

# Contact Newsletter #422

December 31, 80 aH



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*We must enjoy what we have, because so many people do not. By becoming more powerful, more harmonious, and by embracing pleasure, we can fight for the freedom of the children of Gaza.*

*Maitreya Rael*

During Guides meeting, October 05, 80 aH (2025), Okinawa, Japan



# Maitreya's Words

## The children of Gaza

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Maitreya Rael, during Guides meeting, October 05, 80 aH (2025), Okinawa, Japan

I would love to talk about every continent, everywhere, but there is one place on Earth that is in the heart of every human being. I say "human being" because there are eight billion people, but very few true human beings. That place is Gaza, where people are starving and children are dying.

This area, Palestine, is where we hope to have the Embassy. It was called Palestine, and that was the name of this land. Then Israel was created artificially by the colonial power of England; and with the money power of certain individuals, they created a small Jewish state.

The suffering and genocide of the Jewish people in Germany sadly created... I cannot say a "race", because it is not a race, but an ethnic group that believes it is superior to everyone; not just to Blacks or Asians, but to every human being. Honestly, they are not lying when they say this; they truly consider anyone who isn't Jewish to be like a monkey. It is written in their books. The poison of the Earth is the Jewish religion.



The Jewish religion is a poison because it is written in their scriptures that all human beings are born to be slaves of the Jewish people. It is written; read their books! It is written; and they teach this to children, in universities,

and in every temple. As a result, you have a population that – honestly, they are not bad people – sincerely believes what is in the book: that they are superior.

What happens when people believe they are superior? What was Adolf Hitler's belief? That the German people were superior. When you believe you are superior, you automatically see others as animals or slaves. It was the same with African people: they were convinced Whites were superior, so enslaving them was justified.

This mindset runs deep, and one religion more than any other promotes it: the Jewish religion, which considers every non-Jew a slave. This is not an invention or a mistranslation; it is in their books.

To conclude this wonderful gathering – and thank you to the organizers – I would like to invite the man in charge of Palestine to say a few words.

*[Leon Mellul, leader of the Raelian Movement in the Middle East, takes the stage]*

Thank you, dear Prophet. It is not an easy job, but we will do it. This is exactly the issue. In the Talmud and other Hebrew books, it is written that those who are not Jews are born to be our servants. This belief in superiority is what will destroy this religion, because they pray to the Elohim without knowing who they truly are.

All the prophets sent to Israel, more than forty, were either killed or jailed because they brought the same message. The previous Elohim's Prophet, his brother Jesus, brought the same message. It happened when the first temple was destroyed, and again when the second temple was destroyed. It is written that not one stone will remain upon another in the land of Israel. It will happen again, because there will be a new diaspora.

They do not deserve that land – the land the Elohim gave to their ancestors – because they are behaving even worse than the Nazis did, toward the Palestinians, who have far more right to live there. The current Jews are converted Jews. Palestinians have more right to be there than those who came from Ukraine, Russia, Hungary, or Poland. They immigrated, their parents settled, and now they say, "This is our country."

At two o'clock in the morning, with the army's help, they enter a Palestinian home and throw the family out. They cut down olive trees, kill livestock, and shoot people just for fun; to destroy. And these are people who received the Ten Commandments from Moses and call themselves Jews? They follow no one, because the Sixth Commandment is, "You shall not kill," and the Eighth is, "You shall not steal." So, they are not Jews. They have lost that privilege.

We are the ones sealed on the forehead. We are the ones who have recognized the last Elohim's message. The real Jews are those who have recognized the Elohim. Only Raelians are the real Jews today; and likely the descendants of the Elohim.

All those Khazars from Eastern Europe converted to Judaism. They do not have one chromosome, one cell, linking them as direct descendants of the Elohim. Only Sephardic Jews and those living in Arabic regions – including in Saudi Arabia today, even the Sheikhs – are descendants of the Jewish people. So, the Palestinians being killed today will regain their country once again.

This is what I propose in my press releases: to establish this Embassy. We should not call it the Third Temple anymore. We should call it the Embassy, because the Jews have lost the privilege to build the Third Temple. We will build this Embassy. If you give us the authority to build it – this is what I ask – you will regain the land of your ancestors. And Israel will become Palestine once again.

*[Maitreya Rael takes back the stage]*

Thank you, Leon. Before I leave, I want to remind you, and this is connected, that when you express support for Palestinians, the first thing people say is that you are anti-Semitic. But 92% of Israel's population is not Semitic. So, which is the most anti-Semitic country? Israel. Who are the Semites? As Leon said, people from Saudi Arabia, Egypt, and many Middle Eastern countries are the real Semitic people. "Semite" does not mean "Jewish". Semite refers to a large population. When you kill Palestinians, you kill Semitic people. So, the most anti-Semitic people on Earth are in Israel.

We are in a beautiful place, with delicious food and comfort, but do not forget to think about Gaza, about the children of Gaza. That does not mean we should not enjoy the food or the beauty around us. I enjoy dessert at the restaurant, and I do not feel guilty eating it. We must enjoy what we have, because so many people do not. By becoming more powerful, more harmonious, and by embracing pleasure, we can fight for their freedom.

Thank you.



## The state of Buddha is when nothing from outside can affect you

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Maitreya Rael, Raelian Gathering, November 30, 80 aH (2025), Okinawa, Japan

This week was a very special week. It has been exactly forty-five years since I arrived in Japan.

Forty-five years! Thank you, Sky for your meditation. The most important thing you said is witnessing yourself. Becoming a real Raelian is becoming a Buddha. You are all Buddhas. Sometimes you forget it, but it is your goal without being your goal. Because if you want to be a Buddha, you cannot be a Buddha.

You can become a Buddha if you don't want it. The same way you cannot meditate if you want to meditate. You are, without thinking that you are. Because if you think that you are, you are not. This detachment, this distance, and proximity. A distance from everything, and proximity with everything.

Especially with the most terrible handicap we have: thinking. Emotion: emotion comes from thinking. Expectation: if you expect somebody to behave in a certain way and they don't, you then feel frustration; and frustration generates anger. Sky's image of the rollercoaster is very good.

But through this rollercoaster adventure, you learn, you grow. Anytime you have been angry, it happens to everybody, after a while you say, "Wow! Why did I become angry?" But you don't answer. You just blame yourself, which creates guilt. Rollercoaster. "Why did I do that? Ah! I was so stupid..." You judge yourself.

Don't judge yourself for your mistakes. From your mistakes, you learn. You need mistakes. Be thankful for your mistakes instead of feeling guilty. "Oh! I was so stupid to become angry." That doesn't bring you anywhere.

What witnesses yourself, now and in the past? It's easier to witness the past. "Why did I do that?"; it's past. It's good to learn. The "why" is going up, and blaming yourself is going down. Stay up. Don't enter into blaming or judging yourself for your mistakes. Mistakes are the best part of your personality. They made you what you are today.

Without mistakes, of course, you can do nothing. Many people are like that, they stay alone: no friends, no lovers because they are afraid to make mistakes. No job, alone. But that's not life. Life is being with others, interacting with others. And when you interact with other people, automatically there are mistakes, because you are not perfect. Nobody can be perfect. But you can perfectly witness your movement in the rollercoaster, without blaming, without judgment.

And observe people who blame and judge others. Some people are really full of judgment for others. Why? Because they judge themselves. If you stop judging yourself, then you stop judging others. And compassion arises. Compassion is the most important quality. Long ago, in the Buddhist tradition, Maitreya was supposed to be the Buddha of compassion. And I am full of compassion. Whatever mistake you do, you know in advance that I will forgive you. So do it! Make mistakes, because you are sure to be forgiven.

And your supraconsciousness naturally doesn't want to make mistakes. But it happens: misunderstanding, not hearing some words well. Very important, right? If somebody says something and you understand the opposite, you judge. Life is full of these little problems. And the problems are not important. How you react to them, that's what's important. "Oh, this man insulted me, he said this thing, he thinks I am stupid." My question to this complaining person is, "Are you stupid?" – "No, but he says I am stupid." – "But are you stupid?" – "Of course not." – "So, you hurt yourself with the words of somebody else."

Can words from other people hurt you? Never. You can all shout at me, "You are stupid", I don't care. You can insult me with the worst insult you can imagine; it will never hurt me because I know who I am. I love myself. You can all say, "Maitreya, you are stupid," okay? I know I am a very intelligent person.

So please say, “You are stupid, Maitreya,” I don’t care. If you doubt your intelligence, then the words of other people hurt you. The words of other people are like knives; knives that cannot enter you. But you can take these knives and hurt yourself. No words from anybody around you can hurt you. No words, no attitude, no lack of smiles can hurt you.



But some people are really, “Give me a knife, give me a knife...” immediately. “This person looked at me in a strange way this morning... this person didn’t smile at me this morning...” Only you can hurt yourself. If somebody enters with a real knife, of course, we run away. But the knives of words or emotions, they cannot enter. You need to take them and put them inside, and then you suffer a lot; again, and again, and again... That, I think, is very Japanese.

Gomenasai! Gomenasai! Gomenasai! I always calm down people who repeat gomenasai constantly. Of course, it’s a sign of respect and a beautiful behavior toward other people to apologize. But don’t do it in excess. You make a mistake; it’s beautiful to apologize. Once. Because I see many Japanese people: Gomenasai! Gomenasai! Gomenasai! Once. “I’m sorry.” That’s it. And if the other person needs more, it’s their problem. Then they will have to apologize.

Remember this, nobody can hurt you, only yourself. Because if you hurt yourself with the words of others, you can never become a Buddha. You are using the negative thinking of other people to hurt yourself. But you can enter the state of Buddha when nothing from outside can affect you. Not in negative, and not in positive. Some people say, “I love you.” Is it true? I don’t care. I know you love me. If you say it to me ten times; good. Once is enough. Or not at all, just smiling, because we have no expectation.

That happens especially in couples. You know these partners who always ask, “Do you love me?” I had this experience in the past. I was very young in Paris, with a beautiful girlfriend, but constantly insecure. “Do you love me?” –

“Yes.” – “Do you love me?” Ten minutes later, “Do you love me?” And after a few hours, I said, “No.” Because she searched for it. She was looking for it. Very surprised, she said, “You told me ten times you love me and now, no?” – “Because you have to learn to love yourself.”

These people who are insecure, they don't love themselves. They expect to feel good because of other people. I don't expect anybody here to make me feel good. In the beginning of the Movement, I organized Guide meetings, and I trained them to insult each other and not react. Because your reaction is your responsibility. If I say, "I hate you," it must not hurt you, because you know it's not true.

No expectation to be loved by the Elohim. Who are you to expect the Elohim to love you? What a lack of humility! "Elohim, I love you. Please love me." No! Love is giving; no expectation. And the Elohim do not expect you to love them. I repeat, the Elohim do not expect you to love them. But if you do, they enjoy it. You don't make them happy, because they are happy whatever happens, but they enjoy. It's pleasant when somebody says, "I love you."

It's so beautiful to be loved if you don't expect it. If you expect it, it's never enough. If you don't expect it, just "I love you", you are happy for centuries.

I love this other joke I saw on the Internet. A man's girlfriend, who is a little like my girlfriend in Paris, asks, "Do you love me?" And the guy answers, "I told you yesterday, and as long as I don't send you a letter or a message saying that's not valid anymore, keep it." Very interesting. "Do you love me?" – "I told you yesterday." It's funny, but it's deep. Do we need to hear it every day? No. You don't say that you love me every time you meet me. But I know you love me, and I appreciate it. Even if you don't say it, I see it in your eyes.

And with the Elohim, it's the same. We love the Elohim. We can say, "Elohim, I love you," but we don't expect anything in return. That is the beauty of real love.

## When you give, it's pure happiness

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Maitreya Rael, Raelian Gathering, December 7, 80 aH (2025), Okinawa, Japan

Aging is a privilege. Many people don't age. There is a very simple way of never aging: to die. When you die, you stop aging.

So, you all know how lucky you are to still be alive. And instead of complaining about aging, you can have in your mind this beautiful sentence: I will never be as young as today. Because negative people say, "I have never been as old as today." But the positive way, which is very important, "I will never, in the future, be as young as today."

It looks like self-motivation just to feel happy. It's much more than that. Never forget that everything you think talks to your cells. Your cells are listening to you. That's loving yourself.

If you love yourself, what does it mean? To love every part of yourself, including the big toe, the asshole – it's you. Sometimes, "Who am I? Am I... I am... I am..." I am what? When you say, "I am," which part is talking? Is it the brain? No. The mouth? It's making sounds, but is it the mouth? Are you just your mouth? Just your brain? Not at all. You are everything, all the cells, the millions of cells that work to keep you alive. It starts when you are born. It starts every day when you wake up.

You wake up; first, thinking you must have a first thought. Really do it. You can learn from cats. When I wake up my cat, what is the first thing he does? Yes, stretching, immediately. I can bring him food, other things, but first he is feeling his body, being his body.

Constantly, all your organs are keeping you alive. What is the most important? The heart. It always makes me laugh when I see people on TV singing the national anthem. The heart is not here, stupid! (showing the upper left of the thorax). The heart is here (middle of the thorax). Your heart never stops working to keep you alive, constantly.

Some people think the most important thing is breathing. Life is breathing. You breathe only when you get out of the womb of your mother. But, from conception, the heart starts beating. Many months before you breathe, the little heart, growing, tiny, keeps you alive.

The second important thing is breathing, because in the womb of the mother, you don't breathe. You spent many months without breathing – we cannot do it now. Some children, when they are angry, say, "I will stop breathing."

They can do it for a few seconds but, ah, you need to breathe. Breathing in is inhaling life, and the last thing you will do is breathing. And when you stop breathing, you die. It's very simple. But now you can almost be sure you will breathe for at least a few hours, maybe all day. Maybe, we never know; maybe a few weeks, maybe a few months, maybe a few years. What is important? The breathing is fantastic.



Is the breathing you had ten years ago, or next year, important? The only important breathing is now. Breathing is the most powerful tool to bring us to the now. But we can breathe unconsciously or consciously. Let's do it together. Okay? One, two, three: inhale... keep... and exhale. This is a very, very important meditation. Remember it when you are on your deathbed.

The most beautiful breathing is the first one when you come out of Mama. But we are not conscious then. But for the last one, you can be conscious and die peacefully. It's the gate to reach the eternal life planet.

And another one that Raelians are lucky to expect: the first breathing on the eternal life planet. Prepare yourself. You will wake up one day on the Elohim's planet and you will breathe for the first time. Imagine this moment. It's coming. I hope for everybody here. It depends on you, what you do with your life.

Why are we alive? Mechanically, our heart keeps us alive. Our breathing keeps us alive. But why be alive? Just to breathe?

To give love.

If you give love to everybody – to the people around you, to the people far away from you, to the people you don't know – you do it. I saw many photos of you doing "one minute for peace meditation". You sit in the street and meditate one minute for peace. Doing so, you are giving love to all humanity. Also, remember the other action I promoted: free hugs. Free hugs! You are in the street offering a hug to anybody. That's giving love. You walk all day, you meet people.

How to give love? No need to talk: with your eyes. Giving love can be actions, but it's also taking the time to look in the eyes of people, taking the time to feel other people alive, to forgive every mistake they can make, "I forgive you. I forgive you for all the mistakes you made and all the mistakes you will make." Love is with the past, the present, and the future.

Giving love, giving, giving. Receiving is pleasant. Giving love; every time you give, you become happier. When you receive, it's pleasant. When you give, it's pure happiness. Giving anything, or simply your eyes. And the eyes are connected to the mouth. Naturally, when you look at people, a smile comes. Naturally. Feel it. Smile to people. It changes their lives. It changes their whole lives.

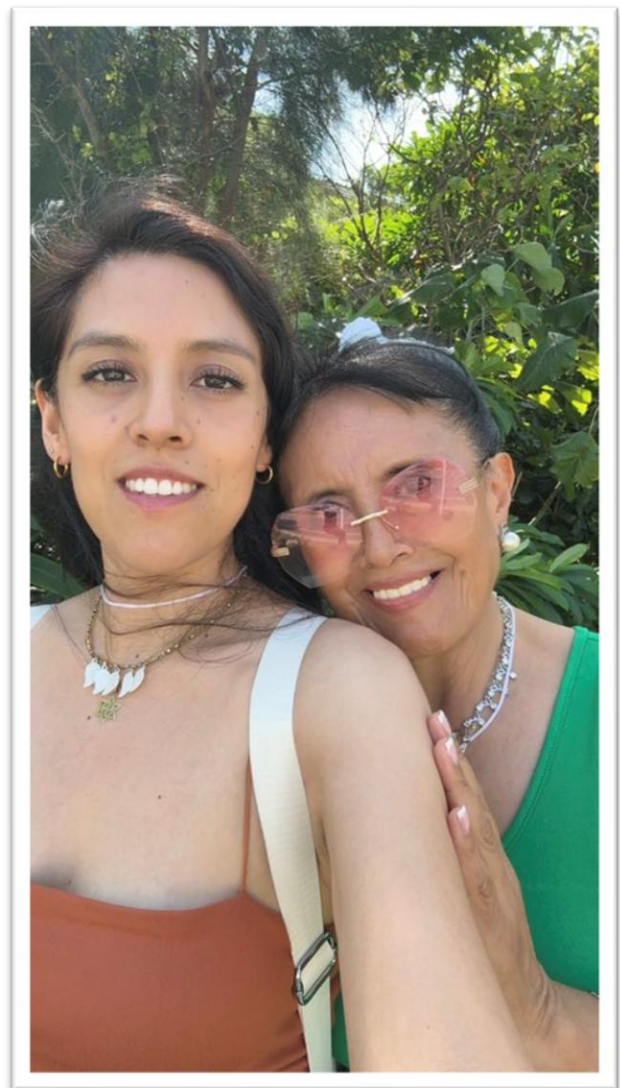
When I go shopping or to restaurants or anywhere, I often smile at people I don't know. Sometimes, especially in France, people are angry if you smile, and they say, "Why are you smiling at me?" That's amazing, right? They are threatened by a smile. It shows us how crazy our education and planet are. The question should be, "Why are you not smiling at me?" That should be the question when you meet somebody, "Why are you not smiling?" – "For no special reason." Since you have no reason to smile, you should smile! Without any reason. That's giving.

Give your smile. You love the Elohim? You look at the sky; maybe they are up, but we're not sure, they can be down, to the right, to the left, but we look up. And when you look up, smile. Send your smile to the Elohim, be thankful, and do it every time you wake up. Before opening your eyes, before getting out of bed, wake up and smile. To nobody! When you smile, you send a message of happiness to all your cells.

When you smile, every organ is in better health. We can measure it. You can measure the heartbeat, the blood pressure, the brainwaves. When you smile, everything becomes better. Your liver works better; your intestine works better; every organ. If you go to the toilet, smile; you will have no constipation, everything relaxes. In every action, your body works better.

Like a very famous French philosopher said, "I've decided to be happy because it's good for my health." Voltaire, I think, "I've decided to be happy because it's good for my health."

And it's scientifically proven. People who are not happy become more depressed. Their blood pressure goes wrong, heartbeats accelerate. Some people even create a heart attack. When you are happy, all your organs work better. Every organ! There are some stupid diets on the Internet to detox. There is an organ here named the liver. The only job of the liver is to detox. Naturally, constantly, the liver removes all toxins from the body. For all these fantastic creations, the Elohim gave us the key to be in good health: being happy. Happy for no reason.



Happy, naturally happy. It's very important. Every detail affects your health. Looking at negative movies, violent movies, affects your health. Look at beauty instead. When you sit in front of a TV, you don't decide what you see. Some people create images and you receive them. Better go in the forest. You choose where you look. Maybe

there is a shit on the way. You can look at it, or you can look at flowers. You choose. Nobody else chooses for you. But the education, the media, pushes you to look at the shit. And after, everybody is surprised to be depressed.

Fifty percent, half of the population, of the United States use antidepressant medication or sleeping pills. Fifty percent. Wow! We are born to be happy. We are not born to be depressed. You create it by where you direct your attention. If you don't see anything positive to look at, look in the mirror and smile to yourself. It's very important to have a good mental health and no depression. Don't look in the mirror saying, "Oh! I'm ugly! Oh!" You go down when you do that. Smile instead. Start your day with a smile you are absolutely sure to receive: yours! Many people don't do it. The first person you see in the morning is yourself. Laugh! I laugh in the mirror. I smile to myself. I don't expect other people to smile at me.

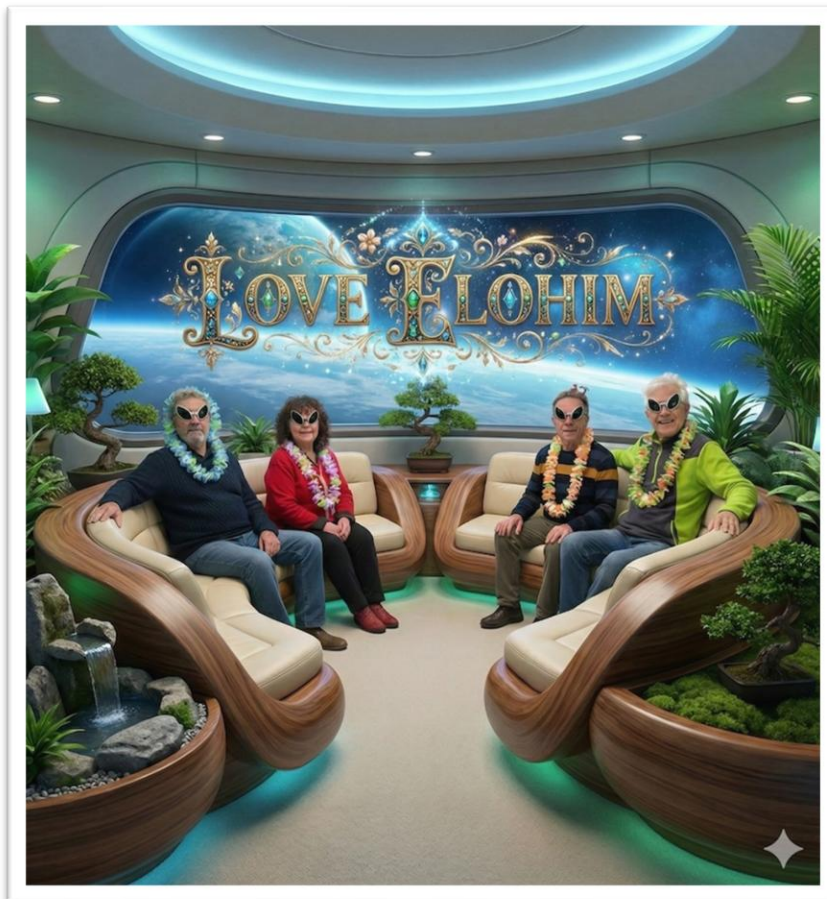
That's expectation. If you enter somewhere or meet somebody and you want to receive a smile, but the person is not happy, you feel frustration. The best smile, guaranteed 100%, is yours in the mirror.

Please remember that every morning. Train yourself to smile; not only with the mouth, but also with the eyes.

Look in your eyes. They are so beautiful. Did you notice the beauty of your eyes by yourself? Don't expect it to come from other people.

You should be in love with your eyes, and then happiness will stay in your life. In every important religion, prayers are singing. If you are not very good, it doesn't matter. Do you remember the most basic vibration, which is a prayer to the Elohim also? Humming. HmMMMM... No lyrics, just a vibration. (*The group around Maitreya hums together for a few minutes.*) Make all your life humming. And remember, when we say, "Elohim," what is the last sound? HmMMMM. It is part of it.

I love everybody here and am so happy to be with you.



# December 13, Celebrations of the first encounter around the world

## Europe

*France – Paris, Aix-en-Provence, Chambéry, Le Mans, Agen & Heer-sur-Meuse.*







*Germany – Freiburg*



*Switzerland – Berne*



## North America

USA – Las Vegas, Boston & Chicago...



*Canada – Quebec, Plessisville*



## Asia

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### *Korea*

In South Korea, there were 6 regions which had the celebration parties of 13th, Dec. Especially, a branch among them held the public conference for the message. Preparing it, Korean Raelians were able to feel value of our duty and love from Elohim. In the parties, Koreans had good time with meals which they made and shared together, and confirmed this moment was the most valuable gift from Elohim. And also, they had some time to make short videos for celebration of Raelmas. On that day, there were 2 new Raelians who got the transmission, including a university student. After that day, Korean guides and leaders shared information of their activities and encouraged each other to improve the activities for spreading message and finding new Raelians.



### *Japan – Kansai*



# Kama

*Ivory Coast – Toumodi*



## Abya Alya

*Ecuador – Quito*

