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Academy on Oct 4-11 80 atH*



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Maitreya's Words

Opening of the Happiness Academy "Be You"

"Je suis très ému." (I am deeply moved) [Maitreya started in French]

I am who I am; nobody can replace who I am. To be the spokesperson of the Elohim is a great honor, but the greatest honor for me is to be loved by you. The Message of the Elohim made me cry many times, but your love makes me cry more.



Fifty years ago, I was alone. You don't know what it is to be alone until a guy from the sky gives you a message and tells you to spread this message. You have to go around the world; there is nothing lonelier than that. Only one has the Message and there are seven billion people. I knew you existed but I didn't know where you were. "What can I do?" "How can I do it?" Nobody can imagine the loneliness of a prophet. After the encounter, I couldn't talk to anybody. If I were to do it, people would think I was crazy and direct me to a hospital. I was really alone. I had so much stress that I started a stomach ulcer. But I had the Message and I had to find you: "Where are they?"

After being invited to the biggest TV show, I was wondering how I would explain the Message to the French people. I went there and spoke with simple words about my experience to millions of people watching. I felt I did my job. Then the postman came and said I had thousands of letters, three large bags. I expected insults but the first letter I opened said, "I want to help you." No insults, no crazy things, only, "I want to help you." I traveled everywhere to find you, for half a century! And here you are. That's why I cry.

I love you but you gave me a hard time to find you.

You don't know who you are. I know almost every one of you. You are so special. When you received the Message, your heart jumped, "I want to help! I want to meet Rael." Your friends said, "You're crazy" but you came because you are special.

The quality of your personality is unique. Different colors of skin, different origins, but inside, the same color, "I want to help; I want to welcome the Elohim." Visa, luggage, jetlag, passport, immigration; why all that? "Because I want to welcome the Elohim."

You are so different; different personalities. How special you are! My teachings were to help you feel how special you are. I try to make you more different. There is no model of a Raelian. There is only one thing in common, you want to welcome the Elohim. I said to a young Korean I welcomed at home recently, "To welcome the Elohim, you have to 'be' you."



Lovers often want to change you. They try to make the other fit their dreams of the perfect partner. You all have a dream partner and that autopilots your relationships. The dream partner doesn't exist. There is no perfect partner. With our huge ego, when in love – which is different from real love – we want to change the other; and then love disappears. Secretly, we want to be loved for who we are. If it is real love, the partner you find doesn't try to change you but pushes you to be more yourself.

"I love you but I will change you because there are many things to improve"; this slowly destroys love.

I don't like the expression, "to fall in love". No, we have to "raise in love". With real love, you love all. Love people as they are; and next, help them to be more themselves instead

of having them conform to your dream. Put your dream in the garbage when you meet a new person. An orchid and a hibiscus will not try to look like the other. A beautiful love is loving the difference. The more different you are, the more fantastic you are.

Some try to be like me (white clothes, beard, bigger than me...). Be you. Each of us have different tastes. Meet people as different from you as possible. We are richer of our differences. Some of you were Christians before; Muslims, Jewish. We are one. We all want to welcome the Elohim. Welcoming you in the Happiness Academy, I know some of you wonder, "What will they make me do?" I will make you be you in every situation of your life; in business, in love.

If you are not you, you don't feel comfortable. Japan is the number one country for suicide, because people have to be the same.

Raelians, be you. Be you!

My goal at the Happiness Academy is making you be more yourself. I am not happy when you conform.



Religious and crazy

Religious people are serious. We Raelians are religious; and crazy. If you are told, “You are crazy”, don’t say, “No.” Answer, “Yes and even crazier than you think. We don’t just believe in UFOs, we believe in a man who claims to be the brother of Jesus; we promote human cloning, atomic bombs for Africa, toplessness; and that’s just the beginning.” There are even crazier things to come; like welcoming the Elohim in Gaza. Are you happy to be crazy with me? Raelians are deeply religious, positive, happy and crazy. Can you be happy and serious at the same time?

We have to be crazy happy

How can you love the Elohim if you are sad. Be crazy when you speak about the Message. You make people happy. You are Raelian to be happy. Give love through your happiness because the best way to give love is to laugh, sing and dance. Being Raelian means being crazy happy. That’s why you are in this room today, coming from all around the world. Thank you, Lotus, for showing the way with your song; now forever known as the Lotus’ Leg Song.



Eternal life? Eternal laughter!

Our Creators were having fun creating life, laughing like crazy in their attempt to impress by their imagination and creations. They made crabs that never walk straight; just like politicians. The Elohim laughed constantly, always trying to find something funny. They rolled on the floor with laughter in their laboratories. That’s why we are alive and connected to infinity. You may dream to have eternal life? Laugh! The Elohim are not sadistic; there won’t be eternally depressed people on the Elohim’s planet. If depressed, you go back to dust. Eternal life; eternal laughter.

There is no war, no hatred, and no violence in silence

There is no war, no hatred, and no violence in silence. It’s important to communicate, but if you want to truly communicate with someone, there is no need to talk. Just look into their eyes and give love without speaking. “I love you” is just blah blah. Show your love to your partner; no need to say it. Real love is looking in the eyes of each other. Every day, Sky and I, we look in the eyes of each other and we cry. I love being with you. Speaking is not very important.

The light of the Elohim is right here

You are not happy because of my words; you are happy for being with me. Maitreya, the light of Elohim, is right here. When he speaks, the Elohim are speaking and when he is silent, the Elohim are watching us. Just feel. Do you feel the Elohim? Not with your ears but within; the Elohim are in every cell of your body. Every cell, every part of your being comes from the Elohim. Feel this link within you, in your supraconsciousness.

What if? The most beautiful sentence

Every ten seconds, your brain changes. Look at each Raelian every morning; they are not the same as the day before. Don't hold on to what you remember about someone; that is not love. Inside, this is a completely new person. For example, if someone comes here out of simple curiosity, not a Raelian yet, they may change and say, "I am Raelian and I want to be baptized." Remember when you discovered the Message. You heard many strange things, you listened to the media, but when you read the book you felt something.

You spoke to your family and they said, "Don't believe in these stupid things. Go back to your studies. Become an engineer. Earn money." But you came back to your feeling and thought, "What if it was true?"

"What if?"; that is the most beautiful sentence in your brain. "What if it is true?" "Why not?" "Maybe it is true." You couldn't sleep until one day, you said, "I will go." Remember where it was? In your car? In your bed? Remember that magic moment when the Elohim spoke through you. No one can understand the Elohim but you can feel them.



You cannot understand now; you are in the now

In the symbol of the Elohim, which represents the infinitely large and the infinitely small, the middle part, the infinity in time, is the most important. We are the infinitely large and the infinitely small, but it is the infinity in time that is the gate to feel infinity.

It starts with breathing. Sit down. Stop moving. What is the best way to awaken the supraconsciousness? Not moving, being idle, dropping consciousness in the garbage.

Our image of the future is based on the past experiences. Magazines from a hundred years ago tried to imagine the future; they created images that are so different from where we are at now. Their imagination was based on their past. We cannot imagine the future. Don't try. What is the doorway? The gate to infinity is now. You can't stop "now". We are passing through time.



No fast food, no fast meditation, no fast sex... doing nothing!

I never want any fast food, fast meditation, or fast sex. They are the opposite of being, the opposite of supraconsciousness. The way to be in the now is to be. It's the same for meditation. If you say, "I want to meditate", it's wrong. The right way is to say, "I will put myself in the condition where my mind is ready to meditate." Witness what's happening. No question. No thinking. No thinking about not thinking. Don't set an alarm to stop you. You can't measure the time that you spend in meditation. If you try to time it, it isn't a meditation. Your body talks to you, just listen and feel. For everything, be slow.

Supraconsciousness is a snail. Supraconsciousness awakens like a snail. No fast food for meditation. You become meditation; you are. If you think about what's happening, it's gone. Be slow in everything; learn to eat slowly, breathe slowly, as slow as possible. Walk slowly, dance slowly, sing slowly, reach an orgasm slowly. Slow sleeping (no pills). Insomnia and anxiety are fears of the future. If you don't fall asleep when you go to bed, guide your dreams. Ask yourself what kind of dreams you want, then you fall asleep. Program your dreams.

When friends go camping, the first question is often, "What will we do?" – "Nothing" – "What?" People feel lost. The most awakening exercise for supraconsciousness is doing nothing.

This feels terrible for people constantly using their thinking mind. No TV, no cellphone; now you are you. The Elohim didn't create you to stare at TVs or cellphones. They created you to be; as slow as possible. Walk slowly, there is no competition.

As different as possible from when you arrive

My goal is to make you as different from one another as possible; and as different as possible from whom you were when you arrived.

My goal is to make you say, "Welcome me!" Welcome yourself.

You can change whenever you wish. What is important is to change. To be alive is to change.

Thank you for making me different from who I was at the beginning of this Happiness Academy.

Imagine when the trapdoor opens under the UFO at the Embassy

Thank you, Lotus. I just want you to imagine that you are around the Embassy. Imagine the beautiful building; and it is the day the Elohim arrive. Visualize it. You are all standing up around the Embassy, wondering from where they will come. And suddenly, you see some lights, and you are there; it's happening because of what you did. We all have a part of responsibility. It is your embassy; it was



made, built, because of you. Feel it. Imagine. Media, liars, blah blah. But you are there, and the lights are coming; you are laughing, crying, singing, screaming. You cannot avoid reacting. You gave your life to make it happen. I gave my life; fifty years. You have seen the video showing me traveling all around the world, with black hair and a black beard. Not only me.

There was a little student in China, with her life all well organized. And she was in a university where it is difficult to enter. She was accepted and then, she read the Message. And she said no to the career organized by her parents, her teachers, "I want to give my life to the Elohim." It's Lotus. She gave her life. Maybe some among you did the same. You have to give up your life for something bigger than you. Nothing can stop you, no money, no power, "Maitreya, I have to help you." What a fantastic adventure!



Thanks to you, the light comes from the sky. It comes right on the Embassy, the trapdoor opens and Yahweh is coming out. Feel it, it's coming; not just because of me, but also because of you. It was not possible alone; I would be talking to empty chairs. I prefer when there is someone on the chair. I am just the postman. Remember, when the trapdoor opens under the UFO, it will be because of you; you are a part of it. Think about it. The Elohim will come because of you, because of what you gave, what you sacrificed; changing country, changing job, changing language. You did it. Most people wouldn't change anything in their lives; whatever stupid things people say; family, friends... You made your choice; you are Raelian, "I want to be there; I want to be part of it. Family, university, money, bye-bye, I go." And here you are with me. You came to be with me... no, you came to be with them. You read the Message and you felt something immediately. All your past disappeared.

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On December 13, 1973, I was alone. I am not alone anymore; you are with me. I can die. During the conclave, a few days ago, they voted for me again. What can I do? I am here as long as you want me to lead you. I will be with you on one side or the other when the trapdoor opens.

Alone and happy

We can be together yet we are all alone; even in the middle of a hundred people. Because you are, you are alone, born alone and, one day, you will die alone. In the middle of the crowd, we have to be happy, otherwise we feel very lonely. Being alone and lonely in your bedroom can be painful, but feeling lonely in a crowd, it's terrible. If you are happy, you never feel alone. There are billions of galaxies in your body. When you feel the Elohim, they are with you; every second, everywhere in the room, in every company you have, in the eyes of the people you love. It's fantastic.

An infinity of centers in the infinite universe

How many planets with life are in these galaxies? Our symbol expresses the most important. You can't count planets, their number is endless, stretching infinitely in every direction. There is no "last one"; the farther you go, the more there are. You are at the center of infinity, yet infinity, by definition, has no center? It actually can. The center of infinity is your consciousness; not your consciousness but your supraconsciousness. Remember, we are infinity becoming conscious of itself; and when you are supraconscious of infinity, you are the center. Each one of you is a different center. There is an infinity of centers. The key to infinity is that it holds an infinity of centers. And when you become infinity, when you feel it through meditation, you are the center.

When to say, "Wow"

You are the center of infinity; limitless. You can look at the sunrise but I can't put any separation between the sunrise and me. Normal people will say, "Wow" but wow separates you from what you see. The sunrise is me. Sometimes, the sky is dark, when there is no moon (the moon is still there), and we see so many stars. Look at the stars without saying, "Wow"; they are you. If you want to see a sky full of stars, look at your hand, or inside your brain, to see galaxies. When you are not supraconscious of the universe, you feel separated, you can't be happy. You may even feel depressed looking at the stars. "If you feel lonely when you are alone, you are in bad company", said Jean-Paul Sartre. If you feel separated, lonely, it means that you have stopped feeling infinity.



We are infinity becoming conscious of itself. This is the most powerful sentence of the Message, “I am infinity becoming conscious of itself.” Say it every day looking in the mirror. Then you can say, “Wow”; you are. Don’t say it for anything else; not for a sunrise. “I am infinity becoming conscious of itself”, then you are in good company.

We are tools of infinity

We are the tools of infinity. We applaud infinity. Do you love infinity? Infinity loves you back. Feel it. You are loved by infinity. You are created by infinity. Primitive people called it God. There is no god but there is infinity. It is everywhere; within us and around us. What is the face of infinity? Not a man with a beard. You are the face of infinity, when you feel it. When you think about it, you distance yourself from it. Feel it. In the same way, never think about meditation; you won’t meditate. If you plan to meditate, you won’t meditate. You don’t want to meditate; you don’t want to be happy, it’s now or never.

Am I a robot of the Elohim?

Maybe the Elohim prepared me to accept my mission. I love to believe I had the free will to choose but I always wondered, “Was I programmed to say yes?” For many years, I have been haunted by this question: “Was I free to accept?” It isn’t clear. They organized my birth; they have the power to prepare my brain to say yes. I went through a lot of suffering, and finally surrendered. I gave up, “So, what! Whether I chose or not doesn’t matter. I am the first who read the Message and I loved it. So, let’s do it.”

But I share you some private feeling. I never really talked about that. You can imagine the loneliness to receive the Message, to find people. The first step, at the beginning, I spoke. On the second step, in my stupid little brain, I asked, “Why me? Is it really me? Am I really free to choose or was I programmed like a robot? Am I a robot of the Elohim?” I love freedom so much, at first, I couldn’t accept it. Then I gave up, I surrendered. I didn’t want to think about it. No more questioning about why, “I do it.”



The last part of my reflection is that maybe I was programmed to do it but I love it. I am not a victim of the programming, I love it. If I am programmed, I love it. That’s how I became comfortable with this; I am on Earth to serve the Elohim. I love coming to Happiness Academies to meet you. I love to be a tool even if it is not a choice. A lot of you have the same questioning. When you read the book, after a few days and some doubts, “Is it true? Is he lying? Is it his imagination?” Finally, you said, “I love the Elohim.” You wanted to help the Elohim; you are exactly like me.

Is it possible that some extraterrestrials could be very bad and used Rael and the Raelians to prepare the welcoming of some devils? At the Vatican, they think I am the messenger of Satan. This is a very interesting question. Are the Elohim good or evil? Are we manipulated by bad extraterrestrials? This is an intelligent question. You see love everywhere in the Message. What is the Message of the Elohim? Love, compassion,

forgiveness. When you see that, there is no longer any doubt, you become more of a messenger of love and infinity; and that's when you say you are ready.

The Elohim are beyond illusion

Imagine the difference of technology between the Elohim and human beings. The Elohim don't need UFOs; those are just vehicles. If they wished, they could appear here in the shape of a human being or in any other shape they choose. They went through different stages of civilization. We have been created in their image at a certain time; but at what time and in which stage of their evolution? Always think about this difference in levels of civilization. Remember, everything is illusion. The Elohim are beyond illusion. We will be at the same level after twenty-five thousand years.

The people of 1990 had a hard time imagining the world we live in today. The vision of the future is based on the past. Try to imagine the future in ten, twenty, one hundred years. But in twenty-five thousand years, it is impossible to imagine; and that is the level of the Elohim.

The Sun is what matters



I brought an apple to show to you today. What is it made of? Where does it come from? This apple comes from a seed, a tree. It's made from Earth's minerals, water; but the energy of the Sun is what matters. There is a constant flow of particles coming from the Sun. If it stops, we have no more food. We are alive thank to the Sun. Think about it when you eat. The Sun is part of infinity; this apple is infinity. Dig the Earth, you'll find old mammoths underground. The mass of the Earth is growing every day from dust particles falling down from space. We are a part of it. If you travel higher in space, you are bombarded by particles, radiation that can kill you, but on Earth we are protected by something around it.

What you eat is part of infinity and coming from space. It comes from the Elohim, yes, they organized the structure of it, but the matter is from the Sun.

So, enjoy your food. Bon appétit !

Maitreya, at the end of an evening show, "You are the Elohim's superstars"

Artists who perform for others are praying and singing for the Elohim. Singing for singing is good, dancing for dancing is good, playing for playing is good, but if you do it to send your love to the Elohim, it is completely different. No need for talent. Just look up, sing, dance for the Elohim; and you are a superstar. You are a top artist when you sing and play for the Elohim. You don't practice your art to be successful, not for other people, but for the Elohim. Draw, paint, sculpt for the Elohim. People can appreciate it, but it is not important.

When Lotus is in a small bedroom with a piano, she is one with the Elohim. It's why her songs are so powerful to us. No need to be a soprano; just sing for the Elohim even if you haven't the same talent. Talent is like McDonald's food; it's for everybody. But when you perform for them, you are a superstar.

They listen to you. They applaud you. They cry of happiness when you sing for them. If you express your love, you become a superstar to them. When you sing alone in your bathroom, they listen to you. Feel it, every time. Raelians, you are never alone. Their love is constantly with you.

Lotus made me cry, and Yahweh as well. The Elohim inserted art into your life. Do it, express your art. You are the masterpiece of art.

Be better than me

This morning's song by Lotus is my favorite. Connect with her song. The lyrics come from an ancient Buddhist scripture. Buddhism, more than any other religion, is close to us. Christians have Jesus, Jews have Moses; Buddhists say, "Be you." It is the religion most aligned to the Raelian philosophy. Of course, like all religions, they eventually betrayed the message of their prophet. They light candles and place small



pieces of papers with wishes on the walls, "God or Buddha, help me get what I want." A total betrayal of Jesus, Moses, Buddha. In every temple, thousands of little notes ask for help. And Buddha is laughing, naturally laughing, like crazy. In Thailand, Buddha is portrayed as serious, damaged by Christianity, but naturally, he is laughing. And now he is rolling on the floor with all those papers asking for help.

The best teacher says like him, "Be you." Don't try to be like me, you can be better than me. My goal is to make you become better than me. If you want to make me happy, do it. There is one Jesus, there is one Moses, but Buddha said, "You can all be a Buddha." That is a totally different teaching, "Be you." Don't compare yourself to others, don't place them higher than you. If you consider them higher than you, there is a chance they are not higher than you. Good teachers push you higher than them. "When the student is ready, the teacher appears; when the student is really ready, the teacher disappears."

I am about to disappear. Will you continue to come to the Happiness Academies to spread the Message if I disappear? [Yes]

You can go higher than your teacher, higher than the Elohim. It is in the Message; they created us a little better than them. "Stand up on your legs." One day, we will go on other planets and create life. We are in the process of elohimization. There is an infinity of creations. What is the purpose of the creation of the Elohim? It is to become equal to them? Superior to them? It is to become Elohim ourselves. One day, some of you, scientists, will go on other planets and create people.

You are you, and in you is the power of infinity.

Science and art are one

It is our mission to inspire young people to study science. We are the fruit of science. Some people say that we are talking too much about science and not enough about art. But what is art? Art is science. What is music? Science. Someone invented the piano one day. Science and art can be combined. A synthesizer is pure technology. Every musical instrument is pure science. Science and art are one. Don't think that one is more important than the other; everything is science. Even to make a dress, you need science. Art is everywhere around us. To create a peacock requests a lot of science. Everything around you required both scientists and artists to create it. Science and art are one; just as infinity in space and infinity in time are one. When you feel infinity, you become one with it.

Closing of the Happiness Academy

You have to be the same as me; seven-year-old in my head. Supraconsciousness is seven-year-old forever. Supraconsciousness is like a snail, very slow, slowly stretching; the perfect symbol of supraconsciousness. But sexually, snails are very interesting. I like to watch them. It lasts more than one hour; they are not tired. They don't move like rabbits; they are enjoying their orgasm. They can be male or female. "Are you male or female?" They check. They can reverse their roles. This animal is the symbol to slowly enjoying life.

It's possible to be an instant Buddha. Everybody here can be a Buddha. You can do it for a few seconds, and the goal that requires training is to do it for a longer period. If you control your emotions, you are in emotions. Don't control your emotions, witness them. A Buddha anticipates emotions. You have to choose between this adrenaline shot or being. When I say, "being", I don't need to say, "being a Buddha". If you "are happy", you are not "happy"; if you are, you are happy. No need to say, "I am happy", just, "I am."

The goal of the Happiness Academy is to make each of you a Buddha; not a copy of me, not a copy of the Elohim, you.

Become you. You are. Are you? Start now.



Our main speakers







Page 1: Jarel, Ichio, Pierre, Eckra, Princess Loona and Clémence
Page 2: Gbedia, Daniel, Shizué, Gyom and Antoine:
Page 3: Uriel, Kumiko, Maribel and Leon
Page 4: Marcus, Kotaro, Brigitte, Kamonda and Marco



Some of our best artists



Fabrizio, Lotus and Nayah





New Level 5s in the world

Let's welcome four new Level 5 Guides nominated by Maitreya at the end of the Happiness Academy:

Myriam Dorsaz from Switzerland, Hiroko Ichikiwa from Japan, Shoga (Peng Wei Ming) from Taiwan and Kamonda (Privat Sinclair Guehi) from Ivory Coast.



Latest news: a new Continental Guide for Kama

Maitreya appointed Ya Boni as the Continental Guide for Kama and, with Ya Boni's agreement, he wishes Tai to become president of the wise council for Kama.

