim, to show them how happy you are. It's true that people are trained to invest in something precious. What metal? This metal [showing the medallion], but not because it's gold. This is the most precious metal in the universe, not the metal itself, but the infinity it represents!

Infinity is our treasure; feeling infinity, teaching infinity, making everybody around you feel that they are a part of infinity. Infinity is love, because we are one. Infinity is the most beautiful image of oneness.

I was asking you recently how you imagine the Elohim. All of you have a different image of the Elohim but the image of infinity can only be one [showing the symbol].



Thanks to the Elohim, we all have the same image of infinity, and that's the most beautiful gift of the Elohim. Don't forget, this is the symbol that Yahweh uses for meditation; we are equal. What a privilege! This is the most beautiful gift. There is an array of gifts from the Elohim, but they are all the same: "We are one. We created you in our image."

Again, Yahweh bowing in front of me, that's oneness! And the symbol of infinity, the concept of infinity, is amazing for our consciousness and supraconsciousness. We all have a different image of the Elohim, very different. If I were asking you to take a piece of paper and draw an Eloha, the images would be so different. Maybe it could be interesting to do it, one day: how do you draw the Elohim? But

infinity will be the same for everybody. That's oneness! Looking at the stars, dreaming, looking at your hands and seeing stars and galaxies inside. It's all the same for us. And that's the gift of the Elohim, the most beautiful gift.

I am the Messenger of the Elohim, and the Elohim are the Messengers of infinity. And when you spread their Message, you are, of course, Messengers of the Elohim; but before all, you are Messengers of infinity. You show “infinity” to everybody. Make people realize it. Stop thinking about infinity and feel it, “Hey, you, human being, whatever your position in society is, whatever amount of money or power you have, you are infinity!” That’s our mission. So, all human beings, even the poorest people, feel suddenly that they are equal even to Yahweh. Feel it, and make everybody feel it! When you love somebody, you love the infinity inside this person, “My infinity loves your infinity”, they are the same. You are all Prophets of infinity. Feel it! Wear the symbol proudly, don’t hide it. Wear it, as big as possible. This is who we are. We are not lovers of UFOs; we are not lovers of extraterrestrials; we are not followers of any religion. We are infinity! So, this is the most precious thing in your life. Every morning, I, Maitreya, the Last Prophet, sit down in front of the large symbol to always meditate on infinity. Do the same! Don’t only wear it but feel it; it must become a part of your body, because it is.

I love our infinity!



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