

Words of
Maitreya



from A to Z
42 years of awakening...

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Quotations from:

Intelligent Design

Sensual Meditation

The Maitreya

Geniocracy

Yes to human cloning

Contact xxx

Apocalypse xxx

Words of the Last of the Prophets

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Abnormal

Decide right now whether you have had enough of conforming! Choose to become extremely abnormal. Five and a half billion extremely normal people populate our planet. They have normal nuclear bombs; they have normal wars. They have normal borders, normal politicians and normal drugs. Then there are those who think that borders should be abolished; these are the abnormal. I am one of these abnormal and I think that if you are here among us today, it is because you also wish to be abnormal, and like me wish to spread love – but that is abnormal. Rael – The Maitreya – P88

To be Raelian means that we are willing to be abnormal. Rael – Contact 232

Anarchy

Natural Anarchy (the natural order when no power is in place) includes Paradism where work has been taken over by robots and computers. It also includes Geniocracy where the most intelligent people gather to guide and council Humanity without using any power. So the best path is to push forward all these ideas in parallel. A political party that proposes Paradism can be in favor of Anarchy and Geniocracy at the same time. To summarize, this party could be called the Paradist-Anarchist-Geniocratic party or any other combination of these 3 words. Rael - Contact 374

Let's hope that soon, thanks to you spreading this message, we can bring the Earth to a better level, with Geniocracy, Paradism and natural order due to anarchy, the same as the one in ants' colony. Rael - Contact 374

Right now, there are 20 wars going on in the world, right now! There is one child dying of starvation every 10 seconds. That is the world of democracy we are in now, and less than 1000 people in the world are altogether the owners of 90% of the wealth. That's democracy, that's the world we are in and that's why the Message of Elohim say we must replace that by Geniocracy, by Paradism, and the natural order which is called anarchy with no power no law no government but a world guided by a geniocratic council. Rael - Contact 374

But the natural order - the real order is in chaos. Look at the sky, look at the stars, nothing is straight, it is natural order. Look at the atoms and molecules, nothing is straight. Look at your face in the mirror, the right side and the left side are not the same. Is it a mistake? Not at all, there is no mistake. Some stupid girls have aesthetic surgery to make both sides the same, so stupid. This is the harmony of being alive, to be in the natural order. Rael - Contact 388

Art

You can also think of art as having no purpose, because it has no use. And yet it is what provides our environment with sensuality, refinement in our life, and pleasure just in contemplating it. Is not that what humans need the most? Rael – Apocalypse 138

Art is inspiration and the basis is pleasure. Rael – Contact 286

Our creators created with scientists and artists. If only scientists have done creation, it would be grey. Already artists on earth are using science for their creations. If Mozart could have a bird sing his creation, he would abandon his piano. To do living art, imagine... You could have an idea, then there is a cube and your idea materializes and here it is flying around if it is a bird... The Elohim are playing like children. A creator always wants to bring happiness. Rael – Contact 286

Art is at the heart of the Creation and every human being has a little bit of an artist in him, but we are not all Mozart. It does not mean that you should not practice if you are not a genius, as by practicing an art, it will give you the capacity to appreciate their genius more. All arts are important but one has been neglected. Arts touch every sense. Art for visual sense is one of the most developed, gastronomy one as well, perfumes also. Each sense has its art, but the touch. Massage is an art. Art is made to make people dream and elevate them. Massage art is quite complete as you combine music, odors and touch. Rael – Contact 286

Let us be “awakeners” and include massage as an art. Rael – Contact 286

Art is to make people dream and inspire. Rael – Contact 286

Awakening

Pleasure increases the potential of creativity, because it stimulates all our senses, and a creator must be linked to Infinity in order to have a harmonious masterpiece born. Rael – Intelligent Design – P258

Every individual contributes at every moment to the awakening or stifling of planetary consciousness. Do not be afraid of influencing others that is what we are here for. We should center our efforts at every moment, with every sentence so that what we say and our behaviour have a positive influence on the course of humanity's history. Rael - Sensual Notebook (only in French)

Awakening and blossoming develop in laughter. All those who say the opposite are false prophets, false Buddhas, and there are many of them. The first step in awakening is laughter, happiness. It would be stupid to reach a serious awakening, what would it be good

for? Fortunately, awakening and laughter come hand in hand. One needs to be happy in order to be awakened. Rael - Contact 385

Awakening and consciousness are the opposite of climbing a mountain by hanging on its rocks. You will reach nothing by hanging on the rocks. On the contrary, you must let go. It is when you abandon yourself into the infinite fall that you actually elevate yourself. It is a paradox, but this is what awakening is. If you lay down to meditate and your goal is to feel the effects of meditation, you will not feel anything. With awakening, if you want anything, you will get nothing. If you do not want anything, then you will get everything immediately, you will become the Buddha who is inside you. Rael - Contact 385

Brain

Love is what is missing most on earth. To love means the human brain is functioning correctly. A brain that is not emitting love is maladjusted brain. A brain that sows violence and hate is a brain with hormonal and electrochemical anomalies. That is why its consciousness diminishes and even disappears, because it can no longer feel love. Rael – The Maitreya – P12

Consciousness and love are one and the same thing. You can exercise your brain by thinking love, by imagining it, by sharing it around you. By exercising your brain to give love, you are training it to function better. Rael – The Maitreya – P13

You can work and be in a state of meditation, you can make love, go to the toilet; in fact, you can be in such a state all the time. We should not limit our lives like that. I am meditating right now, while at the same time speaking to you. Do many things at the same time. Get used to carrying one multiples tasks at the same time; it reinforces your brain. Rael – The Maitreya – P66

We should force ourselves to at least try it, because as long as we have not tasted it, we cannot say that we do not like it. We need to make our brain like a virgin, a clean slate without prejudices, to discover what is good in what we are given, whether we are talking about culture, ideas, people or foods. Rael - M – P67

Try to direct your mind so the questions you ask don't lead you to unconstructive answers. It is so important to elevate and discipline your brain. Rael – The Maitreya – P76

Choosing our thoughts should be a permanent exercise in sculpting our consciousness. We can call this mental hygiene. Our brain is like a garden. We build it, lay it out, cultivate it day after day, and we have to be careful of weeds growing through our own thoughts. Rael – The Maitreya – P77

We can descend to the level of dust, or we can rise to the level of light. IT all depends on how we use our brain. It depends on the questions we ask, how we sculpt our brain, just as

a smile sculpts our face. If we are always in a bad mood, our face becomes closed with vertical wrinkles, but if we laugh a lot, our face becomes open looking. Rael – The Maitreya – P78

The most beautiful Zen garden is inside our brain, and we can create a beautiful balance between outside and inside. Rael - Contact 353

To have a beautiful consciousness gardening inside your brain is love.. to have beautiful roses in a garden is discipline. Gardening in the garden and gardening in your brain is very similar. Rael – Contact 353

Imagination is the youth fountain of your brain. Not only can your brain be young forever but it can be younger and younger. You have to train your imagination and your memory constantly to keep young and younger. Train your brain, every second of your life! Rael – Contact 367

For two neurons to connect, they need to have the connection grow between them in the right direction. How does the connection find its way? Neurons have no eyes to guess in what direction they should reach the other one. It grows in the right direction because each neuron has a consciousness; each neuron is like an individual human being. Rael – Contact 367

The brain is the most powerful and the most dangerous tool. If we use it to think, it is not good, but if we use it to feel, then it is powerful.... When you think, you separate yourself from the universe. Rael - Contact 381

Celebration

We should also say "Happy New Year" today because everything started today on April 1st. This is a day of celebration. The word celebration is very important and it must be in your brain, constantly. Not only today, but all the time and if you really got the most essential part of the teachings, provided to you by the Guides and specially Brigitte and Daniel, the happiness, your happiness is a celebration. And there is no higher happiness than the celebration of the creation of the Elohim, of being alive, feeling infinity, feeling the beauty of plants, girls, boys, everything around you is a celebration. Do not look at things or beings, animals or humans around you, without having in mind this concept of celebration. Rael - Contact 380

Make every moment of your life, every second of your life, everything you do as a celebration of the greatness of the beauty of the Elohim's creation. Rael - Contact 380

So everything you do is a celebration. We must have this celebration constantly in our minds, with humility and power. Humility, because we are dust. We are this little dust, accumulated by the magic of the creation of the Elohim and at the same time it will go back

to dust. So every second is a celebration of being alive, before going back to dust and after having been dust. We are alive now and we can celebrate. Rael - Contact 380

Changement

We are alive for our present and future to become an explosion of joy. We are machines meant to dream and imagine beautiful and positive things. We have to influence others towards this happiness. We can change our future, by changing our present. We can change our past, according to the way we are read the past. I am what I decide to be and so, as I decide to accept my past, I build my present, and this will change my future. Rael – Words of the Last of the Prophets – P10

We are changing every instant. Each sentence that I pronounce modifies you; each moment of silence, each movement inside your body changes you; each movement that you make modifies you, every molecular and chemical rearrangement of your body changes you in the infinity of time and space. Be conscious of this movement that modifies you second by second. Rael – Words of the Last of the Prophets – P43

Do not waste your energy to convince others and do not accept that others wish to change you, because you are unique. I love this phrase and I repeat me often: “until today I fought to change the world; now I am fighting so that others don’t change me”. Rael – The Maitreya – P27

You, and I insist only you, possess the magic wand that has the privilege and the capability to act on yourself, because only you can change yourself. Rael – The Maitreya – P71

When I change myself, I change the world. There is violence on earth because I have violence in myself. There is jealousy on earth because I harbour jealousy in myself. The more I act with thoughtfulness and love, the more I act on others. Rael – The Maitreya – P73

Every invention that makes life easier for others on earth comes from people who decided to change their habits, and the status quo. Rael – The Maitreya – P87

You can make a difference. Do not ever think: “how can I change the future of Humanity, I am not important”. Yes, one person can change everything. Jesus changed things for centuries, Moses changed things for centuries, what I am will change Humanity for centuries. You must know that every thought you have, every day, can change things for centuries. With a few words you can change the world; just a sentence to someone depressed can change his mind, you can save a life. Be aware of the power you have, you change the Universe, you change the Earth, you change other people’s life, you change yourself with every thought, every word, every action. Rael – Contact 357

"Look carefully, this planet is a nightmare. We have the responsibility to change this planet. There is hope that we can do something that can change this nightmare in a wonderful dream. The message is a philosophical stone. We are the magicians of this planet. Each of us is magician. I am nothing without you. I am nothing more than dust. I receive the message and I give it to you. I'm not the most important person on this planet. I'm nothing without you. You are doing great things. You are the one changing humanity. You don't need to be a geneticist, a Dr. or a chemical Ph.D to change the world. By being proud of becoming Raelian, by wearing your medallion, by giving hope and talking about the message, you change this planet." Rael – Contact 366

So really focus on not only accepting the change but helping the change to be stronger. The first step is to realize that everything changes. The second step is to help yourself to be more different every day. "Not only do I accept that I am different now but I will also try to be more different tomorrow." Tomorrow? Why tomorrow? No. 10 minutes after. No! I minute after. No! I second after. I want to be more different every second. More intelligent, more shining, more full of love, and that is what the Message of Elohim brings us. Rael – Contact 370

Don't look at other people like people you already know, but as people who are able to change, who are forced, not able, who are forced by life to change by natural process, every second. Rael - Contact 381

Don't become fossils, change everything. Enjoy, change everything, be new always. Surprise everybody around you, don't stay the same. A new you everyday. Happy new you! Rael - Contact 384

Child

To raise a child is the most beautiful and difficult task for a human being. To really raise a child. In other words, to bring the child to a higher level. Isn't it surprising that we have to have a licence to drive a car and no licence to raise a child? And yet, it's more dangerous. Rael - The Message given by Extra-terrestrials (p227)

If a child is well brought up, he will learn that his happiness depends on his own love for himself, rather than on the love from other. Rael – Yes to human cloning – P40

It is important to bring a child to the world. It is a very important responsibility. Let's think about the kind of upbringing we want to give them, because this will determine the person they will become; we can turn them into a rose or a revolver. We reap what we sow. The choice of harmony or negativity is heavily determined by whether or not we've been raised with consciousness. Rael – Apocalypse 138

'If you have a child's brain, your brain is more efficient, open to every possibility. If you say "I cannot be a child anymore", you block your brain to so many possibilities. We are alive to

play, to enjoy, to have fun. Everything in you has been invented to have fun. Our creators were playing in their lab, never serious. When you are serious, your brain becomes old. You have to keep your Peter pan brain. We can change the world with our smiles, our play and fun.' Rael – Contact 349

A child is never serious but the education makes him serious. Be back to the little child in you, every second, be crazy. Rael – Contact 362

When you are afraid of a god, you can become very sick, when you are afraid to burn in hell all your life, wow, you become very sick. And they even teach that to children, that should be considered as a crime; teaching to little children 'be afraid of your god"! That's completely crazy. Children need to have a beautiful teaching of peace and harmony and love, no fear of a crazy god who wants to make them burn in hell. What kind of religion is that? Only the Raelian Religion teaches only love, peace, harmony, destroying the mysteries of a god which doesn't exist. Destroying the fear of reincarnation and karma, which doesn't exist. Just saying; 'enjoy your life, give love, give peace, have a high spirituality" without fear and guilt without god. Because god is the most dangerous myth put in the brain of human beings. Rael - Contact 373

Go to internet; search for "Human Rights Declaration" and read it, print it, give it to your friends, it's the best revolution tool. And ask your politicians and government, why they don't teach it in elementary school. In the American schools, they pledge to the government and every child sings "I love America". I'm sure that in Japan they sing "I love Japan", in Korea: "I love Korea", in France: "I love France", that's not important! "I love humanity, I love the human rights". They should replace the national pledge in elementary school, by teaching the human rights. And every child of the world, every morning, should sing and take a pledge to the human rights declaration, then no more politicians can manipulate them when they are adult. That's the only way to save humanity. Rael – Contact 373

People want to love a child, it's beautiful. But one can transfer this love; instead of loving 'my children', 'my baby', which is very selfish, one can love other people, humanity; if you start to consider humanity as your child, we don't need this narcissist experience which is to have a baby with the same face as us. Narcissist, 'I love myself so much I want to have a baby looking like me', that's very stupid. It's better to love other people, better to love other children, and then we won't have too many people on earth. What will happen, if we continue to do that? We will just disappear. Rael - Contact 375

Stop lying to your children about a Santa Claus which doesn't exist and wasting money to respect a tradition which is based on a lie. Don't make any Christmas gift! You have plenty of occasions to make gifts to people you love without doing it during this collective mass celebration of crazy consumerism promoted by governments, religion, and industries and which has absolutely no spiritual content. Instead, teach your children peace and love and make gifts to them if you wish to do so at another date. Rael - Contact 378

Real human beings are forever seven year old, laughing, kidding, smiling, making jokes, and having fun. Remember that, never be serious. Rael - Contact 379

Why not, again, act like when you were a child? Why not again, look at insects, with your child eyes, collect insects or ants, again. It's not forbidden! It's not because you became adult that you cannot do exactly the same thing you were doing when you were a child. If you do it, the same happiness will come back, so it's not too late to start. Do it, right now! Love the insects; they are living beings also, without giving them pain. Rael - Contact 381

Collaboration

But even if we don't have the neurons in our legs as an octopus, we have the same thing, because in all our body there is this collaboration. There's no competition, there is no competition between the brain and the foot, but collaboration. We are one. Rael - Contact 388

Compassion

Compassion means being humble for other, being able to feel the weight of their consciousness when one day they will understand that they harming us; it means forgiveness whatever they may have done. Rael – The Maitreya – P82

Feeling compassion means foreseeing the harm that the other person is doing do themselves when they harm us, and feeling sorry for them. It means being able to say, "You are making me suffer, but in return I will give you love. You must realise that you are harming me, you are wrong to harm me, but I forgive you".

The just path is compassion allied to humility (itself the basis of all behaviour).

Compassion and humility should be discrete. So discrete you can't see them. That is the only way they will act deeply on people's sensibilities and perhaps engender more generous behavior on them I say perhaps because wanting to change them would no longer count as compassion!. Rael – The Maitreya – P83

Compassion implies detachment from our basic instincts, detaching ourselves from selfishness, from the desire to always be right, from all that keeps us down, detaching from ourselves but also from other people's mistakes and from the harm that they might have done to us. That does not mean we should be party to hem harming us. One the contrary, we should resist such harm, while at the same time being detached from it, letting it go. That is how we arrive at compassion. Rael – The Maitreya – P83

Being compassionate to the suffering of other people is good, being compassionate and sending love to everybody around us is good, but we also need to have compassion for ourselves, because we are not perfect, we have many wrong things inside us, each of us, me too. But when you have compassion for yourself you start to love yourself, with all the wrong

things which are inside you, and then peace of mind comes. And only in silence you can feel that. Rael – Contact 373

Being in silence will help you develop more love and more compassion. Compassion for other people, but most importantly and nobody talks about that, compassion for yourself. Rael - Contact 373

Compassion is to think of the amount of suffering this man or this woman must have to be so bad, so disrespectful with you: "this person must be suffering so much, that I need to help". To be neutral is not enough. To say "I will not be affected, no problem", it's just controlling a bad emotion. Instead, it is better to enter a good positive emotion. Rael - Contact 374

And remember, first love yourself, really, even with the mistakes or the problems or the bad part of your personality. Even if you did in your past some terrible mistakes, love yourself because these mistakes are part of you and thanks to these mistakes you can do good things in the future. Even if you killed somebody in the past, love yourself, have compassion for yourself. Rael - Contact 378

We must have the biggest love and the biggest compassion for ourselves so that we can give to others after. Because people who don't love themselves and who don't have compassion for themselves cannot give love to others. Rael - Contact 378

Conformism

The promotion of differences is the only way to avoid a terrible bureaucratic normalization imposed by centralized governments trying to impose more control over the population. It starts with uniforms in schools, which should be forbidden worldwide because uniforms homogenize children, killing originality and creativity. Rael - Contact 373

Finally, and thankfully, the ugliest men's fashion in history is disappearing. This elimination is not only important for beauty, but also has deep implications in terms of conformism and conservatism, both of which are thankfully disappearing as well. Rael - Contact 373

So being a good Raelian is not being necessarily interested by sex, and also not being against it. It's just being really yourself without trying to conform to a social or fashionable model. Being Raelian is in fact much more about not conforming to any model and being really yourself without any guilt, than anything else. Rael - Contact 373

Consciousness

We are told that we should manage our emotions; however the word "manage" is not quite correct because it suggests that we allow the emotion to arise before treating it. There are

several ways to deal with an emotion as it arises. Let's take the case of an insult. You could replicate with another insult, which would probably end up in a fight. Alternatively, you could listen without wishing to reply, but since you are still feeling the negative, a tension will nevertheless arise in you. However, the ultimate would be to completely ignore the insult, it's just hot air, just a sound that the person is making with his mouth, a gurgling, blending in with the background. No one can physically enter into our brain to make us angry. Our own consciousness makes the master decision of what is beautiful and what deserves to penetrate into our brain. We alone are the ones making ourselves angry; there is no button that someone else presses to annoy us to make us sad. Rael – The Maitreya – P39

The only privilege in being alive is that we are conscious; and when we are conscious, we cannot avoid being amazed by our own consciousness and happy to be alive. Rael – The Maitreya – P41

Consciousness is a form of sensory intelligence; it requires feeling and experience. It is not abstract, nor does it come from hyperbolic intellectualisations. When replying to someone, it is all too easy to crush him or her with facts; what is more difficult to reply with understanding. Rael – The Maitreya – P62

I propose an exercise: from these moments that you are presently living, select one, as if you are picking it out of a box, and just live it consciously. Simply observe it and just feel it going by. There you are; you just gained one minute, because you were aware of its existence. Rael – The Maitreya – P69

Many people become depressed because most of their thoughts are negative. I mean that depression feeds depression and negative thoughts feed more negative thoughts, it is a vicious circle. Consecrate your consciousness like you would a diamond, by only selecting your best thoughts. You deserve the best. Rael – The Maitreya – P77

We have the capacity to be selective and act on our own glands; it is our consciousness that can do that, helped by meditation and the quality of our own internal dialogue. Rael – The Maitreya – P78

We cannot raise our consciousness without mentioning humility, which comes from the word "humus" meaning earth. It is the first, the greatest and most beautiful of human qualities. Rael – The Maitreya – P79

Thanks to our creators, we graduated from non-conscious to conscious. This is humility, and is something we should never forget: "Little man, remember that you are just dust". Bearing that in mind is the best antidote for avoiding selfish pride, pretentiousness and the wish to dominate others. Rael – The Maitreya – P79

Your body is a mere vehicle for consciousness, and just as we change vehicles when they wear out, we change bodies when they're damaged. This marvellous idea because prolonging the awakening process through Science allows us to demystify certain beliefs like

reincarnation, just like the Messages of the Elohim demystified the Bible. Reincarnation is based on true things, but these were misunderstood and assimilated into supernatural processes like the spirit, which separates from the body and continues to exist outside of us. This is impossible, of course! Rael – Apocalypse 132

We are climbing a mountain while dreaming of its summit but it is almost sad that the mountain has a summit; the one with a limited consciousness longs to see the summit. The one with an infinite consciousness rejoices to climb the infinite mountain. Rael – Apocalypse 360

When improving the level of consciousness of individuals, we improve the level of consciousness of mankind and we increase the chances of getting into the golden age. Rael - Sensual booklet 10

The state of being a Buddha and being happy is not forever. You need to constantly use the consciousness to feel, to be. You cannot be better but you can be worse. It's like climbing on a tree. You climb on the tree and there is wind. Life is a wind, and what is difficult is to stay at the top. You cannot go higher because when you reach the top of the tree, there is no higher branch, you cannot climb higher. But you have to use consciousness to stay at the top forever in the wind of life. Rael – Contact 379

We are just a vehicle, everything is passing through us very quickly, only one thing stays forever, our consciousness and it's most beautiful fruit which is love. Rael - Contact 388

Habit is not consciousness. Rael - Contact 389

This consciousness will grow like a Lotus flower forever. That's why eternal life is beautiful, because if we had a brain which would be forever the same, eternal life would be boring. Living 20,000 years with the same brain, that would be crazy. But we have the power to raise this consciousness forever. Rael - Contact 389

Constitution

As long as there are different nations, we will have wars, more and more deadly, maybe one day killing everybody on earth. The only way to save the world is a human race constitution, everywhere. Rael – Contact 373

Contact

Why do I go to the 11am contact?"

Come, meditate, think about the Elohim and be the spectator of yourself and not the spectator of Maitreya, if not it's just a show, and after you say "what's next?". It is not a

show. Being a spectator of yourself, being more, that's why the 11am contact is important. Rael - Contact 377

You know what the contact is about, it's about love. We never have enough love. There is never enough love on the earth. Never enough love in our consciousness. Never enough. Never. Even if you imagine the craziest possible love, it is still not enough. To have enough love, is impossible. Even if all the cells of your body are full of love, it's still not enough. What level of love would be enough? Infinity, and we can never reach infinity, but we can be in harmony with it. When we become, when we vibrate in harmony with infinite love, then we are close to have enough. Rael - Contact 384

The contact with the Elohim at 11am is a meditation, not an effort: "Elohim, mmm..." It's an opening, it brings happiness. When there is, even a little effort, it destroys meditation. Meditation comes when there is absolutely no effort. Rael - Contact 389

Contemplation

We can listen to music with our ears. Or we can behold it with our consciousness in a state of contemplation, and this way, it takes on another dimension. It then penetrates us through all the cells of our body; these are vibrations that travel, than can build us or damage us. That is why we need elevating music. They say, «Only speak if your words are more beautiful than silence». We could also say "Only listen to music if it is more beautiful than silence". Rael – The Maitreya – P49

Being in a state of contemplation means allowing the sounds to elevate us, allowing the colours to illuminate us, hearing our heart beating, allowing the silence to penetrate us. Rael – The Maitreya – P52

Contemplation is not just auditory or visual. Real contemplation is done using all our senses, either together or separately. Learn to contemplate on the faces of those around you, images, nature; that is what it means to be in harmony with everything around you. Contemplation complements correct observation. Rael – The Maitreya – P52

Silence is often the most beautiful and the richest of all teachings. Rael – Words of the Last of the Prophets – P36

Looking at something or nothing, just putting ourselves in a state of internal peace, putting ourselves in a state of happiness, happiness of being. That what contemplations is. Rael – Apocalypse 130

Even more our Prophet teaches us self contemplation, contemplating oneself contemplating "I take a step backwards and I contemplate myself being" he said. Rael – Apocalypse 130

Contemplation is the only path of salvation that leads to consciousness. Rael – Apocalypse 130

Cooperation

This world doesn't need competition, it needs help and cooperation. We are one." Rael - Contact 335

Cooperation is the future of humanity, everybody working for the good of everybody, without the most terrible poison of humanity: government, police and law. Rael - Contact 374

Couple

Being a closed-in-couple is the best way to kill the love that brings two people together. Rael – The Maitreya – P115

A couple is so much more beautiful that that – it's the wonderful closeness of two conscious individuals who know how to remain open to the exterior, and who love each other freely. Rael – The Maitreya – P115

To love means to give the other person the possibility of being even happier through our own presence, and if that does not make them happier, then we need to know how to leave without any shouting or incrimination. Rael – The Maitreya – P115

We are not there to reduce their happiness with subtle tricks, such as a marriage for example.....Two people who love each other, living together should be for the best. And if sometimes there are hurdles to surmount, then you can decide to enjoy surmounting them together, but in that case, it would be the free choice of each party. And whatever happens, make sure you separate during the "best" before the "worst" happens. Rael – The Maitreya – P116

The choice between positive and negative is constant in our lives but it is even more important at the time of separations, whether it is in our sex life, professional or spiritual life. We can lament the years that we have "lost" with someone or something that we suddenly describe as deceitful, lying, and do not correspond to what we really wanted, or we can thank him or her for the wonderful years we spent with the person and all that has been learned. Because we experienced that with our free will and it was our own choosing. When we tarnish the image of what we loved, we also dirty our own consciousness that made us decide freely to live with the choice. Rael - Contact 272

Crazy

If you are not crazy today, it will be too late tomorrow. Dead people always look serious with their dead face. Unfortunately many people alive have a dead face. The best way to tell me Happy Birthday is to smile and laugh. When I see you happy, I am happier. When the Elohim see you happy, they are happier, because they created you to be happy of being alive. Rael – Contact 361

Did you do something crazy today? It isn't too late. Did you jump? Here people never jump. Politicians don't jump. Please if you haven't done it today, does it now, do it because it is crazy to do it. Rael – Contact 362

Do at least three crazy things per day; jumping, giving a flower to someone you don't know, singing a song, anything...three, every day! And if you do that, you are sure you will never become crazy. Rael – Contact 362

The more you try to be crazy, the more wisdom you have. And the more serious you try to be, the more crazy you will really become. Rael - Contact 388

Courtesy

The common courtesy is the basis of non-violence. If the Japanese crime rate is so low, it is precisely because parents educate their children to be extremely polite and respectful, which forces young people to care for others. When you feel free to do whatever you like without meeting or being polite to others, it goes without saying that you are also free of the curse and the door is also open to be able to go so far as to attack them physically. Extreme politeness is the only way to reduce violence in our societies overcrowded. Rael – Contact 356

Dance

If you focus on making all your day like a beautiful dance, even when you walk, when you eat, you will elevate your consciousness and feel happier. It's loving yourself. If you just move like an animal... not even like an animal, like somebody who don't like himself, you cannot feel good. From the moment you wake up in the morning, don't live your day, dance your day. Open your eyes and say, "Today I will dance all the day." No need of music, you get up dancing, you go to the toilet dancing, you brush your teeth dancing, and so the all day long. And you will feel happiness growing inside you like crazy. Please do it, for yourself. Rael - Contact 390

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Everything is dancing in the universe. The Earth is not turning, it's dancing. We are living on a dancing planet, and sometimes she shakes her ass. That's what you call in Japan "earthquake". Like African, you know African, "Woowoooooh". You know, the Earth is shaking. It's a dance. Rael - Contact 390

Make everything a dance in your life. And when you meditate, you make your neurons dance, and that creates. Rael - Contact 390

Death

Death should not be an occasion for sad gatherings; on the contrary, it should be a time of joyful celebration, because it is the moment when the beloved one may perhaps reach the paradise of the eternal in the company of our creators, the Elohim. Rael – Intelligent Design – P191

Those of you, who remain after the death of a loved one, do not sad and lament. Try instead to give love to those you love while they are still living , because once they are dead, what makes you unhappy is the thought that perhaps you did not love them enough, and that now it is too late. Rael – Intelligent Design – P192

Death is not a very important thing, and we should not be afraid of it. It is just like falling asleep, except it is an endless sleep. Since we are a part of infinity, the matter of which we are made does not disappear. It continues to exist in the soil, or in plants, or even in animals, clearly losing all homogeneity and, therefore, all identity. Rael – Intelligent Design – P193

Everyone has the right to live, the right to love and the right to die. Everyone is the director of his or her own life and death. Death is nothing, but suffering is terrible, and everything must be done to eliminate it. Someone who is suffering too much has the right to commit suicide. Rael – Intelligent Design – P193

In the Messages, we are reminded: " No cause justifies the death of even one human being". Never deviate from this teaching, whatever happens, even if they claim it could save the world. We should never kill anybody, because if we can kill one, then we can kill one million. Rael – The Maitreya – P161

We never choose to be born, but we can choose to die. Rael – The Maitreya – P195

Fear is a negative emotion. Right now you can have an infinite number of fears. The more fearful you are, the more you build fearful connections. Are you afraid of dying? No need to be afraid of it, you will die. You must love it. It is in your genetic code. We will change it one

day but now it is inside of you. I'd love to be eternal on Earth but I know I will die and I love it. I feel the possibility to die tonight as a stimulation of happiness. It makes everything more intense. If you die in 15 minutes, have no fear, enjoy it, laugh and be happy. It is coming, every second... Fear of being sick... so many fears can make your life like hell. Rael – Contact 350

A happy death is prepared through a happy life. So, be happy every second of your life! For no reason, just because it feels good to feel good. Rael – Contact 362

Enjoy now, we are alive, we love each other, hold the hand beside you and feel it. The happiness of your life. The joy to be alive in a dangerous world but happy, even if we die. Let's die happy. Better die happy, than live with fear. Rael - Contact 376

Dependency

Society creates useless needs. It cons us into thinking that if we don't buy certain things we will be nobody, without any status or recognition in the social hierarchy. This is a form of modern day slavery where we are exploited by this political-economic system. This system that encourages a dependence on having and knowing, and prevents us from BEING. Rael – The Maitreya – P56

Dependency is not important. What's important is what we're dependent on. Anything that creates expectations makes up unhappy. Never have expectations. Dependency is bad only if it destroys us. It's good to be dependent on the happiness of living, love or meditation. Rael – Contact 290

Make love not war! And remember there is no such thing as sex addiction! But for sure there is "god addiction" and a lot of "godhoolics" always ready to make you feel guilty or abnormal if you enjoy sex and masturbation. These "godhoolics" are ready to support any war while limiting pleasure and orgasms as real judeo-christian talebans. Enjoy your next orgasm and remember it's the best way to meditate and feel connected to infinity whether it's with a partner or through masturbation. Rael – Contact 353

Depression

Most depressions are due to medical conditions. So, at first, fix the medical condition, fix the disease if there is one, because the number one reason for depression is a medical condition, and there are so many possible ones (malnutrition, parasites, MSG). These are the three main reasons. If you have no problem with good food, if you have no problem with parasites, if you have no problem with MSG, then, depression can be fixed with meditation and by avoiding stress that resulting from a strong emotion, positive or negative. Rael - Contact 384

So always follow the middle way, the Buddha teaching. Be afraid of a big down, and be afraid of a big high. Just be in the middle and happy, then you are not depressed. Rael - Contact 384

Desire

Everything we use today exists because someone questioned something at one time. You should also constantly question things, and in this way you can check whether what you are doing is truly what you want to do. Rael – The Maitreya – P87

Detachment

People are like trees. The trunk represents humility and the main branches detachment. That is the second great quality of a conscious human being.

Detachment means knowing how to keep one's distance from all the frustrations that can arise from human interactions during our lives.

Fanatical detachment is not good. Wanting to isolate one-self, to be detached from everything, even social links with others, is not constructive detachment! What is interesting is being able to live with other people, while at the same time keeping a level of detachment. I am among others, I live with them, I have attractions and I enjoy being with them. I like to be with some people more than others and yet, thanks to my tree trunk of humility, I always remain aware that I am to more than dust!

It is very difficult sport, but the exercise develops our consciousness.

For example, we can get attached to someone we find attractive and may wish to spend a lot of time with them even if they don't, and even if they find someone else more attractive. If we lose our humility, we could start to feel jealous.

But if we remember that we are just dust, glad to be conscious dust among other conscious bits of dust, happy to be able to interact with them, to communicate, to help them feel good, then jealousy disappears and we rejoice in the other person's happiness.

And when we want to dedicate our own lives to help other people's happiness, then we reach the second branch of the tree, representing the third quality: self-effacement, which means accepting not to be first.

Rael – The Maitreya – P81

Difference

The awakened person enriches himself through contact with the differences which constitute the personality of others. The closed minded person atrophies his brain by fighting these differences. And even as he dumbly insults them by using the same old clichés that, unknown to him, he was inculcated with; he would not be able to remove these differences. Rael – Sensual Meditation – P59

You have all been proud at some point in your life of being part of a group, be it ethnic or geographic, proud to be French or Japanese or Canadian, and then perhaps proud to be human. That's natural. It is part of everyone's personal evolution, but we must go beyond that and it takes time. Strive towards higher concepts. Abandon this separating form of love that is based on discrimination, between one village and another, one country and another, one planet and another, and aim for a universal love that includes everything. Go beyond racism. To erase it is to no longer see any differences, whether physical, behavioural or sexual. Don't limit yourselves. Say to yourselves: what I want to focus on is another consciousness that is communicating with my consciousness. Racism, lack of love, discrimination, they all limit us; they reduce our communication with other consciousness. And every time we limit ourselves, we miss out. Rael – The Maitreya – P19

Discipline

It is really important to focus on developing the self-discipline to avoid trying to justify oneself. Rael – The Maitreya – P95

The most beautiful form of discipline is when it is not imposed by force, but when it flows naturally from oneself, by itself, through conscious and voluntary choice. Rael – The Maitreya – P98

Some people do, but if we are aware, we can also choose to anticipate these risks and use our wisdom to self-impose a certain discipline for a healthier life-style. Our reward would be a better life. Rael – The Maitreya – P98

Discipline requires a certain effort to start with, and with regular training it will gradually become a reflex. We get used to it and it becomes natural and flowing. Though it might feel effortless one we integrate it into our daily habits, it is still discipline.... If our discipline is rigid, our thoughts are closed and prevent adaptation. But if our discipline is invisible, light and fluid, our thoughts will be supple, open and easily adaptable to all around us. Rael – M - 98

In fact it is very simple, the right type of self-discipline is one that allow us to be even more undisciplined. That is a good discipline; a bad discipline is one that does not allow indiscipline. Rael – The Maitreya – P100

If you take a decision and you don't follow it, it means you didn't really take the decision. To take a decision and stick to it, you need discipline. Rael – Contact 351

Do something every day for discipline; not something interesting. To train your discipline, you must choose to do something as boring as possible, but focus on it 100%. Rael – Contact 351

Many people forget to breathe. Breathing is boring; it is always the same thing, but it's very important. If you don't breathe enough, you develop headache. Breathe with discipline! Rael – Contact 351

If you train yourself to do simple things like you would do in a Zen garden then discipline is beautiful in the brain. Rael – Contact 351

Discovery

We should force ourselves to at least try it, because as long as we haven't tasted it, we can't say that we don't like it. We need to make our brain like a virgin, a clean slate without prejudices, to discover what is good in what we are given, whether we are talking about culture, ideas, people or food. Rael – The Maitreya – P67

Always act as if this was your first discovery of sunrise, the first time you admired a rose that opening its petals, or your first time in front of one you loved. Rael – Words of the Last of the Prophets – P7

Dna

Our DNA is coded for us to be happy. Happiness is written in our genetic make up. If you are not happy, you don't respect your DNA and the DNA says 'abort!'. Rael – Contact 362

The highest percentage of our DNA is encoded with love. A huge majority of our DNA code is love. That's why when we become love, we feel good, because all the DNA molecules in our cells do what they are made to do. Love is written in our DNA. Love is life. Without love, there is no life. Rael - Contact 384

Scientists have discovered that each of us have a different genetic code, which has a special wave length. In other words, each of you has like a radio emitting some radio waves which are personal to each of you. That's absolutely fantastic, and so simple. Rael - Contact 384

Dream

We are the fruit of a dream, the dream of the Elohim. We are a living dream. Therefore, be this dream! And the collective dream that we have, to welcome the Elohim, we are going to make it happen altogether. Being a dreamer is a compliment. The traditional spiritual guides analyze dreams. My mission is to help you realize yours. Rael – Contact 345

A dreamer makes others dream. A smiler makes others smile. Everything which is not socially necessary is important. Art and spirituality have no social use, but are extremely important. Poetry is supposed to be superfluous, there is no Minister of poetry or spirituality; there is no Minister of the future either, yet it is so important. Rael – Contact 360

It is important to take the time to dream. We Raelians have our heads full of dreams and we make the planet dream too. We propagate dreams while realizing concrete things, like the pleasure hospital. The pleasure hospital is not just a hospital; it brings dreams to many people. The same way, the Embassy that we will build brings dreams. Rael – Contact 360

Elohim

Humans have almost proved that they are worthy of being recognized by their creators as their equals. They lack onlya little love. Love for each other, and particularly for their creators. Raël – Intelligent Design – P71

To abandon oneself to the teachings of the Elohim, it is also an act of humility as one admits then that one's own brain may be wrong. Rael - Contact 319

Thank you Elohim for guiding our life with your Messages. They are a guide for every day of our life, for everything happening to us at every level. They are a guide for our sexual life, for our professional life and above all, for our philosophical life: a guide for happiness. Thank you Elohim. Rael – Contact 361

The Elohim love you and you can love them. We must not love them, but we can.... They are our Creators, they created everything on Earth and they say: "please, we are sorry, can you make an Embassy?"

So many people are telling their boyfriend or girlfriend "you have to give me something because I love you". The Elohim say "you don't have to do anything but if you want we will be happy; if you accept, we will be happy". That's real love. Imagine if we do this between ourselves, not only when we are in couples, but between friends...Rael – Contact 365

"Each one of you can be a Buddha. Who do you see in the mirror? You see Elohim. They created us in their image. They created us able to be better than them. You can be better than Elohim. But this is not enough. You must be better than Elohim!" Rael – Contact 366

Our creators are happy. And when we are happy, we make them happy also. Your happiness is the best gift to Elohim. Rael – Contact 369

When we are filled by the Message of Elohim, we don't need a boyfriend or a girlfriend, we don't need money, we don't need anything, we can be naked outside and be completely happy. Rael - Contact 373

The Message of Elohim is not only explaining that they came on earth and created life. The fantastic Message of the Elohim, gives us the tool to make this world like a paradise. As long as we don't do it, there will be more and more problems. Rael - Contact 374

Love is changing the society, so everybody has food, so everybody is safe, so nobody anymore is starving to death. That's our planet, our world, and to be Raelian is to change it, for a beautiful future. That's why the Elohim need you. The Elohim gave us a Message not only to explain where we come from, not only to explain why we are here, but to explain what beautiful heaven we can create with this planet, if we apply their teachings, which are : destroying all powers and governments, destroying money, and creating one unified planet. That's why the Elohim need you. Rael – Contact 374

There is no power on Elohim planet, nobody has power. The Elohim have elected people to be their leaders, geniuses and these geniuses guide everybody, like every guide does, like a Buddha, like a spiritual guide. I have no power over you, I don't want to have power, no Buddha wants to have power. I am just guiding you, showing the way. Rael - Contact 374

Welcoming the Elohim in the embassy will be the cherry on the cake, at the end, but it's not enough. We must welcome the Elohim every morning when we wake up on the earth. We shouldn't be thinking that we will welcome them only when the embassy is built. Every morning, welcome the Elohim, every minute of your life. Right now. Welcome the Elohim inside you right now, their energy, their love, their teachings, we must welcome them every second of our lives, and then we are not waiting for the joy of waiting to welcome the Elohim in the embassy the Elohim., but every minute, every second. Rael - Contact 375

The best action of humility is to recognize the Elohim, and stop thinking we are the leaders of the universe, accepting that some intelligence are higher than us, and welcoming them with humility and love and thankfulness, and then they will help us. Rael - Contact 375

Sending our love to Elohim, being ready to give our life for Elohim, this is saving humanity and it is the only way to do it. The problem of this planet is that everybody wants to stay in its little comfort and is not ready to do something big to save humanity. Rael - Contact 375

Men will need 50 years to fix the Fukushima problem; 50 years! In Chernobyl, they are still working to clean it, it is not clean yet. They say it will be cleaned in 2063! Such a long time and it happened 25 years ago! Fukushima just happened; it will take 50 years, maybe more to clean. That's a long time. But if we welcome the Elohim, in one minute it will be done.

That's the huge infinite power of Elohim, not one minute, just a few seconds. Rael - Contact 375

There is only one way out, welcoming the Elohim and asking them to clean our 'shit'. Because right now, you have thousands of scientists trying to clean the 'shit' in Fukushima and they cannot. They cannot before 3 months, they cannot before 6 months, they say they will start after 9 months, but in Chernobyl, 25 years after it is still not clean. They don't know how to do it, and some scientists say: "it will be cleaned in 2060". They don't know. Another scientist said this week "it will be cleaned after 20000 years". They don't know, they just have no clue. The only way to solve the problem is to build the embassy and to welcome the Elohim. If we do that, they will fix it in a few seconds. Do we prefer to die? Rael - Contact 375

We are getting closer and closer to terrible times. More and more wars, more and more problems like Fukushima and slowly the world will be upside down. Many more problems are coming and the world will be completely changed and that's when, suddenly, the Message of Elohim will be really welcomed by everybody.

Because suddenly the whole humanity will realize that the only hope for humanity is the Message of Elohim, to make the Embassy and welcome them. They are watching us and if we give them the opportunity to come in the embassy, then they will help us. Rael - Contact 375

All the oceans are poisoned, all the air becomes dangerous, everywhere in the world they are polluting and destroying the creation of Elohim, we have to be careful about every food we eat because there are poisons inside, we have to be very careful about everything we drink, because they put poison inside, so this beautiful planet where we can have a beautiful life, is becoming like hell. Not because of Elohim, because of us, because of the human beings, making hundreds of nuclear plants, putting poison in the ocean, in the air, everywhere and now it's too late, it's almost impossible to clean it, the only people who can help us are the Elohim. Rael - Contact 375

There is no need to go, but if you have pleasure, if it makes you happy and if it makes you stronger, it's better to come every Sunday. Because on this planet we are the Elohim team. Without us the Message is dead. We are the ambassadors - all of you not only me- of Elohim and this planet, more than ever, needs the Message of Elohim. Rael - Contact 375

There is an infinite number of Elohim creating life in an infinite universe, and when we reach a certain level of knowledge and wisdom, and we will one day become ourselves Elohim, then we will be part of a kind of internet of network of the infinite Elohim civilizations. Rael - Contact 375

Every bad step taken by humanity, every war, every genocide, every killing of many people every Fukushima brings us closer to the time when all humanity will say "please let's make the embassy to welcome Elohim, only them can save us". Because that's the truth now, only

Elohim can save humanity, without their help we are doomed, we are finished. Rael – Contact 375

We have more and more big problems on earth that will suddenly make people realize that if humanity wants to survive, we need their help. We need to welcome them for that, so do we want to welcome them? Rael – Contact 375

So here are two big revelations today...Revelation, to reveal, to announce. Two revelations.

First revelation: the Elohim don't continue to progress scientifically.

Second revelation: the Elohim don't travel in space anymore.

Because they know it is not necessary. When you reach a certain level of science, then you realize it is totally worthless to study and that what is important is to be happy. Happiness doesn't come from studying and research. Our science and knowledge will always be limited. But what is important in this limited knowledge is to be happy, to be, to feel, because happiness is infinite and immediate. It doesn't need research, it doesn't need studying. Rael – Contact 379

You are not single when you love the Elohim, they are your partners in life. They are much better than having a girlfriend or having friends. They guide you every day in your life. When you feel them, your life becomes a paradise. Rael - Contact 381

Many people say "I would like to see the Elohim". It is very easy, look at us, because they created us in their image. That's why I love you, I see the Elohim in your eyes. Rael - Contact 389

So it's very clear: there is no evolution, even if we see some kind of adaptations, Darwinism is 100 % wrong, and intelligent design is the only explanation to the origin of life. Trying to twist the messages by saying : " the Elohim created life on Earth but they didn't create life in the universe, so there may be evolution somewhere, is a total betrayal of the most important part of the Messages : Infinity ! Pretending that the Elohim are the fruit of any kind of evolution is denying infinity. The Elohim always existed and will exist forever even if they pass their knowledge to people they create "in their image throughout the universe just in case some cataclysmic event at a higher lever destroy their part of the universe. We must never forget that the Universe is infinite in space and time and that everything that exists has always existed and will always exist. Pretending that there is some kind of beginning is denying infinity and going back to a primitive vision of the universe. It's a betrayal of the Elohim's most important teaching. Rael - Contact 390

Why the Elohim want to come back? ...We don't need to question, thinking is bad. Love, between the Elohim and us, there is a love story, the most beautiful love story...For one second, stop thinking - I know it is difficult - and feel the love of the Elohim, feel it coming from everywhere, from the sky, from the earth, from inside yourself, from every cell of your body. Feel this love, it is everywhere. The air is full of love. Rael - Contact 391

You are the messengers of the Messenger. Feel it in every word you say about the Message. Don't be afraid spreading it, be proud with humility....Be proud of being a messenger of the Elohim, a messenger of infinity. Rael - Contact 393

"Don't think about the Elohim, feel them. You can feel them everywhere, they are in the trees, they are in your faces. Look in a mirror to see the Elohim. Some people want to go to the planet of the Elohim, but we are on the planet of the Elohim. Feel them. When you feel them, they can feel you." Rael - Contact 393

Embassy

Before welcoming the Elohim in the embassy, we must welcome them in our mind, in our hearts every day. Rael – Contact 375

Because the physical Embassy, the building we will make, is nothing compared to the Embassy which we build inside our heart. To build the Embassy physically one day, we must first build the Embassy inside ourselves, welcome the Elohim inside ourselves first. That's much more important than the actual building, and we are doing this right now. Rael - Contact 377

We need the embassy because we have borders. Rael - Contact 382

Enthusiasm

Enthusiasm means "carried by the Gods", "carried by the Elohim". Enthusiasm helps the development of consciousness, provided we are enthusiastic for good things, of course. Rael – Words of the Last of the Prophets – P8

Enthusiasm is the happiness of being alive, of understanding, of "being taken with ourselves". Consciousness must precede enthusiasm. Rael – Words of the Last of the Prophets – P8

I want to live, to be free, and to be enthusiastic every second of my life. I want to free myself from the ball and chain of education, which was latched onto my life since I was born. Rael – Words of the Last of the Prophets – P11

The culture of dreaming carries hopes, and fills our life with enthusiasm and the will to go beyond obstacles. It allows us to move mountains that seem impossible to move. Rael – Apocalypse 136

That's something I want you to be amazed about everyday. Be amazed of everything.....Be thankful for your life, for the privilege you have to live with all this comfort. Rael - Contact 389

Eternal

It is through a spirituality of connection that Man can truly appreciate the privilege of having achieved eternal life, thanks to science, and to enjoy it forever. That is the religion of our future. Even though it is just being born, we are seeing more and more people abandoning their medieval beliefs and converting to it. Rael – Yes to human cloning – P82

And I am within you as much as you are within me. Even if I disappear tomorrow, I will remain within you. This consciousness of Infinity that I have brought you will continue to live on inside of you and in turn you can transmit it to others. No matter whether I'm here or not, this right thought and attention given to consciousness does not depend on my presence because if you really are in consciousness, I will be present eternally within you since you will become eternal. I will also be present within your descendants as well because Infinity as well as the consciousness of Unity in Infinity (which is eternal and omnipresent) both go in all directions. This is what illuminates you and this is what makes you pieces of happy human beings. Rael – Contact 39

"Planet earth is a consciousness university to see who deserves eternal life. Why are we alive? Life is a filter. What is pure go through the filter. The dirty parts stay on the top and then back to the garbage and the soil. Those who go through the filter are pure people, people who give their life to the Elohim, developing consciousness, improving oneself. Rael – Contact 366

When you live each minute, like it is the last one, an eternal life is not enough, you want to live forever. But if you are very depressed, then one minute is too much, that's why many people kill themselves, they commit suicide. When you cannot bear even one more minute of life, then you kill yourself. But eternal life is the opposite; you are so happy right now that you want it to continue forever. So remember, your happiness is a key, the essential key for eternal life, and it's very good, it's full of love from the Elohim, they will give you eternity only if you are happy. Rael - Contact 379

Excuses

Excuses attempt only to put the blame on external causes, they are words we use to justify ourselves because we lacked awareness at a moment in time when we were not sufficiently vigilant. Some invoke change to explain their problems, but chance does not exist, and claiming it does is just another excuse. Rael – The Maitreya – P92

Don't seek any excuse when some such thing happens to us. Whatever event affects us, we are always responsible for what happens to us. Rael – The Maitreya – P92

This is essential and is the basis of our daily self-development; let us concentrate purely on giving up justifying ourselves and stop finding excuses. Rael – The Maitreya – P94

Looking for excuses wastes precious time in achieving our objective. We can evaluate them to ourselves, but purely with the purpose of improving. Rael – M –P94

It is impossible to change or develop awareness as long as we continue to use excuses and justifications. Rael – The Maitreya – P96

Extraordinary

Develop the desire to love those you don't know, discard this barrier blocking us from the wonderful opportunities of meeting such extraordinary people. Cut our basic hate. Explore outside your own culture. Look around, and each time you wish to hate, take a step back; you will see love. That's what love is all about, communicating; Not making love, but being love; loving strangers more than neighbours, loving them as we love ourselves. Rael – The Maitreya – P19

What you must understand is that you are all exceptional and that it is not because someone is exceptional that he does not fall. But it is because someone is exceptional that he gets back up. To be exceptional does not mean to not fall and fall again and again. To be exceptional is to always get back up. To be exceptional is also, when we see people falling, to offer them a hand, to offer them your hand always, 10 times, 100 times; to always say that the new being that is in you is capable of getting back up and our strength is equal to the strength of our weakest elements. Rael – Contact 341

Wisdom is to find in ordinary things, things you do everyday, what is extraordinary. Not doing extraordinary things but doing ordinary things and finding in ordinary things something extraordinary. Rael – Contact 370

If you wait for extraordinary things to happen to you, it may never happen and then you are never happy. Extraordinary things happen very exceptionally, but ordinary things happen everyday. Cleaning your house, going to your work, washing your dishes, walking in the street, so many little things you do everyday. If you look very carefully, in every little thing you do, you can find something extraordinary. Rael – Contact 370

Fasting

Do fast one day a week. Rael - Contact 383

Femininity

Little boys are very sensitive, they can have strong emotions and cry looking at a beautiful thing but they are told that a boy cannot cry. So, they try to conform to standard models that are completely wrong. A boy must be like this and a girl must be like that. In reality, a human being is male and female at the same time. We have both characteristics, but among them, the feminine ones are the most important as men are more handicapped in their education than women. Women are naturally inclined to be feminine, delicate, refined, and respectful of life and have a higher sensitivity. Our creators, the Elohim, are extremely feminine, delicate, and respectful, they laugh all the time, they are, they move in a very feminine way. They are refinement. They are beauty, and this is what is important. Rael – Contact 264

Feminists have copied male shortcomings. It's as if a genius like Einstein, under the pretense of equality, should lower himself to the fools' level. Rael – Contact 302

If femininity is a remedy for mankind and is the way to prevent its destruction, then to develop it becomes a necessity and the responsibility of each human being, regardless of his or her gender. Rael – Contact 302

Flock

In fact, it is only possible to gather these intelligent people, the most beautiful consciousness of humanity, the only ones we are interested in, by being different and hated by the majority who, as Brassens used to say : « don't like others to follow a path different from theirs ». If the majority joined us, the Movement would no longer be interesting and to prevent this from happening, I will always do everything to keep our values sufficiently revolutionary, ahead of their time, and therefore disturbing, in one word, prophetic and Messianic, so that we remain a conscious minority and so that we are rejected by this imbecile majority, which is a sign of mental health. Rael – Contact 358

Because only a minority can be conscious, as for the majority, it is always a bleating flock that one must be wary of like the pest and stay away from if one wants to remain oneself and preserve one's brain functioning at the top of its possibilities. Rael – Contact 358

In all the countries where we have not managed to be hated from the flock yet, like in the USA or in Asia among others, I do everything I can through press releases, so that the media publishes my disturbing viewpoints on all sorts of topics so that the flock may hate us there too and so that all the brilliant beings who don't like the flock may join us. Because we are consciousness seekers and not flock converters. Rael – Contact 358

Forgive

We must love our enemies, only have love for them, and thank them for helping us. Do not fight against them; it is a waste of energy. We are here to be in the positive. Our Messages are here to save the planet. We have so much love that we want to save everyone, even those who hate us, those who are mean. "Forgive them, for they don't know what they are doing." Rael - Contact 275

But the more people hate you, the closer you are to reach a level closer to the light. Those, who don't see the light hate those who elevate themselves as they make them realize their inability to see what you see. This is why they hate you. Forgive them; they don't feel what you feel. Forgive them; they don't understand what you understand. Forgive them. And this is why we cannot hate them but they hate us automatically as they don't understand what we understand, they don't feel what we feel and they don't see what we see. Rael – Contact 331

Forgive them, they don't know what they do. Forgive them, they don't know who they are. I am full of forgiveness and compassion for these people. However think about all this and you will feel so well instead of winging on the fact that you are alone in your town and that you don't find any other disciple. Rael - Contact 331

Look at yourself with the capacity to love your flaws, to love all of your past, all the mistakes you made, applying 'forgive them for they don't know what they are doing', which in that case becomes 'forgive me, I didn't know what I was doing'. Forgive me, myself, because I didn't know what I was doing, I wasn't conscious, I wasn't loving and this is why I had people suffer. Look at yourself with compassion and love, take yourself by the hand and talk to you – I do it myself – do it, even if you are afraid of being taken for a 'nut' because you are talking to yourself, just tell yourself 'stop it!' No one is perfect, not a Guide, nor Me or the Elohim. Rael – Contact 333

Give love to those who hate us. It is the most beautiful thing and I will never say it to you enough. To give love to those who judge us, to those who look at us and say 'the cult'. Those are the ones we need to love even more because 'forgive them they do not know what they are doing'. If they knew, they would not behave this way. To give love to those who love us is easy, but to give love to those who hate us is our reason to be on this planet. It is the most beautiful part of the mission that the Elohim gave us. Rael – Contact 341

Those who hate us genuinely believe that we are dangerous and harmful! That is why we must always remember Jesus' words: "Forgive them, for they do not know what they are doing" and "Love your enemies." Rael – Contact 345

Four plans

It is fundamental to evaluate everything according to the four plans, the Infinite, the Elohim, the Society and the Individual. It is very important as when one plan is neglected, it leads to a mistake. When a plan dominates as well.... As soon as a plan is eliminated, there is a problem. The 4 plans have the same level. The harmony is reached when all notes are at the same level. Rael – Contact 286

Freedom

I would like to hear you say: "I can do anything" and not "I can't, I am not capable, it is too hard". Yes! You can if you so wish. And yet you are not obliged to do anything, no one here is forced to do anything; you are all free to surpass your own limitations at your own pace, whenever you wish. Rael – The Maitreya – P72

The freedom guaranteed by the Declaration of Human Rights includes the right to be atheistic, without which there is no religious freedom. The rest belongs to our liberty, our liberty to think what we want, to be what we want to be, to believe in whomever and in whatever we want, to create and discover everything that science creates for us to be happier. Rael – Words of the Last of the Prophets – P17

Freedom of belief is important. You can believe in Santa Claus and I will respect your decision. It is your freedom. But if you try to impose your belief on me, I will say, "No thanks." Rael – Contact 363

If you feel something for the Elohim, if you sincerely want to welcome them in your heart, if you want to help their Messenger and do what life is meant for: give and love instead of take and hate, you have to choose. Only you can choose.This freedom is the most beautiful gift of the Elohim, this freedom to have the possibility to serve and love or not. Rael - Contact 381

Free will

Sometimes I wonder whether I am a little robot as I have been made to accomplish this mission. In any case, I enjoy being a messenger robot. But you decided to be Raelian. In a sense, you are more Raelian than me. I have been programmed to accept and to not quit despite the terrible events I have to go through. If I were normal, I would have quit long ago. So, enjoy your freewill. You are here because you decided to be here. You may leave this room or the Movement at any time and it is so fantastic. Rael – Contact 357

Free will can lead us to bad things sometimes. One of the best parts of our teachings says: 'when you are not sure, read the message and apply what it says, then you will not make a mistake.' Rael – Contact 357

If you believe you are intelligent and you are extremely sure of something, there are now chances to do mistakes. When you are not sure, you don't do mistakes, but we do our biggest mistakes when we are sure of being right. So, when you are sure, be very careful. If you doubt, then you check, you read the message, you remind yourself that you want to live your life in the respect of the Elohim and that the most beautiful guidance in your life because you are not programmed, you have your free will, you can choose to follow your consciousness, check the message to know what is best and together we can make a big difference. Rael – Contact 357

Friend

Love is to love our enemies more than our friends. Rael – The Maitreya – P17

Friends, a beautiful word. Who is your friend? Are your friends really your friends? Do you have friends not expecting anything from you? Chances are very slim to have many friends like that. It is possible if you select your friends and I know you do it more and more. If you win at the lottery tomorrow, you will have lots of 'friends'. I know that, when the Elohim come, I will have lots of friends saying that they believed in me from the first day: 'in 1965 I already believed you' ;-) I know this is coming. Rael – Contact 365

When you lose everything, your girlfriend or boyfriend, your job, your house, lots of the people you knew are suddenly very busy. I hope you have many friends who would say 'come over, I am here to help you' when you tell them that you are homeless. Do you have friends like that? Yes, you do, you have the Elohim. Rael – Contact 365

You have friends, real friends, people who love you with your mistakes, your failure, but who try to guide you with the Message so that there are no more mistakes, no more failures. They look at you like you look at a baby, saying "you can do it". That's the love of the Elohim for us. Rael – Contact 365

Fusion

Fusion is bringing together things, fusion is love. But nuclear fission, which is breaking, is wrong. Nuclear fission brings unbalance in the universe. Nuclear fission creates atomic bombs and Fukushima, and that's terrible. So the future is in fusion. Fusion at the nuclear level and fusion at the human level, by becoming one, by becoming close to each other without any border, without any separation. Because we are one. That was the teaching of Buddha a long time ago. I am you, you are me, Elohim are us and we are them, we are one, that's fusion. Another word is love. So please, feel as close as possible with each other, and

give love to everybody, to create this worldwide fusion, which is the only way to have peace and a beautiful future on earth. Our choice is very simple now : love or destruction. Rael - Contact 384

Geniocracy

The only system of government that is worthwhile is Geniocracy applying humanitarianism. Capitalism is wrong because it enslaves people to money, benefiting a few on the backs of others. Communism is also wrong, since it place greater importance on equality than on liberty. There must be equality among people at the beginning, at birth but not afterward. Rael – Intelligent Design – P196

Though we don't know how to measure the global capacity of the brain, the Elohim do and so can measure who on their planet is most apt to work as foot cells or other organs, to return to the analogy used earlier. But there, it is the brain that decides, not the feet. That is Geniocracy as applied by the Elohim. Geniocracy allows those who are more intelligent to make the rest of the people happy. Rael – The Maitreya – P226

Geniocracy, yes, it's good, to have a group of geniuses, intelligent people together, thinking about what kind of future humanity can have, and giving ideas and people accept it or not, but no power. Because power destroys freedom, creates violence, creates poverty, creates hunger. Rael - Contact 374

Give

The person really giving the gift is not the one offering it, but the one willing to receive it. The best way to give is discretely, so that no one notices. That is the real gift of "being" rather than a gift of "having". Rael – The Maitreya – P11

The one who loves the most is the one who gives the most, who is always trying to bring happiness to others. An by the same token, is also the person who benefits the most since contrary to money where the more we give the less we have, with love, it is the opposite, the more we give, the more we have. If we hold back our love, we lose it, it diminishes, it atrophies and fades, but if we give it, it multiplies and as if by magic, we receive more and more. Rael – The Maitreya – P12

When we are expecting something from someone, it is trade. When we love we want to give without expecting anything. If we receive, it is wonderful, but that is not the goal. The goal is to give and to give more and to spend our life giving love. Rael – Contact 341

When we are alone and that we tell ourselves at the end of the day: 'I gave love all day and tomorrow I will wake up saying today I will give love to those who need it the most which is

those who critic and those who despise me' then you feel well; and you really ARE. It is easy. It is just a matter of deciding. Rael – Contact 341

If somebody insults me, I can say "no, I will not enter into any negative emotion" or I can say "poor man, he's insulting me, he must be feeling so bad, maybe he is sick, maybe he has a bad job, maybe a bad wife, what a pity", and then you try honestly to help him, not only by accepting the garbage, but by telling "give me more please, you have more anger, please give it to me, I want to make you feel better" and that becomes love. Rael- Contact 374

Giving love is not only receiving the shit of other people but helping them give us their shit. If they are full of shit, full of bad emotion and they give you a little, ask them "give me more, I have love and compassion so I want to help you, you give me a little shit, I want a big one". "Please don't be constipated with your emotion, give it all, because I love you and I want to help every human being". And then people slowly give more, and then after they will feel better. Most of the time, they will apologize, because they will realize how bad they have been. Rael – Contact 374

That's our goal, to give love, to give angry people the possibility to give us more anger. To give angry people the possibility to insult people, to insult us more. If somebody tells me "you are a stupid foreigner, you are stupid" I will say "please give me more!" I know I'm not stupid. So why should it affect me?

"I'm sorry to be stupid, I'm very sorry." After that, people will feel better, but it doesn't change my level of stupidity or intelligence. If I'm intelligent, I will be forever, and if I'm stupid, this guy is helping me by telling me the truth. In anyway it's good, so don't be angry, accept the people and ask them more. Rael – Contact 374

When you give, sincerely, with your heart, with the best of yourself, you don't expect thank you. If everybody does that on Earth, we create heaven on Earth. That's the life on the Eternal life planet of the Elohim, everybody gives, nobody says thank you. You receive love, give love, love is circulating everywhere, in a world where everybody is thinking only to give, and nobody is thinking to receive. Rael - Contact 381

To become billionaire with money, you need to have and take more and have more. To become billionaire in power, you also need to have more and more power and take more. And it's very difficult for both. But to become billionaire in Love, you can do it immediately, immediately, doesn't need time, no school, no university, no bank account, no credit card, immediately, by becoming love. Not by taking, but by giving, the more you give love, the more billionaire of love you are. Rael - Contact 382

When you wake up, you have to choose between right and wrong. Will I use this day to give love or to take? If you use every day to take, there is no love. Wake up and say: "I will devote my entire day to giving love". That's a question you have to address every morning. If you ask it every morning, it will be every week, every month, and year after year and you can die peacefully having given love all your life. Rael - Contact 388

God

To live a god-driven life is dangerous. You are responsible for what you do, for what you say and for the love you give. You need to develop a brain full of muscles and train it asking yourself "What is right? What is wrong?" That's what we have been created for. The Elohim are telling us: "Don't do anything that goes against your consciousness". If you live a god-driven life, you surrender the power to decide what is good and what is bad. Every human being who surrenders its power of choice is sick. You are sick if you are not using your consciousness. Rael – Contact 309

Teaching to little children "be afraid of your god"! That's completely crazy. Children need to have a beautiful teaching of peace and harmony and love, no fear of a crazy god who wants to make them burn in hell. What kind of religion is that? Only the Raelian Religion teaches only love, peace, harmony, destroying the mysteries of a god which doesn't exist. Destroying the fear of reincarnation and karma, which doesn't exist? Just saying; "enjoy your life, give love, give peace, have a high spirituality" without fear and guilt without god. Rael – Contact 373

Because god is the most dangerous myth put in the brain of human beings. It killed so many people and continues to kill so many people because of religious wars, and torture, and that's so terrible. The most terrible thing happening to humanity was the invention by men of the myth of god. It is the most dangerous and most devastating in the history of humanity. And only now, thanks to the teachings of Elohim, we can, and we are, and we will totally destroy the mystery of god on earth. Rael – Contact 373

The Elohim are here to show us the way to a higher spirituality, a higher feeling of infinity, a higher level of happiness, of oneness, make us feel it. But people who suddenly pray Elohim every day instead of praying God, they understand nothing. Rael - Contact 388

We love the beautiful part of every religion but we are a little bit closer to Buddhism, because Buddhism is an atheist philosophy; there is no god that is a very important part of the Message of the Elohim. We must repeat it loudly everywhere. There is no god, Elohim don't believe in god and this is the most advanced spirituality on earth, because a high spirituality doesn't require a god. Rael - Contact 388

Good - Evil

Evil is necessary for Good to express itself, and evil exists because Good is necessary: but Good must win out in the end. Good is consciousness, Evil is extremism, fanaticism and unconsciousness; it doesn't control. When Good triumphs, it has manipulated Evil, to make it Good. If Evil triumphs, it has manipulated Good to make it Evil. The forces of Good cannot remain inactive when the forces of Evil are acting. There is always a beginning to evil. That is why nothing must be overlooked, even the smallest things. Not to Good is almost as

serious as doing Evil. Good must love Evil. Evil says, "We have to hate everybody"; Good says "let's love our enemies". Rael – Words of the Last of the Prophets – P22

Governments

If you read the Universal Declaration of Human Rights, what does it say? "Every human being has the right to live freely in his country, and to go freely to another country and come back freely".

That's in the Human Rights Declaration, but nobody respects it. Every country has to stamp passport with visa and they can refuse you. So this is very important to understand that the governments of the world don't respect the Human Rights, which say that you must be able to travel freely and come back in your country. There is no need for passport, that's a part of the world revolution. Rael - Contact 373

There is no reason to have a border on a map separating countries, because humanity is one. But governments want to keep the power, they want to keep the money, and so they need borders, because if there is no border, 99% of the politicians become useless. If there is a world government - right now you have 180 countries on earth - 180 finance ministers, 180 military ministers, 180 of every minister. Even the smallest country has ministers. This is so stupid. You need only one government, taking care of the whole world. Rael - Contact 373

Go to internet; search for "Human Rights Declaration" and read it, print it, give it to your friends, it's the best revolution tool. And ask your politicians and government, why they don't teach it in elementary school. Rael - Contact 373

More and more people want to overthrow governments, to destroy them, because governments are not helping people to be happy! They are not giving hope. They are talking about money, powers, military, that's 'shit'! People are tired of it. Rael – Contact 373

Everybody in the world is tired of the powers and the governments whose only motivation is power and money. Every time these politicians talk, they talk about GNP, economic power, they never talk about happiness. Economic growth, GNP, economic balance, trade balance, do you care about that?

You don't care at all about that! You want to have happiness, you want to have meaning in your life, no politicians talk about that, not one. That's why everybody in the world wants a revolution, to get rid of these stupid governments, not only in Arabic countries but everywhere. Rael – Contact 373

When love becomes the law, we don't need government. We don't need police, we don't need law. When everybody works for the good of everybody, then we'll see. Rael - Contact 374

Some people have the power and the money and they want more. They want everybody else to be slaves, to work, pay taxes, obey, no freedom, that's what they want, but for them freedom, money, power, everything they want and corruption. And this is true everywhere. So the real revolution to come is a revolution that is not changing the government but destroying any form of government. In a future humanity, we don't need any government. Rael - Contact 374

There will be more wars, more people dying, it's bad, it's not something good but it's normal, as long as the world doesn't adopt a new system: Geniocracy and Paradism, no more money, no more government, no more powers, no more law, but natural law of love where everybody loves each other. Rael - Contact 374

Happiness

Happiness is a decision. It does not come from elsewhere, from the sky, from the messages. It only comes from you. It is a decision. If you decide to be unhappy, you will be unhappy. If you decide to be happy you will be happy. The fool says "when I will be happy I will smile", the wise says "I will smile to be happy" Smile if you want to be happy. Rael – Contact 341

Happiness is a choice. On a happiness scale from 0 to 100, you can only be 100 because it is a decision. When you decide to be happy, you put your neurones in a happiness quest. When you wake up, you send blood in your left frontal lobe and you start laughing. The day will then become a great laughter explosion while you rejoice from simple things. Rael – Contact 360

Happiness is a long training, every day, every second. How can you train? First, smile! Smile before opening your eyes, then in every little task that follows during the day. Train yourself! The most dangerous thing in your life is the serious people! We are surrounded by them, policemen, journalists, TV news anchors, they all are very serious. Watching sumo on TV should be fun but the journalists making the comments are so serious! Being bombarded by these serious people every day, one risks to become like them. A child is never serious but the education makes him serious. Be back to the little child in you, every second, be crazy. Rael – Contact 362

Happiness comes from inside, not from money, boyfriends or girlfriends. Money will disappear one day, your boyfriend or girlfriend may say bye bye one day, but your happiness inside will never leave you, no one can remove it! Rael – Contact 362

Happiness is in the little things of everyday. Rael – Contact 370

Your happiness not only influences other people, but it also influences the trees, the butterflies, everything around you. The plants, the trees, are happy to feel your happiness. The grass is alive, it feels your happiness. Everything, the universe, the infinity feels your

happiness. And if you are happy, you also feel the happiness of the trees, the happiness of the grass, the happiness of the butterflies, the happiness of the universe. Rael - Contact 380

Smiling, touching, seeing, smelling, you have them and nobody can remove them from you. You can suddenly be in a jail, in prison, you still have these treasures, nobody can take it away from you, so enjoy it. This is the secret of happiness. Rael - Contact 389

Happiness is a discipline...You need the discipline of deciding to be happy every minute, every second, the discipline to select your thoughts at all time, because you react...Rael - Contact 391

Happy

Don't waste even a moment to be happy, because if you put off your happiness for tomorrow... maybe there will be no tomorrow! Rael – The Maitreya – P21

Be happy for no reason at all. Stop making your happiness depend on something outside of yourself. Be the magician of your own happiness. You have your own hat and magic wand. Your dreams are all in the hat; you knew what they were when you were a child. If you have lost them, find them again. Rael – The Maitreya – P25

Those who are happy on Earth it is because they gave a meaning to their life , because they realized that a human being is not just an accumulation of cells, it has a spiritual life inside, something that connects us to the infinite that composes us and that we are.

Being an oak or a reed professionally is not important. Being an oak philosophically is the only goal. A financial oak needs the whistling of reeds to flourish. Anything that can be bought takes us away from happiness.

Happiness is not a right, it has to be cultivated, by replacing, above all, the culture of "having" with the culture of "being." Rael - Sensual booklet n°6 (only in French)

Normal people need a reason to smile and be happy. I want you all abnormal, laughing and smiling without a reason, giving happiness to others through your laughter and smiles, happy that your happiness gives happiness to others. The smile of a person who smiles because of you is important. This is our goal: to make a planet happy. And the objective of the Maitreya is to transform all of you into laughing Buddhas to make this planet happy. Rael – Contact 360

Don't say I am too busy, I have to work, I will laugh tomorrow because maybe today you will die and it will be too late to be happy. If you are happy today and you work tomorrow, then you give yourself a chance to both be happy and work tomorrow at the same time! Happiness must be the motor of your life! Rael – Contact 362

What is important in life is 1- to be happy 2- to be happy 3- to be happy 4..... :-) Rael – Contact 364

The people who are mean, angry, insulting, are not bad, there is no bad people, they are just suffering. They are just not happy; they are just depressed, desperate. They have so much garbage inside themselves; they need somebody to throw it at. Rael - Contact 374

Look at the other people with love. Don't care about if they are intelligent or not, care about whether they are happy. Am I happy to see this human being in front of me? Is he or she intelligent ? I don't care. Warm, love, one feeling of human being in front of me. I don't care if they are a doctor or a scientist, I don't care. Each human being who is full of love, who is a Buddha, is much more important than the best scientists of the world. Yahweh, the leader of the Elohim, created life on earth, to create happiness. Rael - Contact 379

The Elohim created life on earth to create happy people. When we are depressed or sad, we betray the Elohim. So be happy not only for you but for other people around you and for the Elohim. Rael - Contact 380

Being happy just for you is a little bit selfish. But being so happy that everybody looking at you, without saying anything, without one word, just looking at you, become happier, that's the ultimate goal. Make your happiness make other people happier. Be so shining of happiness that when you walk in the street, if you meet somebody who is a little bit sad, just by looking at you, they will start smiling. Then, the happiness becomes love. And that's what you have to focus on; to really be happy, to give love. Rael - Contact 380

"We CAN be happy" but "we MUST be happy." It's our duty to be happy. If we are not happy, not only we are not happy, which is already bad, because when you are not happy you are not happy. But also you betray your genetic code. The happiness is in our DNA. And also, we betray the Elohim. Why did the Elohim create life? To be happy. Yes, smile. Don't wait to be happy to smile, smile to be happy. Don't wait to be happy to laugh, laugh to be happy. Don't wait to be happy meditate, meditate to be happy. Rael - Contact 390

You are on Earth for a very short time...enjoy every second, every eye contact, every smile, every touch. Rael - Contact 393

Harmony

To be in harmony simply means having a brain which is functioning to its optimum in the management of the organism that it is controlling. Rael – Sensual Meditation – P91

When work becomes completely automated and the need for money is removed, humans can return to nature and live within it. They will have no need to do anything other than simply commune with nature and fulfil themselves in harmony with the elements. Rael – Geniocracy – P89

The real guides are those whose thoughts are consistent with their words and actions. Rael – The Maitreya – P24

All the prophetic and messianic messages are exquisitely adapted to this new age. Rael – The Maitreya – P208

This is not surprising since it is better to live in harmony with one single parent than to live amidst the disharmony of two who are constantly arguing, fighting or threatening each other. Rael – Yes to human cloning – P 130

“You have been living happily together for a certain time, now continue to live happily separately with the same love and respect you had for each other when together”. And the raelian divorce ceremony finishes with a last goodbye kiss. This lasting harmony between separated couple is very important, especially if children are involved. And the children can assist at the ceremony too. That will allow the children to see first hand how it is possible to live and then separate in harmony, which is very important for their development. Rael YHC – P131

Have and know

The more we know, or think we know, the less we really know because it prevents us from BEING. Someone, who IS, is neither slave to KNOWING nor to HAVING. Rael – The Maitreya – P57

HAVING cannot bring happiness, nor does it bring unhappiness; it just brings nothing. I fact it depends purely on the value you attribute to it. Rael – The Maitreya – P57

Having cannot make happiness; it intoxicates. It can act like a drug, but only for a limited time! The sensation of having always crumbles at some point, while consciousness does not. On the contrary, they both continue to grow. Rael – The Maitreya – P58

We live in a society that prioritises having and knowing. The “knowers” and the “havers” dominate the world, whereas it should really be the “be-ers” who make the decisions and be the models for the people of the earth. Rael – The Maitreya – P58

KNOWLEDGE, it brings nothing, so it cannot bring happiness. Before you finish naming the beautiful little bird “colibrius whateverus”, it has already flown away, before you even had time to admire its charming plumage or particular way of flying...too late! Knowing has nothing to do with awakening our potential and awareness of infinity. Rael – The Maitreya – P58

Health

A few moments of conscious breathing every day improve our health and accelerate the process of awakening. Rael – Sensual Meditation – P90

It is important to maintain our own personal discipline in life for our potential of external adaptability to remain in top shape. If we are not in good health, then we can't adapt well to what is going on around us. Rael – The Maitreya – P99

The worst enemy of your health is to be in "bad mood". To feel sad to see oneself sad is devastating. Fear is terrible but to be afraid of having fear is even worse. To be happy of being happy is excellent. To laugh of laughing is the best, to be in stitches; lots of enzymes are generated when you are in stitches, which cure you. Some hospitals are using laughter to help the success of their therapy. To laugh of laughing, this is what I hope you will practice. Rael – Contact 325

Here and now

If you think that you will feel better somewhere other than where you are now, you are heading for failure. There is nowhere better than here and now. Rael – The Maitreya – P108

Here an now, the present, right away, these are magic words because they allow you to live these moments with awareness. The best moment of your lives is the one you are living right now, when you are living them. Rael – The Maitreya – P108

Happiness is here and now. One day at a time. The present does not exist. The present is the consumption of the future to make it the past. It is like the flame of the candle. The flame is a process. We consume life. We cannot stop it. Rael – Contact 328

We are travelling in space and time. It is a succession of here and now. We can be depressed or sad and negative but time and space will keep on going. Whether happy or sad, anyway, you grow old, you lose hair, become white have the breast go down. But there is a difference between travelling in space and time happy or negative. Rael – Contact 368

But happiness is when you think of right now, without any regret of the past, without any fear of the future. The past is dead, you cannot change it, you cannot live it again, it's finished, dead. As for the future, we don't know, it may never exist, it's possible that today is the last day of our life. It's possible. Rael - Contact 379

The present is the future that we transform into a past by seizing the moment. Rael - Contact 383

Now. Now is magic. Now is unique. We can be old, young, sick, healthy, anything, now, right now is magic. Feel this moment, feel the light, without thinking. That's happiness. Rael - Contact 388

When you want to control the future you become anxious, but thinking about the future is beautiful. So, don't try to control the future. When we age, some people have this terrible anxiety about dying, the fear of death, trying to control it and they live a terrible life. Don't try to control, welcome here and now, welcome life and welcome death with the same smile because death is a part of life. Rael - Contact 388

When you use a camera, you separate yourself from the beauty." I want to see everything, I want to feel everything, my camera is inside,' and feeling now, and that's important. Remember it, enjoy here and now, without a book about the future and without a camera to accumulate the past. Here and now. Your eyes are your camera and your imagination is your book about the future. Rael - Contact 388

Hormones

The Elohim tell us something even better, and it is new, thanks to science which give us the knowledge of how we function. They tell us to place ourselves before the reaction, i.e. at each moment to be conscious of what is right, of what is good, and not to let our hormones express themselves without any opposing reflection. Because any negative reaction is hormonal, any response that is not guided by consciousness whether sexual, social, professional, emotional or religious is hormonal. But be careful. Not all hormonal reaction is necessary bad; it only becomes harmful if it disturbs our life. Rael – Apocalypse 138

Finally, what is an insult? Wind! A word. It's nothing but a word. Nobody can hurt you with a word. On the other hand you can hurt yourself and yourself alone, with a word. Do not let a word direct your hormones and launch you into unconsciousness. You are hurting yourself, but in so doing you are also degrading Humanity, because you are not taking part in the raising of the level of general consciousness, but rather you are lowering it. Rael – Apocalypse 138

Every second, our hormones are trying to make us less conscious. Always keep in mind that we need to succeed at transforming the inner battle between our hormones and our consciousness into an ocean of harmony and serenity – through habits. Harmony and serenity can become permanent only when they have become a habit. As long as they aren't automatic we have to fight against being led by our unconsciousness mind. And we can always choose no to fight and let our habits be driven by our hormones. Unfortunately most people act that way without consciousness. Rael – Apocalypse 138

Real love cannot be hormonal; it must come from the consciousness. Real love is when you love someone without any chemical reactions in your body, no sexual attraction, no family link, when you love the human being because he is a human being; when you want to give

love to as many people as possible. When you want the planet to be like heaven and have everybody happy... this isn't sex, it is consciousness. You can mix both. You can love sexually and consciously, it is little bit more difficult. Whenever hormones are involved, we must be suspicious, but it is possible to love your child or your lover(s) with consciousness. Make sure that your life isn't guided by your hormones. That is real love. Rael – Contact 350

You can laugh for no reason! The brain doesn't make the difference between a laugh with reason and a laugh for no reason. So by laughing for no reason you can generate the same hormones as when you laugh for a reason... Rael – Contact 362

Humanity

"We are part of a baby humanity and the baby is crying. But we are the happy cells, trying to make the baby humanity happy. We cannot prepare their welcome by being sad and serious. We have to be happy first and when you are happy, you metamorphose the people around. It is our duty to be happy." Rael – Contact 366

So when you devote yourself to something bigger than you, then you become happier, because you realize that you help humanity that you are useful for humanity, and then it changes everything. Every minute of your life, becomes part of something bigger than you. Everything you do, everything in your life becomes full of light. That's the beauty of the Messages; we need something bigger than you, much bigger than you, infinitely bigger. Nothing is bigger than the Messages, because the Messages are Messages from infinity, not only from Elohim. I am not the Messenger of Elohim only; I am the Messenger of infinity. Rael – Contact 373

We don't need money, we don't need weapons, we need peace and love. Everything bad on earth happens because of the politicians. Politicians are the cancer of humanity, get rid of politicians everywhere. Rael - Contact 373

Only one future for humanity: a unified world, without money, without military, without politicians. And then, this planet can be heaven, where everybody can travel everywhere without passport, without visa, and finally respecting the human rights. Rael - Contact 373

I see sometimes people say: "save the Earth". This is very stupid. If there are no more human beings, the earth will be perfectly fine. It's not "save the Earth" that we should say but "save humanity". The Earth doesn't need us, we need the Earth. And that's why we must limit our number. Rael - Contact 375

Sending our love to Elohim, being ready to give our life for Elohim, this is saving humanity and it is the only way to do it. The problem of this planet is that everybody wants to stay in its little comfort and is not ready to do something big to save humanity. Rael - Contact 375

The only way to change the planet is to give love, kindness and compassion. Don't forget that. Rael - Contact 387

Humility

We were born of the dust of our planet. We might still be this bit of dust if it had not been for our creators who had decided otherwise. Relative to infinity, it does not make much difference. But our creators took this dust and made it conscious, or rather I should say they gave it the capacity to be conscious. There is a world of difference, since if we exploit this capacity to be conscious, we are no more that dust in motion. In fact it would be better to remain just dust if all we are going to do with it is move it about in time and space, because all we do is pollute when we move dust about. Rael – The Maitreya - 14

And yet our huge lack of humility blinds us to it. We should call each other “your dustness” so as to remind ourselves that we are nothing more than dust from the earth. Instead of thinking that we know everything, we should recognise with humility that we still have infinity of things to learn. This same humility is also love. Rael – The Maitreya – 16

We cannot raise our consciousness without mentioning humility, which comes from the word “humus” meaning earth. It is the first, the greatest and most beautiful of human qualities.

We are in fact nothing more than bits of dust, made conscious through the Elohim's actions. They animated the inanimate. Without them, we would still be dust in the mud, rocks in the ground.

Thanks to our creators, we graduated from non-conscious to conscious. This is humility, and is something we should never forget. “Little man, remember that you are just dust”.

Bearing that in mind is the best antidote for avoiding selfish pride, pretentiousness and the wish to dominate others. When we, dust, are aware that we are just dust, how can we be violent or aggressive with other bits of dust? On the contrary, when dust is aware of its “dustness”, it is humble.

Humility automatically brings awareness of the link and commonality between all human beings, giving birth to understanding, compassion and love.

Humility does not preclude pride, when this pride is applied with consciousness. We can be proud to be a conscious being, to be “newly-aware dust”, so long as we always bear in mind we are no more than dust. This will produce just and correct behaviour.

If, on the other hand, we are proud to be conscious without being aware that our roots are dust, then we lose our humility in all that we undertake and in our attitude towards others.

Humility is what grounds us. It links us with the earth; never forget that. There is nothing wrong with having our head in the stars so long as we always remember that we are dust that has become aware. We are capable of rising very high, but nevertheless, we are still just dust that one day will return back to a state of non-conscious dust. Rael – The Maitreya – P80

Because human beings are so much lacking humility, they believe they are the center of the universe, they believe they are the most intelligent of the universe, they believe the universe belongs to them. A little power plant problem, they cannot fix it. Masters of the universe! A little humility please. We are dust. Like the message says we are little parasites on the Earth. Why is it that no government is seriously helping us to build the embassy now? Lack of humility. Rael – Contact 375

Humour

Creation is full of humour for those who knows how to see, but most people don't even look. The world is a huge play-ground and our lives are each a game, just one! Rael – The Maitreya – P22

Take a step back and look at your life objectively. Taking a step back always allow us to see better, to see the bigger picture. Observe yourself; Practise observing yourself while laughing at the same time - especially at yourself. Humour is the basis of wisdom an awakening. Know too that there are always many ways of seeing things. There are many facets to a diamond. We could just look at the first facet and see how it shines and reflects the light, but if we really wish to see the whole diamond, we need to take a step back to see the bigger picture, to see it in its entirety. Rael – The Maitreya – P22

Humour is everywhere in the Elohim's creation. To create us in their image, they must have had a good sense of humour. Genius, creation, wisdom and humour are always associated. Rael – Contact 325

Laugh for nothing, just a burst of laugh... and then the infinite expresses itself in something natural. Make each other laugh. We are the religion of humour. Rael – Contact 325

Thank you Elohim for having created us with consciousness, capable of love, the most beautiful fruit of consciousness, and capable of humor, the second most beautiful fruit of consciousness. With love and humor, we can do anything. The greatest geniuses had both. Due to love, they created the washing machine which made it possible for women not to have their hands in water for many hours; all technologies were created out of love. Cinema and the Internet which connects humans, is full of humor and laughter as well. You created us in your image, able to laugh. We must remember you creating us in a laboratory in great bursts of laughter. Nature, life - your creation, is full of your humor and your love. Rael – Contact 329

Human being

Our body is nothing more than an accumulation of atoms organized according to a master plan, the genetic code, which interacts with the environment through infinity of chemical

reactions of which we are not always aware. Raising our level of consciousness corresponds to feeling an even greater number of these chemical reactions, so as to better situate ourselves in the Infinite, and so as to become more harmonious. When we feel linked to the universe, eternal and Infinite, we can never be unhappy, because we have then discovered the pleasure of being. Rael – Intelligent Design – P262

The totally awakened person is able to live permanently in a state of absolute joy. To reach such a level of awareness may require many years of work upon oneself, usually seven years. For those who are already fairly awakened or who have already started to meditate, it will take far less time. Rael – Sensual Meditation – P96

When we are alone and that we tell ourselves at the end of the day: 'I gave love all day and tomorrow I will wake up saying today I will give love to those who need it the most which is those who critic and those who despise me' then you feel well; and you really ARE. It is easy. It is just a matter of deciding. Rael – Contact 341

Very intelligent people thinking that "communism is a great idea"; very intelligent people, and you have the communism nightmare of China. Very intelligent people thinking that "capitalism is great" and all the planet is becoming destroyed by capitalism. All this is thinking: very intelligent and very dangerous. One more time, that's why Jesus said "happy are those with a simple mind". It doesn't mean to be stupid, it means to be. To be, to stop thinking. Thinking only brings drama and devastation on earth. Rael - Contact 379

How to be deeply happy? By loving yourself. Not a little love, not looking at the mirror and say 'I love you'. You have to give to yourself the most love of all because you have been created by the Elohim. You are a child of the Elohim. How cannot you fall in love with yourself? Love yourself like crazy. Touch yourself, love yourself and maybe after you can give love to others. Whatever the shape of your body or face or whatever your age, love yourself and start right now. There is not one person in this room who loves herself enough. Rael - Contact 381

Each one of you is a special flower. Only you can sing your song, only you can dance your dance; only you can exhale your perfume....You are the genius of your life. Start now....Then shine more than me. Become totally illuminated by the teachings of the Elohim. Rael - Contact 381

You can love somebody but it must never be as the love you give to yourself. Rael - Contact 383

Treat yourself like you would treat your most important guest in your house. Rael - Contact 383

As long as your vase of love is not full, you cannot give to others. Rael - Contact 383

The starting point to love the Elohim, is to love yourself first. Rael - Contact 383

So remember, when you wake up, feel like a bird, for the whole day, and why not, your whole life. Being a bird is being a Buddha. Rael - Contact 388

So, loving yourself is accepting, loving and cherishing the non- perfect being we are. Not loving only what is beautiful but loving also the ugly part. Rael - Contact 389

When you say, I love myself, who is I? And who is myself? 'I' is the supra consciousness. Myself is the body. Rael - Contact 389

When you awake the consciousness, suddenly the body, the emotions, the feelings become a tool, just a tool. And then love can flourish and blossom. That's why by loving yourself you reduce the ego and it's not a contradiction to develop self loving and reduce ego. Rael - Contact 389

To be a Buddha is to be an egoless supra-conscious being. You can do it immediately, now. What is difficult is to stay like that. Everybody can at least be a Buddha for one second. Rael - Contact 393

Illumination

A person cannot reach full awakening if their sexuality is not totally liberated and harmonious. The physical union of two people is in fact the simplest action which requires the simultaneous use of the five senses, and moreover, is the easiest way to get in harmony with Infinity in a moment of total illumination, allowing us a glimpse of the state that we can be in permanently if we reach absolute awakening. Rael – Sensual Meditation – P108

The higher you want your consciousness to be, the stronger you must laugh. For no reason, and then you start to discover the enlightenment. Rael – Contact 372

Just a few words to enlighten every day, so that when you wake up, you have everything in you to have a beautiful day, and before going to bed, you also have everything in you to feel good. There are two ways to help you doing that. The first one is just to be thankful to wake up; because one day it's possible you won't wake up. And the second one, if you don't want to become old, everyday ask yourself if you did something today for the first time of your life. It must not be something you buy, and must not be something you have power over. It must be something you do, something that you have never done in your life. Rael - Contact 384

Illusions

We don't need a reason to be happy; Happiness is immediate, like a flower opening. It is not like filling a bas with food. The reason rich people commit suicide is because some time in

the past, they created the illusion that they would be happy in the future, once they had acquired certain possessions. Happiness is not an experience we will have tomorrow or somewhere else, or is it to be found in knowing or having. If we have a burning desire to be happy, it means we are not happy yet. If we are happy because of something, then it means our happiness depends on something. Be careful, because if we lose that thing, then we are liable to be unhappy..... Be Happy for no reason at all. Stop making your happiness depend on something outside of yourself. Rael – The Maitreya – P24

When we think of infinity, when we meditate (it is important to meditate every day regularly, as it builds the highways forming in our minds), this brings us back to reality and leave the illusion. Because separation is an illusion. I am not separate from you, you are not separated from the Elohim, we are ONE and everything else is illusion. Rael - Apocalypse 124 - P 17

The illusion of separation is at the origin of everything bad in the world, wars, violence, killing, only because of the illusion of separation. But when we realize that we are one, everything happening to other people is happening to me. So what do I want to happen to other people? Only good, love, because if I do bad to other people, I hurt myself, as we are one. Rael – Contact 365

When you fly an airplane, you don't see borders but a planet and if you go further away, you see a sky with many dots and one of these dots is Earth. We are one with Infinity; always go back to Infinity! And when we are one with Infinity, what are we? We are ourselves. That's why everything else is illusion. Rael – Contact 365

We live in a world of illusions... All these separations are illusions. We are not separated, we are one. But culture, education, stupid social programming, give us the illusion that we are separated, but we are one. We are one like all the cells of the body are one. Rael – Contact 365

There shouldn't be any limit on freedom of thought and freedom of speech. So it's all illusion, everywhere! Try to find in your country, the illusions people maintain and you will be surprised. That's why we need a world revolution, to really make the human race constitution, to create it. We need a world constitution, a constitution of humanity. And it's ready, it does exist, it's called the Human Rights Declaration, but not one country in the world respect it. They all signed it a long time ago, an agreement that states 'we will support the Human Rights Declaration', but not one respects it fully. Rael – Contact 373

And people think "we are free"! They give you the illusion of freedom. You have no freedom, it's an illusion, they say "you are free" even in Japan, but you have no freedom. If you say something that disturbs people, the police will come and ask questions. In France, which claims to be the country where Human Rights originated, they ignore the most important part of the human rights which is that no man should be interrogated or judged by police or by a judge because of what they think, I.e. freedom of thought. That's a basic Human Right. And France is so proud of its human rights, but in France, if you say that you are in favour of cloning, you get 3 years in prison; not because you are doing it, just by talking about it! Rael – Contact 373

'I', the ego, as was taught by the Elohim, is impermanent, doesn't exist, the ego doesn't exist, it's an illusion. We are constantly renewed and changing. We have the illusion that we are the same, but we are constantly changing. Rael - Contact 381

Giving love, making one person happy makes you feel connected and that's why the feeling of connection with infinity brings love. When I realize that I am a part of infinity, and that I look at other people as other little pieces of infinity, and then separation is an illusion. Illusion. This is very important, you are me and I am you. The separation is an illusion and then you feel connected with everybody and with everything in the universe. You feel me now, do you? You feel my love? This big tree here, he also feels my love and I feel his love. And the ocean, and the sky, and everything. That's why feeling connected brings more love. So when you wake up in the morning, say : "thank you Elohim for feeling connected with infinity". Rael - Contact 388

Imagination

Fight as much as you can against your fears and remember that if our positive imagination is stronger than reality, then unfortunately it also applies to the negative. Negative imagination is the worst of all things. Rael – The Maitreya – P93

We live in a society that lacks imagination and in which children are taught not to be, but rather to cultivate their memory. Memory is built with souvenirs, the past, what is dead in a way, since it is the past, it is over. Arts and science have in common to be pure imaginary, because all the discoveries, inventions and all the artistic creations begin with imagination. What is imagination? It is taking old things and making new things with it. Rael – Sensual booklet 2

Positive imagination is the root of all harmonious life. What you imagine is stronger than what you actually live. The more you imagine and the more you dream your life, the more you give yourself strength to achieve it. The more positive images we produce, the more chances we have be positive. Rael - Sensual booklet 9

Imagination is the youth fountain of your brain. Not only can your brain be young forever but it can be younger and younger. You have to train your imagination and your memory constantly to keep young and younger. Train your brain, every second of your life! Rael – Contact 367

Imbalances

It is these exchanges which are produced in us, between our organism and the infinite within which we evolve, which makes us alive. The ordinary man is made up of these interchanges but is not aware of them, which creates imbalances within him causing physical or mental

illnesses, resulting in aggression or violence. The awakened person is aware of these exchanges and improves them, which allows him to be in harmony with himself and infinity at all times. Rael – Sensual Meditation – P84

Balance, as the Messages tell us, is a succession of imbalances which compensate each other and this is an absolute truth. This is life! And when one has a succession of imbalances, one has a temporary imperfection in an absolute perfection of the infinite Universe. Rael - Apocalypse 131 - P4

What is the balance, if a series of imbalances that compensate one another. Watch yourself walk ... You never cease to catch imbalances and it's the same in everything we do: emotionally, professionally, spiritually.... Even our breathing is made of constant imbalances. The living is always out of balance, as the non- living by entropy: everything in the universe disintegrates. Our planet is out of balance, the universe is in constant imbalance but it compensates. Everything is imperfect! And it is beautiful like that! Rael - Apoc 124

Infinity

We are travelling together in this infinity in time, and we should fell close to each other, because we are all in the same boat: the Earth. Rael – The Maitreya – P17

Feeling infinity means feeling the unity between everything that exist in the universe, in matter, both infinitely large and small, and the infinity of time. We become truly conscious when we feel this unity linking everything around us. We become able to understand that we are bits of matter that came together to make the living being that we are. The matter composing us becomes conscious of itself. Rael – The Maitreya – P43

We are channels through which infinity can either express itself or not. Rael – The Maitreya – P49

The questions that build us are those that bring us closest to perceiving infinity. Feeling we are infinity, the infinity inside us that we allow to be conscious. In that sense, we are infinity becoming aware of itself. Rael – The Maitreya – P78

When we ask questions related to consciousness, to infinity, to humanity as a whole, to free and independent thought, we can't go wrong. Rael – The Maitreya – P78

Infinity is one. And whether we are a primitive stone-age human, or a scientific Eloha, when we harmonize with infinity, we are one at the same level. We are part of the whole, connected to the whole, and feeling the whole. Rael – Yes to human cloning – P81

We celebrate the creation of the brain that is able to be in harmony with Infinity. Why is it? Because we are Infinity taking consciousness of itself. So we are Infinity, we are stardust

accumulated to do what? To suddenly look at itself and be amazed and be happy. Be happy to realize what we are. Rael – Contact 366

I have brought a Message from infinity, and it's your turn to retransmit it. You are like an antenna, and you have the task of retransmitting these vibrations. These vibrations have the power to transform and we are the transmitters. First, the Message has transformed us and then, through us, it transforms humanity with a metamorphosis. As transmitters, we are on the same wavelength with the Universe and we are responsible for the harmony of the Universe. We transform ourselves by receiving, and we transform by transmitting". Rael – Contact 371

Nothing is bigger than the Messages, because the Messages are Messages from infinity, not only from Elohim. I am not the Messenger of Elohim only; I am the Messenger of infinity. And when you help me, you not only become messenger of Elohim, you also become messengers of infinity, and you feel it when you wake up. Rael - Contact 373

When you feel lonely, think that in the universe there are an infinite number of people exactly like you. You are not alone, and when you feel it, you feel the power of infinity, you are infinity. But when you don't feel it, you feel separated, alienated. When you feel the infinity, then you become one, with all. When you feel the infinity, happiness comes automatically, and you cannot stop an infinite laughing. Rael - Contact 375

There is an infinite number of planets like Earth, with an infinite number of humanities like our humanity, and an infinite number of planets with humanities different from our humanity. There is also an infinite number of people exactly like us that means an infinite number of people with exactly your face. An infinite number of Hany, an infinite number of Toni, with the same faces, same personalities and same experiences and an infinite number of Maitreya with the same speech at the same time with the same people. That's infinity. Rael - Contact 375

You are not Japanese, I am not French, you are not Canadian or Korean, you are not Chinese, we are not Asian, we are not Europeans, we are not from the earth. We are from infinity. We are not even from this galaxy, we are from infinity. Rael - Contact 378

We will never be able to understand infinity but we can feel it, we can enjoy it, we can be happy. Trying to understand it will always make you sad, depressed, and anxious. Don't try to understand infinity, just feel it. Feel it in the flower, in the field, in the bird, in you. Feel it. You are part of infinity. Rael - Contact 379

And the infinity is inside you. We must never think that the Elohim are somewhere in space only. They are inside you. You have an infinite number of Elohim inside you, because in the infinitely small there are an infinite number of planets, everywhere in your body, with Elohim, infinitely small, creating life and spreading the energy of love. Love is at every different level of infinity, in the infinitely large and the infinitely small. So don't make the mistake to feel love only for outside but feel love also for inside. Rael - Contact 388

Thanks to the Elohim, who are not gods, we have to repeat that clearly because people believe that the Raelians worship the Elohim, kind of gods. So we must repeat it very clearly, the Elohim are not gods. There is no god. The Elohim are human beings like us. In their history, they had beliefs in gods as well, and then in only one god and finally they reached the ultimate level of spirituality, the Infinity. Rael - Contact 391

The Elohim say that it isn't possible to communicate with different levels of the infinity but the now of the infinitely small of the huge being is the same now as us and for the small beings in our hands, their now is also the same. This is why now is the heaven gate to infinity and to happiness. Rael - Contact 393

Today I want to make you feel the most important thing in the Universe, Infinity. Infinity is love. The best way to feel Infinity is to feel now. Rael - Contact 393

Intelligence

Intelligence allows us to make links between things and find the connections between them. Rael – The Maitreya – P62

Intelligence provides the link while the result gives consciousness. I would say that the perfect balance between sensuality and intelligence is consciousness. Rael – The Maitreya – P63

Increasing the speed and quality of the information we transmit develops intelligence. Rael – The Maitreya – P65

We would like our planet to be guided, directed by intelligence, by people who are competent, by a college of scientists and artists. We don't want to be guided by a bunch of normal. We want to be guided by scientists and artists, by the greatest awakeners who make us laugh with their mad sense of humour, who don't take themselves too seriously and who would make this place a world of laughter and love. Rael – The Maitreya – P89

To betray the Messages is not so much to doubt them, because doubting is an intelligent activity. Rather, it is to fear the look of others. Rael – Contact 354

You have been told to look smart, to study, to get diplomas. All their lives, people try to prove that they are smart. It only proves that they are not. If one is smart, one doesn't need to prove it. When we are not sure, we spend time to make others believe it, but the more we try to make people believe we are smart, the less we are. The more stupid we are, the more we pretend to be intelligent, which is a source of depression. But the more we are intelligent, the more we act stupid...remember the picture of Einstein :-)

Rael – Contact 360

The Message is a coffee for intelligence, a vibrator for consciousness, the best cocaine for the brain! You read it and you fly. It stimulates your intelligence. There is no smoking, no alcohol and no drugs for Raelians but we have the Message that makes us more powerful than any drug. And it is addictive; you cannot stop, because it stimulates your intelligence. Rael – Contact 363

If you really want to prove that you are intelligent, give love! Rael - Contact 378

What is to be intelligent? It is to be connected, "intelligere" in latin which means being connected. When you think, you are disconnected. When you feel, when you are, you are connected with everything, with infinity. And that's why no thinking is not the opposite of science. Rael - Contact 383

Not everybody can be very intelligent and it's not important, but everybody can be full of love and when you are full of love, you are much more intelligent than intelligent people, because real intelligence is love. Rael - Contact 387

Internet

The internet revolution is a wonderful weapon against these bad media, and thankfully, internet news sites have already replaced traditional media and brought many of them to bankruptcy. The diversification of news sources and possibilities to see different views of the world events thanks to the internet is the solution to the problem. Rael - Contact 293

Internet is the only solution to this media brainwashing. Rael – Contact 328

Internet will save the world. People are connected thanks to internet. It is a religious experience. People don't go to church anymore to chat; they go on internet to feel connected. Rael - Contact 361

Internet is like a network of connections between all the neurons that we are. Without internet we are separated neurons. Thanks to the internet all the neurons are connected. Rael - Contact 373

Judgment

The more we pass judgement, the less we love. It's better to understand others that to judge them. And the more flawed the other person's schemes are, the more we have to try to understand their behaviour. Rael - Words of the Last of the Prophets – P26

When we pass judgement, we are only judging the outcome, for we do not understand the reason. If we understand the reason, we have much more love and compassion towards people. It's less important to think "what did they do?" than to ask ourselves, "why did they

do it?" That way we appreciate that there are always reasons for people's bad behaviour.
Rael – Words of the Last of the Prophets – P26

Look at others not as they are today but as they can become. If you look as they are today, you start to judge which is the opposite of love. You have to choose between loving and judging. When you love someone, you remove all judgment from your brain and you look at that person asking yourself 'how can I help him or her' you then forget yourself completely, you use your whole brain to help the other. That's love. If everyone on Earth could do that, we would have peace. Whatever their past, we need to give a chance to people to become better. Rael – Contact 349

Justification

All justification takes us away from the bull's eye. In Zen archery, when the monk aims his bow and misses the target, he does not give excuses such as "it's because..." ON the contrary, he reaches to his inner self and meditates, because he knows it is simply because his aim was not correct, and tries again. Rael – The Maitreya – P94

Justification maintains mediocrity. Rael – The Maitreya – P96

It is really important to focus on developing the self-discipline to avoid trying to justify oneself. Rael – The Maitreya – P95

Justification is purely rhetoric, useless verbiage, a sort of Jesuitism where we are always trying to twist things round 360 degrees to convince ourselves that we are right, even if we are 200% wrong. Rael – The Maitreya – P96

No motive justifies the death of even one non-violent human being. Rael – Contact 40

Kindness

It's not important to be the winner when two people argue, it's important to be the kindest. And if it makes the other person happy to believe she or he is the winner, let him or her believe she or he is the winner. Yes you are much better than me, I feel good! That's kindness, and you lose nothing. Rael - Contact 374

Kindness is always good, be kind with everybody, give love to everybody and your life will be more beautiful. Rael - Contact 374

So instead of fighting, give love. Smile. Give kindness. Rael – Contact 374

The first step to be kind is to smile. You cannot be kind with other people if you have an angry face. You cannot say: 'I love you' with an angry face! A smile speaks by itself. A smile

makes people relax. A smile makes people slow down and suddenly kindness can take the place. Rael - Contact 374

We need to be kind with each other; we need to really be full of love, what is love if it's not being kind. You cannot have love if you are not kind. And we cannot change this planet if we are not very very kind with each other. So love starts with being kind with everybody you meet, not only the Raelians, but everybody. Being warm and full of love for everybody not only makes everybody feel good but it makes yourself feel good also. The modern world is so much about success, competition and making money. All this is bullshit. The only thing important is love. Rael - Contact 374

When you meet people who cannot stop being aggressive and who are not kind, it's time to be more kind. Thanks to that all their aggression will fade. If somebody cannot stop being aggressive with you, give more love. Rael - Contact 374

You are never kind enough to each other, never respectful enough. If you really want to be in the image of our Creators, be kind to each other. Rael - Contact 384

Kindness and happiness go together. You cannot have deep happiness without being very kind. Real happiness always comes from deep kindness. Other happiness are not real, they are more joy than happiness. Rael - Contact 384

If you have the choice between being right and kind, be kind. You will always be right. Rael - Contact 387

We cannot love each other if we are not kind. Yes, it's good to be kind toward others but first let's be kind with ourselves. You drive yourself crazy by being unkind with yourselves. By correcting yourself, by constantly trying to be right, with a rigid discipline that prevents you from being well. Rael - Contact 387

We cannot make the world a better place full of love if we don't start between us....Forget your problem and think about the problem of the others. If we all do that, we feel immediately better. Rael - Contact 388

Kindness, is the most important expression of love. You cannot give love if you are not kind. Be kind to each other, always. Before talking or interacting with anybody, do a little meditation, very short, "I will be kind." Rael - Contact 390

Some people think in life what is most important is the truth, to be right. It's not true. If you have to choose between being right and being kind, choose to be kind, you will always be right. If you are right, sometimes, you are not kind, and if you are not kind, you are not right. Rael - Contact 390

The strongest strength in the world is kindness. Rael - Contact 390

But be kind with people you don't love, and then kindness will increase on Earth. Don't judge other people, don't try to teach other people how to behave, because it's judgement, "The way you behave is not good, I will teach you what is good..." This is not love, this is not kind. You are different from me? Thank you for being different. You do things your way, I do things my way, we make the humanity richer by being different. Rael - Contact 390

Women and men, be as feminine as you can. To be feminine means to be kind, kind to yourself and kind to other people; to be soft, sweet. Never too much sweetness, never enough. Never enough kindness for other people. Rael - Contact 391

Laugh

Laughter belongs to man, just as genius does; In fact, a genius usually laughs a lot. All those who achieve the full use of their brain laugh a lot. Have you seen that photo of Einstein sticking out his tongue? I am always wary when I meet someone serious, because seriousness always is accompanied by stupidity. Look at all the people in politics; they look like they have an umbrella up their rear end. They are so stiff! And to think it is these people who are running our country. Rael – The Maitreya – P31

Serious people are boring. People who laugh are often awakeners, because it is more effective to mix teaching with humour. First of all, it is more fun but more importantly, there is better retention when the teaching is combined with laughter and pleasure. Our brain is wired to quickly forget sad memories and remember happy ones. Our creators designed us that way for the sake of our mental health. Rael – The Maitreya – P32

If you don't know how to laugh, then learn! How can you learn how to laugh? Just laugh!
Rael – The Maitreya – P32

The brain uses laughter as a wedge. A wedge is used to split a log; it can also help us clean our brain out. Begin first thing in the morning; smile regardless of what happened the evening before. Smile, because after all, crying will not help anything. On the other hand, when you feel your smile blossoming, it will be like a ray of sunshine, illuminating others and lighting up their day and yours. Rael – The Maitreya – P32

We want to be guided by scientists and artists, by the greatest awakeners who make us laugh with their mad sense of humour, who don't take themselves too seriously and who would make this place a world of laughter and love. Rael – The Maitreya – P89

Laughter is the most beautiful homage that we can make to the Elohim. Rael – The Maitreya – P89

When we laugh, we are only seven years old. When we laugh, the little child in us comes out, light as a butterfly. Rael – Le Maitreya – P89

We are there to have fun, to act a little crazy. We are not here to be serious. Those who have lost the ability to laugh at themselves are losing their mind. The deepest teaching is hidden behind laughter, like the most beautiful flower is hidden behind its foliage, because that emphasizes its beauty. Rael – Words of the Last of the Prophets – P3

One must have the right to caricature without any limit absolutely everything, god himself, all the prophets, Mohamed, Jesus, Moses, Buddha and others. I am the first to laugh at the caricatures of myself that are published. One who does not laugh of himself is in the process of losing his mind. Rael – Contact 299

The best laugh is when we laugh at ourselves because laughing at others can be unhealthy. When we laugh at ourselves, we elevate ourselves. But what is even better, is to laugh with oneself. Rael – Contact 360

Everything that laughs is a biological robot capable to understand it's surrounding and to get pleasure out of it. The awakened being is someone who laughs at everything including nothing. Rael – Contact 360

To laugh out loud while being sad inside isn't good, but to laugh inside without laughing outside, that is great! Rael – Contact 360

You can laugh for no reason! The brain doesn't make the difference between a laugh with reason and a laugh for no reason. So by laughing for no reason you can generate the same hormones as when you laugh for a reason. Rael – Contact 362

If you want a long life, have a long laugh! Especially when you receive bad news. Train yourself to be happy each time you receive negative news. Rael – Contact 362

Now could be the last laugh. Every time you laugh, it could be the last one. Every second, people die. You don't know when it will be for you. Do you want to die sad or happy? It is better to die happy. Rael- Contact 362

When you watch TV, select a program that will make you laugh, no drama, no negative stories, only funny programs. Drama will put you down. If you watch horror TV, if you listen to music with depressed lyrics, you can only be depressed. If you have dark paintings on your wall, you will be depressed as well. You need light and bright colors! Rael – Contact 362

The man, who cannot laugh, cannot have wisdom. Rael – Contact 372

When you cry, you accept something sad. When you laugh, you say "that's not my world, I don't want a planet like that". Let's laugh together and change it. Laughing is more revolutionary than crying. Rael – Contact 372

The best answer to stupidity is laughing. And it gives you the energy to act. Rael – Contact 372

Laugh, laugh for no reason, you don't need a reason to laugh, laugh. Don't wait to be happy to laugh. Laugh to be happy! If you wait to be happy to laugh, you may wait for your whole life and never laugh. Laugh first and then happiness comes. Rael - Contact 374

Don't laugh only for good things. Most people laugh for good things. They have a new girlfriend, they laugh. They win 1 million at lotto, they laugh. But then they lose their money, they cry. They lose their girlfriend, they cry. Laughing when something is wrong is what makes you better than everybody else. Your girlfriend or boyfriend leaves you? That's the good time to laugh.

You lose all your money? Perfect time to laugh because if you cry, it doesn't make the money come back and it makes you so depressed that you cannot make more money. So remember, laughing when something is wrong is more important than when everything is right. Rael - Contact 380

Leader

When you start to have responsibilities in the organization, that's one of the first things I teach to the guides: "All your energy must be focused on not being indispensable, as soon as you accept the responsibility in front of the Elohim, make sure that you can disappear and everything will go smoothly, by giving training and formation to people who assist you, by bringing everybody around you higher and higher, making people who help you better than yourself. » Rael - Contact 388

Wrong leaders want to be the only ones who can manage, that's bad leadership. Good leaders try to have everybody who assists him better than himself. That's the power of a team. We are a team, and each member is important in this team, and that's why we have to train everybody around us to be able to replace us anytime. Rael - Contact 388

It is very important to wake up every morning thinking that you will not let your ego be your leader, but instead consciousness and love. Rael - Contact 388

Life

Our life is just a succession of moments. These moments are not separate events that simply accumulate without links between them. On the contrary, each moment is strictly linked with the next with a dynamic theme, either positive or negative, depending on what we choose. If our theme is positive, it is thanks to a heightened level of awareness that allows us to manage the emotions that are strewn in our path. Negative emotions are the greatest enemies of our consciousness. Consciousness and negative emotions don't go together. Rael – The Maitreya – P35

Our passage in time takes us through awareness of life and death, through the awareness that we are just dust that became animated one day and will ultimately be extinguished. The matter of which we are composed has completed a cycle: A life. Rael – The Maitreya – P36

Life is short; leave your mark on society; love...Make of your life something that will allow others to feel good. This is our responsibility, to the messengers of happiness. Rael – Words of the Last of the Prophets – P12

When we sincerely start, not in a fake way, sincerely to be capable to give love or to have a look full of compassion and comprehension for those who judge us, who despise us and who want to destroy us; then our lives become a permanent enchantment. We are not always with them, one has to be masochistic to spend lots of time with those who despise us, but when we meet them, we give them love. Rael – Contact 341

You all know that you will die. You don't know when but you know that one day you will die. You can spend your life being afraid of it. You can be afraid of getting old all your life as well as yes, it will happen. Do you want to spend your life being afraid of it? Be depressed your whole life? It is your choice. You can choose to be happy every day, including the last day and not care about aging. Rael – Contact 362

When you wake up, be happy to be alive. If it is your last day, be happy to die tonight if tonight it is and spend the last 5h laughing. Rael – Contact 362

We cannot be 100% safe in this world, life is dangerous. When you are born you start to have a dangerous life, so it's good not to be afraid. Life is dangerous but it's good, it's exciting! Rael - Contact 376

The best way to be thankful for life is to laugh, smile, breathe, and feel the beauty of being alive and the beauty of the other people around you who are alive. Rael - Contact 383

What is the priority in your life? The Elohim and the Message? Or making money? Or making a baby? It takes a lot of devotion, and fidelity to stay, because many people are enthusiastic one day for something, and another day for something else....Or are you really, REALLY, ready to help me until the end? Rael - Contact 388

Every time you breathe, is one less, maybe in your life you have 10 billion of breathing, you know like a countdown, 10-9-8. It's the same for breathing, each time you breathe you are closer to the last one and one day it will be the last one, maybe now? So enjoy. It's a miracle!  Rael - Contact 389

Listen

In our society, nobody is listening to other people, everybody wants to talk, and everybody talks and nobody listens. Bla bla bla bla bla...Stop. Be the one listening and then you give

love by just listening. Listening sincerely to what people say.... In other countries they don't listen the same way, they speak and speak and speak. Here you listen and that's how we can bring more love into the world. Remember, by training yourself to be silent, you bring more love to the world. Rael – Contact 373

And how can you bring love to other people? What is the best way to bring love to people found you suffering, feeling lonely or depressed? What is the best way? It isn't to come in front of them and teach them by saying "this is the way you must be, and you should change", no no no! That's what wrong Guides, false Guides do. A real Guide is silent and listens, and asks questions "what is your problem, you look a little bit sad, why?" and silence and listen, and listen! Good Guides are more listening than talking. False guides talk. Bla bla bla bla bla..."You should do that, you should do this", that's bullshit. Listening! Listening with love, and listening more, until the person in front of you has said everything they want to say. It can take hours for some people, don't expect people when you want to help to talk for two minutes and stop, no! Rael – Contact 373

Love

If it is politically correct to hate something, real love means to always wonder how can we love it. Rael – The Maitreya – P14

Love always contains the solution. Even in the worst criminals, even in the worst of things, there is always something one can love. That is what the Ying Yang symbol represents a small white circle in the black tear shape, and a black circle in the whiter tear. Even in the darkest of blacks, there is always some good, and in the whitest of whites, there is always a dot of bad, if one assumes that black is bad and white is good, which is not always the case. Rael – The Maitreya – P14

Love is to love our enemies more than our friends. Rael – The Maitreya – P17

Love is a word we can use in many ways. We sometimes say "make love", but this is not quite correct, because it's not making love, its playing! We are playing with our hands, our bodies, our sexual organs, and giving each other pleasure. It's a game, not love. But on the other hand, we can "be love" by becoming aware of the connection that we have with others instead of remaining fixated on ourselves; We can give love to those close to us, but what is more important is to give love to those who are far from us. And to give love to those close to us, or those far from us, we first have to know how to love ourselves, to be in love with ourselves, to understand ourselves, to know ourselves, to have compassion ourselves. We need to love ourselves, before loving others, how can we give love to others if we don't have it for ourselves. We can't give what we don't possess. Rael – The Maitreya – P17

To love one's neighbour is good; to love those far and different is even better. Rael – The Maitreya – P18

Develop this desire to love those you don't know, discard this barrier blocking us from the wonderful opportunities of meeting such extraordinary people. Cut our basic hate. Explore outside your own culture. Look around, and each time you wish to hate, take a step back; you will see love. That's what love is all about, communicating. Not making love, but being love; loving strangers more than neighbours, loving them as we love ourselves. Rael – The Maitreya – P19

Train yourselves to like what you don't like. Of course we can have preferences, such as our favourite dishes, but it is important to be able to appreciate everything. Try it; because there is no food on earth that you are not capable of eating, there is no colour on earth that you are not capable of appreciating. Rael – The Maitreya – P67

Love yourself with all your neurons. Love yourself infinitely and unconditionally; only then can you give this love to others. Rael – Words of the Last of the Prophets – P4

Love is giving expecting nothing in return, giving and not even waiting to be seen. Rael - Words of the Last of the Prophets – P12

A real guide is someone who gives love; we have to love ourselves. It's easy to give. Receiving is different, it's a choice: to accept or refuse the gift. Rael - Words of the Last of the Prophets – P12

The level of consciousness and the level of intelligence can be measured with the level of love that you give to others. When there is neither consciousness nor intelligence then there is no love. Love is the basis of everything and it comes out of intelligence. Without love you are stupid. If you listen to your consciousness there you become intelligent and become love. Rael – Words of the Last of the Prophets – P29

Soon we will reach Heaven on Earth where everything is produced by robots which will bring us to what we are born for: love. Then you will paint, create art and give it to the people you love, write poems and songs and give them, not for money, but to give love. This is what is happening on the Elohim's planet and this is what is coming to Earth soon. Rael – Contact 357

The whole world needs love, don't try to understand, just give love as that's what is important and that is a part of our message. Let's thank Elohim for this wonderful teaching, that love is more important than intelligence, that love is more powerful than intelligence. Rael – Contact 370

Remember, by training yourself to be silent, you bring more love to the world. Rael - Contact 373

If you really go deep in this silence mood, you can have beautiful emotions, without anybody talking. Suddenly, you can feel like crying. Do it, you can feel so much love for yourself that you cry like a baby, or laugh, but let these emotions come, just by suddenly being in silence with yourself. Because, remember, there cannot be love for other people if you don't love

yourself, and to love yourself, you have to be able to be in silence, and in harmony, for a long time. Rael - Contact 373

If you want the world to be ruled by love, you have to start for yourself, by loving yourself, by loving other Raelians, your brothers and sisters, by loving each other, by giving everything, all the love you have to your brothers and sisters. Rael - Contact 374

Love is when you want to give everything you have, not a little part. To give love, you have to give it all, and keep nothing, that's the only way to give love. Rael - Contact 375

Love is like water, when you want to take water with your hands, you take nothing, when you want to give water you give everything. Rael - Contact 376

Give your love. The more you give love, the more we can save the planet. Rael - Contact 376

Love is the most important thing. Give your love, not a little bit, give it all. When you give all, you feel so good. Rael - Contact 376

When you put yourself in this state of mind, thinking "I never, never give enough love", then you are in love. Rael - Contact 376

Love is the only thing which can make you happy, no money, no sex; nothing can make you as happy as love, the real love, which is giving, giving everything. Rael - Contact 376

Love is giving and when you think you have given everything, there is more to give. So remember to train yourself to give more love. Even if now you believe that you are already giving a lot of love, it's not enough, it's never enough. If you think it's enough, then you stop giving enough love. I never give enough love. I will never wake up and say "ah I have given enough love" never! Because if I say I give enough, then love stops. Rael - Contact 376

What I bring you in the Message, explaining how they created life, is very interesting but very intellectual. Love is more important, they love us, they love each one of you. This love is much more important than the Message, because if Elohim had sent a Message, and a Messenger, without love, this would not be interesting. Love is number 1, from them to you, from me to you and from you to them also. Rael - Contact 376

Real love can only be free. Any structure which limits you in your freedom of choice, limits you in your freedom of love. Rael - Contact 377

Loving people we are not related to, loving people who are not members of our family, this is real love, much more important. So, we must focus always on loving people who are not of our family, more than those who are of our family. And then love increases on earth. Rael - Contact 382

One day, someone asked Maitreya:
"Is it possible to talk a language that we didn't learn?"
Maitreya said:
"yes!"
"Which one?", asked the Raelian
"The language of Love" - Rael - Contact 386

Being full of love is not enough, like when you put water in your glass, if you put too much it goes out, that's what you have to do, you have to love too much so that it goes out. Visualize yourself like a little glass and make it go out, more and more, make a tsunami of love, starting from you, and reaching everybody, everybody on Earth, and the Elohim...Rael - Contact 390

Love is not like money. When you give the money you have less after. For love, it's the opposite of money. The more you give, the more you have. So, that's why you Raelians, you are billionaires of love, because the more you give, the richest you are. Rael - Contact 390

Lover

You can fall in love every morning, without an object of love. Or rather you can elevate yourself to love, without an object of love. You can laugh for no reason and about everything and be in love with no one yet with everything. You can put yourself in this state of love without any outside help. Why let a person outside of you be responsible for this extraordinary state of love trance which makes the colors brighter, which makes you want to sing... Rael – Contact 360

To be a Buddha is to be in love with nothing and everything while having the same reaction, the same enthusiasm, the same inner wonder as when you are in love with a person yet not being attached to anyone or to anything. To be detached and in love, that removes one of the greatest parasites of love which is jealousy. If you are detached and in love, then you are not jealous because jealousy comes from attachment. Rael – Contact 360

Be in love with yourself, with everything, without an object, then you are completely freed. And if you choose to live with a partner and your partner is not necessary for your happiness, then your relationship will be a lot greater.... Rael – Contact 360

Meditation

Incidentally, the etymology of "meditate" comes from the Latin "meditare", which means to exercise. To exercise one's senses, that is the aim of Sensual Meditation. Rael – Sensual Meditation – P54

In this infant humanity of which we are a part, the thoughts of everyone influences the whole; that is why we need to meditate everyday while thinking about the whole. Rael – Contact 134

There is an obvious contradiction for the being who is awakening, between the need to meditate and the need to laugh all the time. But both work together. When we meditate, there is an inner laugh within our cells happening. If you meditate seriously, you waste your meditations. Rael – Contact 360

We have a funny brain with 2 speeds, either thinking, thinking and stimulation, or sleeping. However between these two states is the most interesting one which is the meditation state. No sleeping, no thinking, being right in between. Rael - Contact 373

When you think too much, the brain becomes like a jungle with many monkeys jumping everywhere and it's not quiet. When you sleep, it's very good, sleeping is good, you rest your body, it's very good for health, the brain also relaxes but it doesn't create harmony. You can sleep and you wake up very nervous, very anxious, feeling as bad as the day before. But when you meditate, then just 20 minutes of outside silence and inside silence, you will feel a level of harmony and peace that no 12 hours sleep can break. And you know, sometimes some of you can sleep 10 hours, 12 hours, and you wake up with the same problem. Only meditation can bring this peace of mind and this harmony. Rael - Contact 373

Remember to always focus on the left front of your brain, where the happiness center is. Every time you are happy more blood comes here. But every time you send blood here through meditation, you become happier. So you can create happiness, by feeling this part more than the rest of your body. Rael - Contact 378

The secret garden is the memory you have when you were a little child.... And you have in your memories, many memories of the happy child you were....Happy child memories...What are yours?So it's one of the easiest meditation and it is very powerful for bringing you happiness, just sitting and remembering childhood memories. Rael - Contact 381

Maitreya lead a short meditation which he described as a small one but the most important of all. Just, send love, because love is the most important thing in life.....An eternal, infinite flow of love. Feel it, from inside out, and from the out inside. Rael - Contact 384

That's what meditation can bring you, when you reach the state of Buddha, where every second, every heart beat, every breathing, is part of a global orgasm. Learning is just intellectual. Doing it, is meditation. Reaching it is enlightenment. Like in sexuality, learning is good, doing it is better, and reaching orgasm is the top. So when you practice meditation, you train your brain to stay in a permanent state of orgasm, a spiritual orgasm, where you feel oneness, where you feel connected to everything and nothing. That's the key. Rael - Contact 388

Meditation, harmony, peace and happiness that is what is the most important. One more time, the Message of the Elohim is beautiful but whatever information is inside, if it was not bringing us happiness it would be worthless. Rael - Contact 388

Meditation is: not to want anything. It is a state of acceptance, letting go, letting flow, like a river. Rael - Contact 389

This morning I want to share with you a beautiful meditation I had this week, a meditation about these clouds. Look at the clouds. We have been in the clouds, and we will be back in the clouds. Our body is composed of 80% of water, when we die, and we all die, this water evaporates and go in the air, and in the clouds. So when you look at the clouds, wonder how long did it take for this water to accumulate in a cloud, coming from the body of people. Rael - Contact 390

Remember the best time for meditation is in the morning, like that you don't fall asleep. Rael - Contact 390

Meditation is not made to make you sleep. It's the opposite, it's to make you more awake, to make you reach happiness by feeling oneness with infinity. Rael - Contact 390

Go to bed early, wake up with the light, natural light, and you can be happier, with the meditation, without falling asleep. Don't forget to meditate as often as you can, because it's the direct connection to happiness. Rael - Contact 390

But there is 1% chance to survive, so there are optimistic people, the Raelians. So we must think only about this 1%, and do meditation for peace, hoping that next year will be 10%. Remember, every meditation you have for peace on Earth is influencing everybody. So with your meditations, you can really save the world....That's why I hope this year you will do more of this "One Minute Meditation for Peace" in the street...."This is the only way to save the planet." Rael - Contact 390

Messages

When it's difficult, think about the smile of Yahweh and read the Messages. You will have the solution naturally coming for this decision. If you really read regularly the Messages, this guidance of Yahweh is every day with you and then you know why you are alive. The Messages guide us in every aspect of our lives. In your professional activity, in your sexual life and of course, especially in your philosophical life, you must always feel the love of Elohim. Rael – Contact 369

Remember the first time you read the Messages, always remember this first time. What was your feeling then, do you remember? It must not change for less, it must only change for more. Never get used to the Elohim, always go back to this first feeling. If we don't do that, we lose our most important treasure. Every second of the day, every little bit of your life you

have to feel this connection you have to feel this love with Elohim. And there is no reason you get used to it, never get used to it. Rael – Contact 370

Only the Raelian Message is 100% materialistic and at the same time the most spiritually high possible, because it's real spirituality, not based on myth and stupid beliefs but rooted in scientific facts. When some Christian or Buddhist people meditate, they feel connected to god, but there is no god. They feel connected to spirits, but there is no spirits. So they base, they root their spirituality on things which doesn't exist. Rael – Contact 373

We want to save everybody, that's why we spread the Message, because we don't want only the Raelians to be saved, that's not love, that's selfish. Like the Jewish people say "we are the saved ones, other people not our problem". No. That's a betrayal of the Elohim Message. The Elohim Message says that we need to try to save every human being. Rael – Contact 375

When you wake up, it should be the first thing: "Elohim, I love you". Every day and that will put a light in your brain for the whole day. Love is your guide! I am not your guide, love is your guide. The greatest Maitreya or Buddha on Earth is nothing compared to love. I'm a messenger of the Elohim, the Elohim are messengers of infinity, and infinity is love, so I am a messenger of love. If you have to remember only one thing from the Message, it is love. Rael - Contact 378

The only thing that can save Humanity is the Raelian Message. Rael - Contact 383

[The Raelian Message] places all the races on an equal stand by saying that the Elohim created all races equal. This means that no one race can be superior to the others because all are equal. And this is fundamental....It prevent any possibility of slavery, colonialism, or domination of certain races over others. Rael - Contact 383

Mind

Try to direct your mind so the questions you ask don't lead you to unconstructive answers. It is so important to elevate and discipline your brain. Rael – The Maitreya – P76

The more you raise your mind towards globality, towards infinity, towards a panoramic view point, the more it will improve. Rael – The Maitreya – P79

It is impossible to change or develop awareness as long as we continue to use excuses and justifications. Rael – The Maitreya – P96

Mission

That's your mission to spread atheism and the belief in science, rationality, intelligence, that's the message of the Elohim. Rael – Contact 373

I don't want followers, you are not my followers, I don't want to want followers. I want people who work with me, beside me, not following me. But at the same level, we are one and we are working together. I don't want any followers. Some stupid journalists sometimes ask "How many followers do you have"? None, nobody, I don't have any followers. If you are with me to follow me, please leave, I want you to walk beside me, or rather in front of me. I want to be your follower, you are the Message, you read the Message, I want to follow you. How many followers do you have? One. My mission is to follow you and we will build the embassy and welcome the Elohim. Rael – Contact 374

If you make yourself able to receive all the shit of the world, then you become a Buddha. Then you become love. 'Give me all your shit, I take everything and I change it in love', that's our mission. Rael - Contact 374

Giving love to everybody! Giving love to everybody, that's the reason why we are on the earth. That's our number one mission on earth, not being intelligent, not being geniuses, but giving love. Rael - Contact 378

You are born for a purpose, you are born to help infinity to become aware of itself. That's why every time you make a decision, especially the decision to become happy, you are not alone. Each one of you is connected to every star in the infinity. You are a part of the infinite universe and you are connected with it... When you decide to be happy, the entire universe is helping you to be happy. Rael - Contact 381

The power of love is infinite but there is something beautiful in this chemistry: the less you give, the less you have; the more you give, the more you have. Shine love everywhere, shine. You were born for that. Rael - Contact 381

My mission is to make everybody billionaire in Love. And it starts immediately. Rael - Contact 382

Don't forget that each of you, each of you has something to do and can make a difference. Whoever you are, whatever your level in this society, poor or rich, intelligent or not so intelligent, it doesn't matter. You all have something to do to make this planet better. Rael - Contact 386

In fact our mission, our most important mission, will start after the arrival of the Elohim, by bringing the spiritual message of the Elohim to everybody. Rael - Contact 388

Now you have the big privilege to be with Maitreya, but Maitreya has the big privilege to be with you. Each of you is so special for me. Yes there is only one Maitreya, but there is only

one you. You are not inferior. We are same. My mission is different, but each of you is very important for me. Very important for the Elohim, each one of you. Feel it. Rael - Contact 389

Do you love me? Grow! Show me that my teaching is useful. If not it's just "blah, blah..." entering one ear and going out from the other one, wasting my time and my energy. Do it. Apply it. Shine. Rael - Contact 390

We bring humanitarianism, paradism, revolution in every field. That's why you are here. We want to save humanity. The Message is not about UFO, ETs, it's about saving humanity, about becoming one with everyone. Rael - Contact 393

I have a dream. It's not the embassy first, because the Elohim won't come if we don't save humanity. It's to save humanity. My brother was changing water into wine. My father gave me a much more difficult mission: changing sheep into humans. That's what I have to do and I will do it with you. Rael - Contact 393

Mistake

We have to love ourselves even in our mistakes, because those mistakes make us grow. Loving our victories is good, but his not wisdom. Wisdom is to love all our qualities as much as our shortcomings, triumphs, and failures. Compliments are food for our self-love. The source of our happiness must be ourselves and within us. Rael – Words of the Last of the Prophets – P4

We can learn so much when we make mistakes, and what is wonderful is that we will always make mistakes. We should even be excited when having made mistakes, because at least here is an opportunity to improve. Rael – The Maitreya – P39

Real wisdom comes with experience as in making mistakes, correcting them, continuing and advancing. Every lesson we learn from a mistake is a victory and yet one more step towards awakening. Rael – The Maitreya – P45

But what we should not do is to make the same mistake twice. We are allowed once, but not twice, and yet this should not stop us from taking risks or risking possible mistakes. The trick is not to repeat the previous mistakes. We have to dare to measure ourselves. Rael – The Maitreya – P75

Observe yourself objectively and laugh at yourself; don't wallow in your mistake, drop it. When you wallow about in your own excrement, it doesn't smell so good and you begin to smell too. Rael – The Maitreya – P76

It is important to remind ourselves that for everything we do at every moment of our life, we can refer ourselves to the Messages to know what to do, to take a decision. There are

moments where it is difficult to make a decision, we hesitate, but when we read the Messages again, there is absolutely everything we need to make the right choice. In the night of human emotions, the Messages are a light. To choose while being under emotions is always wrong, we must always go back to the consciousness and when emotions have completely disappeared, then we can take a decision and we are sure to make the right choice. All human mistakes are the result of decisions made while being under some emotion. Rael – Contact 361

Money

A world without money will bring love to everybody. It will happen! It is the only way to escape destruction. To destroy money and work is the only way to save the Planet. Rael – Contact 355

We need money now and as long as it exists, so please do not stop making money because the Message says that one day we won't need it anymore. I want you to make more money than anyone else so that we can promote the disappearance of money. We need to work hard to make lots of money to destroy money and to make the golden age come. Rael – Contact 357

The future of society is without money because money is a poison given to you by the government. Rael - Contact 374

It's incredible, Japan is a rich country (but) you have thousands of homeless people in Tokyo, this is crazy! Completely crazy. And there are more and more homeless. Why is that? Because of the banks and this piece of paper named money which is nothing, just paper. That's what we need to destroy, because money destroys love. When people have money and make money, they forget love. The richest you are, the less love you have. And when we destroy money, then love comes back. Rael - Contact 378

Movement

Everything in your lives is movement. It was thanks to movement that the Elohim came to create life on earth. Our earth is also in perpetual movement. It is spinning on its own axis; it is shooting around the sun, which itself is circling around the center of the galaxy, and all this is turning in an immense movement. Rael – The Maitreya – P68

Be aware of how our time on earth is limited. We are not eternal, at least not yet on this planet, so enjoy each movement consciously! Rael – The Maitreya – P69

Mutilation

Circumcision for men - like clitoral excision in females - constitutes sexual mutilation and should be forbidden. Rael - Contact 382

Non-violence

Non-violence and love always win. You just have to be patient. It is true that some people died defending this principle, and we must accept the gift that these people gave in sacrificing their own lives. They knew the risk they were taking and they choose that way. Rael – The Maitreya – P162

Total non-violence stems from humility. Who am I to impose my will on others? Who am I? Nothing, just a bit of dust. Rael – The Maitreya – P170

Only non-violence, love and compassion can save the world. Rael – Words of the Last of the Prophets – P23

Non-violence has nothing to do with cowardice. To be non-violent requires standing up and pointing the finger toward those who attack you; it means defending ourselves. It means being powerful and strong. Only the non-violent are admirable. Rael – Words of the Last of the Prophets – P23

Non-violence is not the refusal to defend our own rights, but on the contrary, it is the will not to remove the life of the aggressor, and it is the will to render the aggressor powerless by any means. Rael – Words of the Last of the Prophets – P23

Nudity

You must never be ashamed of your body or of your nakedness, for nothing displeases our creators more than to see those they created feeling ashamed of the appearance that has been given to them. Rael – Intelligent Design - P186

We were naked when we were born, so why should we be ashamed when we are adults? Try lying in the sun without a stitch of clothing and feel the sun caress your body. Go at your own pace, and you'll see how wonderful it feels. And know that as you take your pants off your body, you are also taking off the pants you have on in your head! Rael – The Maitreya – P29

Accepting being naked is much easier than learning to walk, and yet you all know how to walk. Rael – The Maitreya – P29

Not only is finding the purity of nudity not “lowering ourselves to the level of wild animals” as African opponents pretend, but it is also:

1. To free oneself from taboos created by Christian religious colonization and honour one’s admirable ancestors who lived naked, as well as to perform an act of apostasy from colonial religion to find anew the values and religions of one’s ancestors, who were the victims of colonialism.

2. To be on the same page with future religions such as the Raelians, religion of science and cloning, for whom return to nudity is a fundamental value. Our creators the Elohim and their future science live nude.

Both respect for our ancestors and our preparations for a technological civilization of the future remind us of the importance of finding again the pleasure of nudity. The opponents of nudity, even the pope, are born naked. Nobody is born with clothes on.

The return to nudity, in parallel with a formation to high level sciences of the future is a part of the seminars given by Rael, The Last Prophet, during Raelian seminars. Rael – Contact 200

Nudity is beautiful and should never be viewed with a paedophile mind-set, which itself is a terrible mental sickness as recently confirmed by scientific study. Nudity should be promoted - not only for children and teenagers - but also for adults of all ages as it is the most beautiful show of art there is. Those against it are the ones who are mentally disturbed and sexually obsessed by their Judeo Christian and especially Catholic education. Rael – Contact 350

Objective

The only goal is to be happy. The only reason we were created was so we could become happy, and most of all, to be aware that we are happy. Rael – The Maitreya – P33

Pleasure comes from enjoying the action leading to the goal. On the other hand, if we concentrate purely on reaching our goal, it cuts from the above-mentioned pleasure and makes us unhappy if we don’t achieve our objective. Rael – The Maitreya – P73

Looking for excuses wastes precious time in achieving our objective. We can evaluate them to ourselves, but purely with the purpose of improving. Rael – The Maitreya – P94

If you don’t have something in your life, that you give your life to, if you have nothing, if you are just living, eating, sleeping, making money, that’s not a life. You need something bigger. Why do I work? Why becoming rich? What for? You need to decide of a goal, a purpose of life which is meaningful. When you find something that makes you say “I know why I am alive”, it changes everything. Rael – Contact 373

When a baby is born, he is perfectly happy. He didn’t study, didn’t go to school, doesn’t know how to write, nothing, but he is happy. But men, women, the more they earn, the less happiness they have. So it’s very important to destroy this myth, a very very bad myth, the

myth that we need goals, targets, and objectives. This is poison. When we need goals or objectives or targets, it's saying that in the future, we will reach something. It is the same for happiness. "I'm not happy now but one day I will be happy". This is very stupid: it is right now or never. Rael - Contact 379

Oneness

One day we will be able to calculate the level of love. We are surrounded by love, we live in love and yet we can't even measure it. One day we will discover that love is a unit measure that unites human beings. We will realize that, in fact, there is no real gap between us; we all form a living mass in which we live. It wouldn't have taken, much for you to be someone else and someone else to be you, but you are you now.

Imagine if you were him, in his body, inside his head. Observe him carefully. How would you feel in his shoes? How can you hate him; how could you hit him if he could be you? The way we separate things, this me, separate from you, is totally artificial. It is a big perceptual mistake; we are all one. Rael – The Maitreya – P16

We are all ONE, and it is a beautiful thing to feel this fluidity when we are meditating. Feeling a real state of meditation doesn't require years of training. It is instantaneous. What requires years of training is to remain in that state where we feel this unity within ourselves.

And it is important to feel it, because we cannot feel at ONE with others if we don't feel at ONE with ourselves. How is it possible not to feel separated from others if this division exists within ourselves, such as when we feel good in our minds, but dirty in our bodies. It is only after having succeeded in uniting ourselves that we can go the next step and be at ONE with others. Rael – The Maitreya – P41

Being ONE with ourselves means being at ONE with the Universe, with Infinity, with all, and also with nothing, because there is no difference between all and nothing. Rael – The Maitreya - 42

If you feel de-pressed, something is wrong, then smile and naturally happiness will come, because when you smile you are one with all your cells. Rael – Contact 365

When you look at the stars, when you look at the Universe, you are looking at yourself, you are not separated, we are one. You are not a little human being separated from the Universe, you are the Universe, you are the stars looking at themselves and they can only be aware of their existence thanks to you. So we are the crystallization of the stars, accumulation of the stars, the children of the stars, created for contemplating itself. Remember that, have this feeling tonight if possible, look at the stars and say 'woow', I am looking at myself". Rael – Contact 366

It is very important to really go together, and to really express our love together. Because when we do that we become stronger. If we stay separated in our bedroom, yes we can have contact with Elohim but when we go and do it together, we become stronger, we

receive and give more love and we need love, and we give more love. That's why we need to be together at least once a week. Rael - Contact 375

To be love. Feel this infinity of love around us. In the wind, in the air, in the smell of the flowers and nature, to become one, with each other, with the trees, with the grass, with the planet, with infinity. That's what you feel if you really feel it. You just have to feel it, it's not coming from outside, it cannot be taught, I am not teaching you. It's inside you. You are your own teacher, your own guide, your own Maitreya, I cannot do it for you. I feel each of you like if you are a part of me. But if you don't feel each other and you don't feel me it's your problem. That's why the 11am contact is very active. It's not coming, sitting, and letting Maitreya do everything. It's feeling, do you feel it?

This link with infinity, with me, I am the Messenger of the Elohim but the Elohim are Messengers of Infinity and we feel one with all this oneness. Do you feel it? Rael – Contact 377

This oneness with everything, including birth, life, and death, in an infinite cycle. We are part of this infinite cycle, if you feel it every second of your life, then happiness is there forever. Rael - Contact 388

So when you look at the stars during the night, every star you see, every part of your body, every little atom, have been on each star, because infinity in space and time, cannot be separated. And that's the past, but also the future. There is not any part of the infinite universe where every part of your body will not travel, again and again and again. How many times? an infinite times, because it's infinity. So we are infinity. We are not something looking at infinity... No, we are not. We are part of infinity. We cannot be separated, and that's why we are one, We are One. Rael - Contact 390

We have been everything, everywhere, and we will be everything for ever. That's why we are one, with the sky, with the stars, with the soil, with the plants, with other people around us. The separation between us is an illusion. I breathe out, like everybody, and you breathe in, like everybody, and with each breath, some parts of my body go in your body, and reciprocally, so we are one. Rael - Contact 390

Oneself

I prefer to say everything very fast rather than nothing for a long time. Rael – The Maitreya – P64

Nothing is constant in the universe, neither in space nor time, and that includes us. Rael – The Maitreya – P74

Let's be awakeners. Each of you can be your own guru, your own guide for humankind. Rael – Words of the Last of the Prophets – P21

It is better to be in a physical prison and to be free in our head, than to be free physically and a prisoner in our head. It is better to be a prisoner within the hatred of others and to remain free by the accuracy of our choices, than to be free among the others and a prisoner of our remorse. I prefer to die happy, than to live in desperation by disavowing my being, my essence, what I really am. Rael – Apocalypse 138

"Normalization" is the worst kind of social mental conditioning, conformism and denial of individual freedom. Be yourself, no matter what they say! "Rael - Contact 356

Being examples in society is to be oneself regardless of our function and by proudly wearing the medallion and not concealing our membership. Rael - Contact 356

When accused of doing a mistake when in reality it is not their fault, normal people will try to show it is not their fault and defend themselves. You can go one step further and say: "I will not be angry, this man is feeling bad, so I stay neutral, no emotion". One step even further, when accused of something that is not your fault, is to apologize. Rael - Contact 374

The most important love is the love for yourself. If you don't love yourself, you cannot love anybody, you cannot love humanity; you cannot love the Elohim, because you don't love yourself. The first thing is to love yourself, it is the most important. To really love yourself, to love your freedom, the freedom to choose, the freedom to be yourself, the freedom to do what you feel, deeply. Not to be forced by any structure. The couple structure, the society structure, the movement structure, any structure which limits you in your freedom of choice, limits you in your freedom of love. So how can you love yourself more? By destroying any structure, any limit you put to your freedom, then you can love. The real love can only be free. Rael - Contact 377

When you wake up, remember it: the Humanity is you. Humanity is not around you, you are the Humanity. Rael - Contact 386

When you take a decision, a commitment, when you say: "Maitreya I want to help you". Be careful, it's a very serious matter. Of course you are always free to leave, but if you really come and say: "Maitreya I want to help you", you cannot change your mind after one week, specially if you tell me: "Maitreya I will help you until I die". You cannot send me an e-mail after one year saying: "I'm sorry but I found a beautiful Raelian girl and we will have a family together". This is bad for us, bad for the Movement, but bad for yourself, mainly bad for yourself. Rael - Contact 388

Overpopulation

The humans, who use a contraceptive method, such as the pill, the cap or the condom, etc., make a fantastic "nose-thumbing" to their genetic code. They consciously take pleasure without it leading to reproduction. Pleasure always brings an expansion of the mind, but overpopulation is certainly a serious danger for Humanity; contraception is a magnificent

way that humans have of showing that they are conscious of themselves and conscious of the importance of their actions in regard to the whole humanity. Rael – Intelligent Design – P266

We are at a level where there are too many people on earth. The oceans are polluted, the rivers are polluted, and the air is polluted because there are too many children. So we have arrived to this kind of funny situation where giving life is giving death. Every time you give birth to a baby you create more death in the future because they will need power. The wise decision is to limit the population. Rael - Contact 375

Every government in the world like Japan says: "we need more Japanese children". France says: "we need more French children". And they give money to families to have more babies, and then they need more power plants. How do we make this electricity, with oil? Soon no more oil. Coal? Not renewable, soon no more coal. Nuclear power plant? We know what happened with Fukushima. So the only intelligent policy of the world would be to say to everybody "stop making children". Rael - Contact 375

All the governments of the world, right now, are criminals, not because they create nuclear plants, but because they push people to have more children. More children who want to have more electricity, more Fukushima. Fukushima has happened because of over population. Rael - Contact 375

The message says, one child per person, then humanity will start to be less and less populated and science will help to make more power, clean energy, renewable energy, and no nuclear plant. Rael – Contact 375

Pain

Meditation is very powerful to lower the feeling of pain, as physical pain is very connected to the consciousness. Rael - Contact 389

We have headache. There is a reason, we have to fix it, so the pain is useful to protect our body. When you look at the pain like that, instead of saying "oh I have pain in my knee", you say: "thank you my knee for telling me there is a problem, I will fix it, don't worry I will take care of you", then the pain in this meditation - because it is a meditation- very quickly goes down. This is not valid for everything. Some extreme pain, chronic pain, these are terrible, but even these terrible pains can be lowered by this meditation. Rael - Contact 389

The worst enemies of pain, which create more pain, one more time, are fear and anxiety. Meditation can reduce almost more than 90% of the physical pain and 100% of mental pain. So meditation is always good. Rael - Contact 389

Pain can be a tool for happiness, through meditation. Suffering is not good, I'm not saying that suffering is good, I'm saying that if you have pain in your knee, a huge pain, you can

say: "ah, life is terrible, my pain is big" and feel very bad, or say "I have pain in my knee but I know people who have no legs, they would love to have pain in their knee". Rael - Contact 389

Paradism

Everything a human being can do can be done better by robots. Therefore, instead of working only for money, human beings can let all work be accomplished by robots and use their lives to do what they like – creating, doing research and studies, pursuing the arts, or meditating and achieving self-development. Under these conditions, the world will finally reach the level of paradise. That is why this system is called Paradism. Rael – Contact 360

Paradism is communism without proletariat, where the entire world can share the benefit of technology and science, without banks, without money, where everybody can share everything which is on earth. Rael - Contact 377

Paradism is the essential key to the future of humanity. And it's possible right now. If the world, the whole world revolts together at the same time, it can be done in a few weeks, not a few years, a few weeks! Rael - Contact 378

A real democracy is not so much 1 person 1 vote, but 1 person 1 equal share of the world wealth. The best solution is Paradism, a natural evolution of communism without class conflict as proletariat disappears to be replaced by robots and computers and where everybody enjoys a money free world. Rael - Contact 387

Peace

Now it is time for the pacifists form all over the world to unite for a world-wide revolution of peace! I call on the new generations of all countries, all races and all religions, to unite to launch a real world revolution that will save humankind! Those who work for peace are much more intelligent. Their power is greater than that of violent people. Rael – Words of the Last of the Prophets – P20

If you meditate for peace, even by yourself in your house, your telepathic waves will change the world. Meditation on Peace and love make a difference. First it changes you from the inside, then it changes those around you, and as they begin to feel better in turn, they change those around them. Rael – Words of the Last of the Prophets – P20

But remember, whatever happens, keep harmony, love and peace inside your heart. Whatever happens around you? People can destroy peace on earth, but they cannot destroy peace inside you, only you can destroy peace inside you or build up more peace and love inside yourself. This, nobody can destroy. And that's how you do it with meditation. Rael - Contact 387

Perfection

Nothing is perfect, but that does not mean we should abandon all idea of perfection. Perfection is in the movement that brings us to our goal rather than in the goal itself, and his applies at every level. Rael – The Maitreya – P73

Abandon all idea that perfection is static and definite and instead concentrate on the action that you are presently carrying out, whatever that might be. It is by being aware of this action that you can perfect yourself. Rael – The Maitreya – P74

Becoming awakened doesn't mean becoming perfect. That difference between the ordinary person and a Buddha is that the Buddha uses his challenges and mistakes to grow, while the ordinary person refuses them by justifying himself or saying it is someone else's fault. In so doing, he destroys himself. Rael – The Maitreya – P74

Humans were originally created perfect, on a perfect planet. We squandered our capital of beauty and health from generation to generation through non-respect, violence, stupidity, selfishness, and worst of all, fear. Rael – The Maitreya – P92

The first myth to kill in your mind is the myth of perfection. It is your biggest enemy, like an alien inside of you. Nothing in the Universe is perfect, even the Elohim. Infinity is not perfect but it is in harmony. You cannot be in harmony if you think of perfection. Perfection doesn't exist. Perfection is self-destruction. Rael – Contact 309

'There are good sexual lives, there are no perfect sexual lives, no perfect match, no charming prince or princess... stop looking for perfection, it doesn't exist. Perfection isn't in you and isn't in anyone around you, and this is why we feel one together. Elohim love you with your mistakes. They created you in their image, which means also that the mistakes we make, they have done them...' Rael – Contact 349

Philosophy

Part of the philosophy that I teach is to be oneself, whatever anyone else thinks, so long as we are non-violent. Rael – The Maitreya – P181

Your philosophy has three treasures:

- The Truth: without it, life wouldn't be life
- Meditation (To train, practise, develop, grow): without it our consciousness wouldn't be able to develop now would happiness grow
- The third one is Prayer

Rael – Apocalypse 138

Every criminal believes he or she acts for something good. They need to be guided. So many are killing in the name of god. If you have no god, you feel responsible for your life. You can feel connected to nature around, to the people around and to everybody and feel love, without the need of god for that. Feeling one with everyone, that's the Raelian atheist philosophy. Rael – Contact 363

When we are filled by the Message of Elohim, we don't need a boyfriend or a girlfriend, we don't need money, we don't need anything, we can be naked outside and be completely happy. We can be rich, have millions and millions but be very sad and desperate. You can have the most beautiful boyfriend or girlfriend of the world, or 3 or 4 or 10, and be very sad and desperate. But with only the philosophy, you don't need anything. Rael – Contact 373

We cannot be happy to wait for Elohim, happy to welcome them, and then depressed because we have no more goal. That's why the Elohim not only gave us the explanation of the scientific creation, the goal to build the Embassy to welcome them back, but also and before all, the philosophy of infinity which is the most beautiful gift. Being. Just being. Feeling. Without the word. Rael - Contact 388

Pleasure

All our senses are there to give us pleasure, and Sensual Meditation is based on an improvement of the perception of pleasure provoked by the chemical reactions transmitted by our senses. Rael – Intelligent Design – P257

Everything we do during our life, we do because it gives us pleasure. There is no one action performed during our entire life which is not done for pleasure. Rael – Intelligent Design – P257

There is a difference between direct pleasures, such as immediate sensual satisfaction, and indirect pleasures, such as the choice of behaviour ... and which are reactions to exterior interventions without resulting in a conscious development of our means of perception of the environment. It is only when conscious pleasure is obtained in solitude in an attempt to improve the quality of one's perception, that true blossoming can take place. Rael – Intelligent Design – P257

Pleasure is always fulfilling, direct pleasure that is, and not the pleasure of the soldier who dies for his comrades. Direct pleasure develops in each individual the means to become in tune with the Infinite, and really feel a part of the Infinite. Rael – Intelligent Design – P262

One cannot live every moment intensely for any reason other than for the pleasure of living each moment intensely. Rael – Sensual Meditation– P69

Let us diversify our sources of pleasure to infinity; let us not limit them to any one thing or person, passion or pleasure. Let's taste the greatest possible number so that if one of these

abandons us, we still have the others, and even if only one remained, we could still be happy, and even without that one. Rael – The Maitreya – P47

Any knowledge that doesn't bring pleasure is useless knowledge. Everything you put into your brain today will determine your future thoughts, all your thoughts of today determine your actions of tomorrow, all your actions define your personality. When we have pleasure, we raise the level of consciousness of humanity and our health. Rael - Sensual booklet 10 (only in French)

Our pleasure stimuli are programmed to decrease in intensity to force us to increase contacts to develop our intelligence. Rael - Sensual booklet 10 (only in French)

Enjoy life and don't deprive yourself of what gives you pleasure! The Elohim gave us some rules in order to protect our genetic code when we plan to have children, but only for this reason! if you don't plan to have children then there is absolutely no reason to deprive yourself of any pleasure, except of course if you are a member of the structures of the IRM who must have an exemplary life (at least in public...what people do in the secrecy of their private life is not the business of anybody, including for the members of the Structure of the IRM). Rael - Contact 390

Politicians

Go in the streets and force the government to go away. This planet can be saved only if there is a world revolution. National revolutions are not enough anymore. All the young people of the world must make a revolution at the same time, to create a world government and to unify, stopping this crazy monetary system, which wastes everyday billions and billions of dollars to pay useless government people, to make weapons which they put in museums twenty years later. Today, they are making weapons with your money, with your taxes. In 20 years, they will destroy them and make new ones. With the money of the taxes they use, everybody could have food on earth. We don't need money, we don't need weapons, we need peace and love. Everything bad on earth happens because of the politicians. Rael - Contact 373

Politicians are the cancer of humanity, get rid of politicians everywhere. Only one future for humanity: a unified world, without money, without military, without politicians. And then, this planet can be heaven, where everybody can travel everywhere without passport, without visa, and finally respecting the human rights. Rael - Contact 373

As a general rule, we should vote at all referendums that are about social questions and choices for the future and that have nothing to do with electing politicians or keeping them in power. Rael - Contact 375

Positive

It is so important to say YES. Its vibration and the thought of YES change something in our brain, in our personality. It gives us a positive outlook and fills our lives with love, happiness and blossoming. Our lives cannot be harmonious, happy or full if we say NO too often. Of course, sometimes we have to know how to say NO, but only exceptionally, when something is proposed to you that is contrary to what your conscience would like. You should only say No in exceptional circumstances. Most of the time we should say YES. We feel so much better when we say YES! Even our environment is transformed by it. Rael – The Maitreya – P25

You are the only one who chooses whether your day will be negative or positive. It is no difficult; it is just a matter of training. If you often choose the positive, then your brain will learn to automatically react positively and you will be happy. It is automatic. All you need to do is press the button. But if you choose the negative, your brain will apply the same automatic mechanism except it will learn to be negative and you will be unhappy. Thinking negatively simply poisons you. When we are negative, we are like a black hole, we are not attractive and others avoid us. To get rid of the negative habit, re-educate yourselves by being positive, right from the moment you wake up. Be happy. Make the most of life. Enjoy every moment. Be happy and people will gather around you because they will all wish to be infected and permeated with your happiness. Rael – The Maitreya – P34

If our theme is positive, it is thanks to a heightened level of awareness that allows us to manage the emotions that are strewn in our path. Negative emotions are the greatest enemies of our consciousness. Consciousness and negative emotions don't go together. Never forget that being positive is a choice. Rael – The Maitreya – P35

When we are positive, we are like light; everyone wants to be with us. Rael – The Maitreya – P40

Prayer

But while praying, we feel really small compared to our Creators and we speak directly to them. Rael – Apocalypse 138

Finally there is the ground wire which is prayer. It is very important because it prevents the truth from making us proud and prevents our consciousness, developed through meditation, from filling us with pride as well. We can have a fabulous truth, a consciousness developed towards the infinite thanks to meditation, but if we lose our humility, we are just buffoons in the eyes of the universe; therefore, we need all three. Rael – Apocalypse 138

Pray to the Elohim, not only because it is necessary, but also because it does good for you. In all the accidents of our lives, we have chosen to be happy; we have decided to be extraordinary. But there are still moments that are more difficult than others in our lives,

people whom we love who die, problems; In these moments, meditation can help, to read our scriptures can help, but what can help the most is prayer, to thank the Elohim for giving these 'accidents' that make us grow, as it is in the accident that we grow. Children learn to walk by falling. Whatever hits us makes us grow, if we have the humility to recognize it. The imbecile-individual who carries only truth and harmony, will feel diminished if he loses. The human-being who has all three, thanks those who made him/her grow. The one, who loses while playing chess and has this consciousness, isn't angry to loose. He has no anger and thanks sincerely the other player for showing him things he didn't know. It's only this humility that allows you to live moments like these. Thank you Elohim one more time for giving us this ground wire of humility that is indispensable to be what we are, that is - extraordinary." Rael – Contact 337

Some say "how can we be happy when we think of all those people who suffer on this planet?" One cannot help the planet by crying. If I am offered food, I will eat with pleasure, taking energy to help those who have nothing. If you are hungry, you cannot help those who are starving. Enjoy what you have while thinking of those who have nothing and you will have more strength to help them. Pray and meditate while laughing because praying and meditating should not be serious. Rael – Contact 360

When we make a prayer, we pray to the infinite, we pray to the messengers of the infinite. To pray is to send love without expecting anything in return. You send vocal or silent vibrations which make your body and your brain vibrate which elevates you. When you pray, you must direct your thoughts towards something which elevates you. Rael – Contact 360

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Praying to get something is satisfying the ego. It's not, it's nothing. Praying to feel connected with everything, for oneness, with the infinite, with the universe, with other Raelians, with every animal, and to be attaching every animal, every plant, every flower, to become one, that is the real prayer. Rael - Contact 387

To pray is to give, not to ask anything for yourself, but wishing everything for others, this is a prayer. And this kind of prayer naturally makes you happy, because if you pray to get something it doesn't make you happy. Rael - Contact 387

Praying is helping yourself to put your subconsciousness in harmony with your consciousness. That's good, that's what a prayer is about. Prayer is not asking God or the Elohim something for ME. Rael - Contact 388

Predictable

Anyone can manage the predictable, even robots that are specially programmed to respond to predictable situations and events.

To manage the unexpected means to use foresight with all one's senses open so as to include the prediction of one's own circumstances with that of others, while at the same time managing the unexpected which others slip into our own predicted circumstances.

Life is a succession of unpredicted events interfering with the events that we do manage to predict, and it is precisely how we can react to this unpredicted element that allows us to test our intelligence and our level of consciousness. Rael – The Maitreya – P37

We should not only congratulate ourselves when all goes well, or when we manage the expected and unexpected well, but also when, and especially when, we are experiencing failures, because they can help us grow. On the other hand, we should also strive to not repeat the same mistake twice, while not letting the possibility of making mistakes hold us back from taking risks. We should even feel excited by the thought that we have an area at our disposal that can help us grow. We can learn so much when we make mistakes, and we will always make mistakes, though not for the same reasons. That is what is wonderful. Rael – The Maitreya – P38

Pride

The Raelians are unique and irreplaceable in helping humanity to accept new technologies. Let's be aware that we are irreplaceable. Each of us can and must make a difference. We must be proud of the mission of guiding Humanity and this pride must be on all fronts: spiritual, philosophical and religious. This pride is not incompatible with humility; on the contrary, not to be proud of the Messages shows a lack of humility. Rael – Apocalypse 134

Proud of being Raelians. We must have the dignity to say what we are and the arrogance of the truth which goes together with dignity. Inside of us, we must keep the humility of the teaching of the Elohim. Among ourselves, we must cultivate humility, but we must not show it to others. Towards the outside, we must assert ourselves, because who can be arrogant if not us? The truth we are saying is so strong that we must say it with force towards the outside. Rael – Apocalypse 134

We must be proud of our values and not be shy because our differences. Rael – Apocalypse 134

Do not disavow your values, do not hide. Be what you are. Be proud to be the Messengers of Elohim on Earth. This is your greatness. You need to keep this certainly within you, at every moment. I am who I am. I am myself because nobody can be conscious for me. By deciding to be yourself, you are unique and you are important for Humanity by the richness of your

individuality. That will make you stand up straight; it is your greatness. Rael – Apocalypse 138

Give love: when we give love, we can be proud to give and be proud to love. If you really like the Elohim, life and people.... Be proud! Rael - Sensual booklet 11

Prophet

Do not forget that the Apocalypse – literally the “age of revelation” – has arrived as was predicted. It has been said that when the time comes, there will be many false prophets. You only have to look around you to see that the time has indeed come. False prophets are writers of horoscopes of which the newspapers are full, and there are also many others who reject the benefits of science and cling to every last letter of ancient writings that were the messages given by the Elohim to the primitive people of ancient times. Such false prophets prefer to believe what narrow-minded and primitive people have fearfully copied down long ago while listening to those whom they considered to be gods because they came from the sky. They should instead believe the message of Elohim that has been given now to people who no longer kneel stupidly before all that come from the sky. These latter people try to understand the universe, and they can be addressed as adults. Rael – Intelligent Design – P207

The role of a Prophet on Earth today does not only include divulging the secrets of our origins as explained in the Elohim’s Messages, or revealing the promise of a wonderful future thank to science, it also implies acting within today’s political arena so as to improve the lives of people, especially those living in countries who suffered the most from the selfishness and brutality of those who, for a short moment in time, were lucky enough to have had a slight advance. Rael – The Maitreya – P9

When we live at the same time as a prophet and follow him, it gives us a head start. It is this head start that means that the most revolutionary people most adapted to the age to come are mobilised. These people have something in common; they have so much love for humanity that they are prepared to lose their jobs, their friends and their goods to help it. Rael – M - 208

A Prophet must be revolutionary, a “facilitator” of the future! The more a prophet disturbs, the more he causes people to react. The greater the reaction, the greater the advancement of society, for society does not advance without disturbance. Only technological, scientific, artistic, spiritual revolutions can cause society to advance. A Prophet always likes action, never content with words alone. He acts! A Prophet is one who supports news ideas, these days it is cloning and GMOs. The Prophet’s profession is to prophesize, to inspire, to generate intent among scientists. Rael – Words of the Last of the Prophets – P18

Protection

Praying to the Elohim is good, sending our love to them is good, but protecting their creation is much better. When they look at us and they see many people saying "Elohim I love you" but around them, everything is destroyed, it's not real love. So, Raelians, if you actively protect the earth, the creation of Elohim, they think this is much more respectful of them. In one action towards protecting life on earth, there is more love for Elohim than in one prayer. In one action to protect life on earth there is more love for the Elohim than in one million prayers. So I'm very proud of you and I know you are very active and the Elohim really are happy to see that you try to protect their creation. Rael - Contact 380

Pulsation

What is a pulse, a heart pulse? Can you feel it, put and try to find your heart beat? Do you feel it? Stay on it. If you feel sad or depressed, when you ask: "why am I alive?", feel your heart beat. This is a miracle because if it stops, and it will stop one day, it is finished, you are dead. No more depressed, no happier, no more alive! Rael - Contact 383

Raelian

To be Raelian is as to have been Christian in the time of Jesus. To be Raelian is as to have been Buddhist in the time of the Buddha. To be Raelian is to have been Muslim in the time of Mohammed; to be Christian in the 20th century is to be in harmony with an old era; to be Buddhist in the 20th century is to be in harmony with an old era. If the Buddha or Jesus were here today, they would be Raelians. We are redwoods, trees whose heads touch the sky, whose feet are on earth, and who spill their fruit, their flowers, their scents to delight the planet, and that is why we are happy and proud to be Raelians. To be Raelians is to be close to our creators, to be atheists, Muslim, Buddhist.... Rael – Words of the Last of the Prophets – P48

Why should we be proud to be Raelian?

Because we are unique in our philosophy! We are the group in the world to promote atheism, scientific creation, the notion of the infinite, eternal life through cloning, absolute peace and non-violence, denial of nationalism, the creation of a planet united around a nationalism of infinity. Finally we are the only ones to be guided by a living Prophet.

The stronger the pressure from the outside is, the more some tend to fade. It should not be. The darker the sky is, the shinier the stars are and should shine. We are useful because there is opposition. We exist because there is darkness. You are the stars of the Milky Way of consciousness. Rael - Contact 364

The highest the external pressure, the more members have a tendency to drop off" said Maitreya Rael during our last European Happiness Academy in Slovenia and he added "it

shouldn't be that way'. "The darkest the sky, the more brilliant is the star and the most 'loud' it should shine. We exist because there is darkness; we are the stars of the milky way of the consciousness." Let's keep on lighting the way. (Rael – Contact 364)

Each star has its own color and should be expressed. Do not wait to die to shine. Conformism always goes against freedom. The non-conformity is freedom! Raelians must be the most anti-conformist for all levels: sexual, social, professional ... we can be proud of this extraordinary freedom that our philosophy gives us. Rael - 11 Sensual booklet (in French only)

I wish you all a beautiful life. Welcome to you all who had your transmissions done today. Today is the most beautiful day of your life. I want you to wake up every day, feeling the Elohim inside of you. From now on, you cannot accept simple job, you must try to do the best you can. You cannot accept little money; you must try to be as rich as you can. If you are dreaming of a special boyfriend or girlfriend, you must reach your dream. You are the children of the Elohim, so try to be the best in everything, have the best job, the best boyfriend or girlfriend, best at everything, because you are the Elohim team on Earth. Rael – Contact 348

The highest level 5 Guide or the Guide of the Guides is not more important than you. You are Raelians and you have the Message, therefore you are more important than Bush and his army... remember that! Rael – Contact 357

To be Raelian is to be happy. To be a good Raelian has nothing to do with being intelligent, educated or more beautiful. A good raelian is happier than anybody else, he is crazier, he enjoys life, because the Elohim like you like that. Rael – Contact 361

Do not forget that: to be Raelian is to be pro-science. Our religion is science and science is love. Pleasure is science and pleasure is love. Thank you Elohim for the Message that makes us fly into the future. Read it and read it again. I still discover things in it. Rael – Contact 363

Christian, Muslim, Jewish, they say 'my religion' and they all think they must convert other people to 'My religion'. For the Raelians, no. We have Infinity as religion. We look at the stars and we say that an infinite number of people have the same religion as ours: the religion of infinity, where there is no God, no soul, the same love for oneness of universe. Rael – Contact 369

So be revolutionary. To be Raelian is to be revolutionary. And if you ask yourself 'how can I be revolutionary'? 'How can I do something'?, the answer is : "Laugh." Rael – Contact 372

You Raelians, are the soldiers of the Elohim on earth, the soldiers of consciousness, the army of love, that's what you are. Rael – Contact 373

Being Raelian is in fact much more about not conforming to any model and being really yourself without any guilt, than anything else. Rael - Contact 373

Every day when we wake up, we choose to be Raelian. No Raelian can say: 'My father was Raelian, my grandfather was Raelian, so I don't think anymore', I was born Raelian I will die Raelian" Never! Every morning ask yourself: "Am I still Raelian?", do it honestly, feel it and if yes, yes. Rael - Contact 374

Being a Raelian, is not only being a Messenger of Infinity, not only being a Messenger of Elohim, but being the most revolutionary people on earth. That's what you are. Rael - Contact 374

I give my life, I give my love, I give the best of myself, and I want nothing for me. That's love. If you are a real Raelian, that's what you have to be. Give love, and give more, and serve, spreading love around you everywhere, and being always surprised if something comes back to you, . Rael - contact 381

Raelians have a responsibility to spread happiness, meditation, joy for life and explain that we were created for that. Happiness is embedded in our genetic code. Laughter is imbedded in our genetic code. It's not the case when it comes to building nuclear weapons or even building nuclear power plants. Anything that has 'nuclear' attached to it and that is dangerous has no place in our genetic code. But happiness and joy for life, yes! Rael - Contact 387

Reason

Be happy without any reason. If you are happy for a reason, then there is a risk that when you lose that reason, you lose your happiness. Be happy for no reason. Rael – The Maitreya – P40

The more we are convinced that we have good reason to justify a mistake, all the more reason to say nothing. That is really difficult for any person, because we so badly want to explain why we are right. There would never be any conflict if nobody wanted to be RIGH. Rael – The Maitreya – P95

But reason is always wrong. Only love is right. Rael – The Maitreya – P238

Refinement

The more a human being refines his gesture, the more he refines his words and his thoughts. One cannot have a refined, subtle and sharp thought if one has a brutal attitude. Both are linked. To refine one's thought automatically refines one's way to move and to refine one's way to move automatically refines one's way to think. Our spirit and our body are one. Rael - Contact 264

It is so important to refine ourselves; it is away to love ourselves. Cultivating our refinement is finding our hidden or forgotten femininity. We cannot carry a weapon if we are refined. Rael – Apocalypse 138

Cultivating refinement is cultivating self-love and the love for the others, and this is the best way to raise our consciousness and start to change. Rael – Apocalypse 138

You cannot rise up if you don't cultivate your refinement, in the way you move, in the way your dress, talk, and eat. It also allows you to greatly appreciate what you do including everything you touch and eat, making a meditation out of it. Rael – Apocalypse 138

If choosing between good and bad is sometimes hard to achieve, then choose between refinement and rough, delicate and uncouth, you'll see it will be much easier because what's good has a greater chance of being refined, more just and leading to the path of awakening. Rael – Apocalypse 138

The more refined you become the more you get into the superfluous. Nothing escapes refinement, because refining yourself is raising your consciousness. You cannot want to refine your mind and make your consciousness grow, without refining your body. You cannot have a high consciousness and a roughly presented body. Mind and body are ONE; there are borders or separation between them. Rael – Apocalypse 138

I remember everybody to develop your feminine always. When you refine the way you move, when you try to look as refined as possible, you refine your brain, your consciousness. Rael - Contact 390

Religiosity

The true religiosity is not something happening in a church or a temple, it's happening inside yourself. Rael - Contact 388

Every part of our body is a temple. So no need to enter in a building, no need to be in a church or any place of worshipping. The universe is your temple, feel it everywhere, inside you, in the sky, in the ocean, in the smile of other people. This is the real spirituality. Rael - Contact 390

Respect

In fact everything should be allowed as long as it follows two essential rules: respect towards oneself and towards others; that is to say non-violence. Rael – The Maitreya – P59

Have sufficient respect and love for yourself to only ask yourself big, beautiful questions, and from that moment on, your mind will rise to more important things, towards a greater light and a better understanding. Rael – The Maitreya – P79

All your actions should be based on a deep feeling of respect for the life of others, their ideas, and their tastes. We fight ideologies without ever using violent physical actions towards those who do not agree with us. Rael – Intelligent Design – P320

We absolutely must not try to please everyone nor waste time arguing with those who are against us... when a Christian and a Muslim speak together, the discussion never ends with the conversion of one of them. The only thing that must be demanded is the respect for our religion and our freedom to have a different one in the name of Human Rights without ever having to justify ourselves. Rael – Contact 358

By knowing your enemies or the enemies of your values, you are better equipped to fight them. With love and respect of course, and with the wonderful sentence of the French philosopher Voltaire in mind: "I hate what you say, but I am ready to fight for your right to express it ". Rael – Contact 358

Responsible

Each person is totally responsible for his actions and can never hide behind the excuse that he was only following the orders which had been given to him by his superiors. Rael – Intelligent Design- P320

Don't seek any excuse when some such thing happens to us. Whatever event affects us, we are always responsible for what happens to us. Rael – The Maitreya – P92

Taking responsibility for what happens to us is the key phrase of those who wish to increase their consciousness. Rael – The Maitreya – P92

Anyone obeying an order should be held as responsible for their actions as the one giving the order. Rael – The Maitreya – 167

Right

That is the basis of true growth, being focused on inner growth rather than trying to impress everyone and wanting to prove to them all that we were right, even if we were wrong. Rael – The Maitreya – P95

Always wanting to be RIGHT is one of the main obstacles to BEING. We ARE right only when we shut up, and we are RIGHT when we want to prove it to others. We ARE right when we

shut up and reflect over it, but we are always RIGHT when comparing with others. Rael – The Maitreya – P95

When two people of differing opinion try to use their intelligence to BE right, rather than trying to be RIGHT, then they will always reach a common accord, because there always is one. Rael – The Maitreya – P95

It's better to be wrong with humility than right with lack of respect. Rael – The Maitreya – P155

Harmony between yourselves is more important than to be right because when we are right, harmony disappears; we are wrong. As for me, I prefer a whole group of harmonious people where no one is right than a group where everyone is right and no one can stand each other. Love one another, as it was once said, love one another first and before anything. Rael - Contact 387

It is right to love each other, while being wrong. It is bad to hate each other while being right. Rael - Contact 387

Risk

If you want a society where all risk is eliminated, then stop living. If you want a risk-free society, then stop kissing people on the mouth, because you could catch something. Put a mask on to breath. Taking a risk is to live. Living means to take risks! Rael – The Maitreya – P201

Encourage yourselves to take risks, to rub shoulders with each other, to experiment. Go and do something elsewhere, with your hands, your head, your mind, your heart. Sure, you will risk the pain of falling down, but in the end you will win isn't that wonderful? And then you can truly say. "I am ALIVE!" – Rael – The Maitreya – P202

We continue to teach students what we did a few years ago; we will not be preparing them for the future. What we need to teach them is what we will be doing tomorrow. Sure, that is a risk to take, but we need to teach the youth how to take risks, help them experience risk taking, in sport, for their profession and in love. We are teaching them to overprotect themselves and this doesn't correspond to tomorrow's society, where there will be more and more danger. We must prepare them for these dangers; help them discover the beauty of danger, because danger is beautiful, it's exciting! Rael – The Maitreya – P203

Being born is a risk. The fact that we were conceived was a risk. The little sperm that allowed us to be conceived was ejaculated along with 300 million others. Only one survived, the rest died, and it is thanks to this that we exist today. It is wonderful! Our lives started out with a risk of 300 million to one against us yet we succeeded. Our birth is a challenge to existence. Rael – The Maitreya – P203

Insecurity is better than an Orwellian society with no privacy and no freedom. The world is sick of too much security. Risk is healthy both mentally and physically. Like a philosopher said: the greatest risk is not to take any! This principle applies to our health, as our immune system is stronger if we take the risk to be in contact with dangerous germs and stop sterilizing everything, and to our mental health, as our brain becomes stronger if we take risk, live an adventurous life and destroy any phobia. It also applies to the world, as the world will become more peaceful if we take the risk to destroy all national armies. Rael - Contact 387

Rumor

The horror of rumour is still knocking at our doors! Although the means have changes, it has not disappeared. Rumour can result in the loss of a job, of a reputation, denunciation, removal of children from their families, isolation, or defamatory articles in the newspapers. Being different is no easier now than in days gone by! But our contemporaries have the means to be informed or at least have the possibility. If they are honest, it is easy for them to sort out what's true from what's false.

Our greatness will be measured by the love we bring to our enemies, in our everyday life. Love our enemies... Love the people you see every day. Have done it enough? Rael – Words of the Last of the Prophets – P40

Science

Science is a doorway to happiness. It frees our time so that we can live better, have more fun, and blossom. Rael – The Maitreya – P60

It is dangerous to live a life dictated by a god. Our mission is to make science into a religion. Science generates love and health; religion generates physical and psychic unbalance, violence and war. Rael – Words of the Last of the Prophets – P17

Science is a vehicle of peace, harmony and good health. Science must be used in the service human beings, to free them, and not to destroy and alienate them. Science is a link of love with the Elohim, since they created us in their own image. There is no need for ethics in science. Ethics is anti-science and anti-progress. The only places where ethics and morals committees are necessary are in politics and the military. Science is love when not used by the military. Rael – Words of the Last of the Prophets – P34

Science is the most beautiful expression of human genius and should be the only religion in the world. In the past, there were magicians. When a child was sick, parents would bring it to a priest. Now they bring it to the hospital. That is simple. They used to pray; now they go to see a doctor. Scientists save life and make people happier. Rael – Contact 363

To believe is a thing of the past. Do not believe anymore, but understand and use your brain. Use science. Believing leads to a Santa Claus story or to viewing Earth as the center of the universe. You can believe in any stupid thing; you have the freedom to do that. But don't try to make it scientifically plausible. Rael – Contact 363

Our movement, our philosophy is not about belief, it's about understanding, it's about science. Rael - Contact 374

That's very important to realize that science is more about feelings, intuitions; experimentation also, but following the feelings and intuitions. So, when you want to have happiness, no science can bring it, only stopping the process of continuously thinking makes you happy. No thinking. Rael - Contact 383

Sensuality

To be sensual means to let your environment give you pleasure. Rael – Intelligent Design – P186

All things that bring pleasure are positive, as long as that pleasure is not harmful to anyone in any way. This is why all sensual pleasures are positive, for sensuality is always an opening up to the outside world, and all such opening is good. Rael – Intelligent Design – P164

If each individual becomes conscious of the Infinite, by developing his own sensuality, then the whole of society will be transformed. Rael – Intelligent Design – 259

When all of Humanity enjoys its sensuality to the full, the risk of a world conflict will have disappeared. At the root of all violence, there are always sensually dissatisfied people. This is why we must learn to enjoy all of our senses, and help everyone around us to discover their total sensuality, starting with children. Rael – Intelligent Design – P261

'Sensuality' is the capacity to perceive this environment. Sensory information is picked up through the five senses: vision, hearing, smell, touch, taste, along with the extra sense of telepathic perception. Rael – Sensual Meditation – P14

Sensual awakening give rise to physical awakening. Sensuality along with sexuality is part of the pleasure generating system and because of that, has been repressed for a long time, especially in our western culture. Rael – Sensual Meditation – P16

The act of developing our sensuality will allow us to discover the things that deep down we really don't like, even though in the past, we thought that we liked them because we accepted and became used to them through our conditioning. By the same token, it will also allow us to discover that there are many other things that deep down we really like even though we thought that we hated them because our education did not give us the opportunity to try them out. Rael – Sensual Meditation – P80

To develop our sensuality means to develop our ability to perceive changes through our senses, especially the effects that these produce in us. Rael – Sensual Meditation – P81

Our sensuality is developed by feeling contrasts, such as differences in temperature, colour, sound or odours. Rael – Sensual Meditation – P97

Sexuality

Each individual has the right to do with his or her body as he or she sees fit. Homosexuality is not a normal abnormal mode of behaviour. Each person must live a harmonious sexual life corresponding to tastes and natural tendencies. In the mother's womb the sexual differentiation is felt at a very late stage of development. There are very masculine men, and men who are more feminine, just as there are women who are virile and others who are very feminine, with all the possible and imaginable shades in between. It is foolish to condemn a homosexual because he is a homosexual, just as it would be foolish to condemn a man because he is a man or a cat because it is a cat, as all of this is genetic. Rael – Intelligent Design – P272

Sexuality is an indispensable element in the development of consciousness, for we are but a mass of glands. We function through a continual exchange of substances that circulate through our body, permitting us to react in one way or another. These substances allow us to have gratifying pleasure. Rael – Words of the Last of the Prophets – P41

A fulfilled sexuality is sexuality that gives us pleasure, a free, autonomous pleasure, which goes along with freedom of thought and consciousness. For this to happen, we need to go beyond religious and social taboos; if we want to attain this, we need to become an imagination machine. Be aware that the human being is made for that, for what we imagine is much more powerful than what we experience. We always see what we want to see. Rael – Words of the Last of the Prophets – P41

In an ideal society any prostitution, which is to say the selling of any part of the body (including the brain, hands, voice...) for money, would be a bad thing. Some people prostitute their brains with their intellectual work, others their hands in being manual labour in factories: any of these cases is prostitution. Selling sex for money is not worse than selling any other part of the body including our brain. I would prefer to see a woman sell her body for sex than a scientist sells their brain to the army. Rael – Contact 257

"Adultery is not mental disease but a very normal behavior among both humans and animals. The Hite report shows that 70 percent of women in America and 72 percent of men married for more than 5 years say they've had at least one extramarital sexual relationship during their lives. "The real disease of our society is the Puritanism and politically correct Judeo-Christian conformism that nobody actually follows in private life. Those trying to misguide others into condemning you in a kind of public flagellation are the ones who need

therapy, not you. They are judging you through the lenses of their primitive education.” Rael – Contact 365

People want to have sex, it is just a physical attraction motivated by the unconscious desire to have a baby. Of course you can use a condom and avoid the baby. This could be real love but real love is when you don't expect sex in exchange. When you love someone, you don't expect anything. Rael – Contact 365

Making the society better is not changing, or normalizing people in one way or another...Neither forcing everybody to hate sex like in Christian dominated society, nor making everybody like it... Just accepting the differences and making everybody feel comfortable with their real level of interest about it. Rael – Contact 373

Smile

The smile is the first step towards love. Always be the first to smile and you will see that those around you will smile too; even the grumpiest will eventually end up with smile creeping over their lips. Rael – The Maitreya – P27

Greet yourself with a “Good-morning” every morning of your life. Look at yourself in the mirror. Flirt with yourself. Make a declaration of love to yourself every morning and tell yourself how much you love yourself, from your feet to your head, from the tips of your toes to the ends of your hair. Make sure that the first person you meet in the morning smiles at you. How do you ensure that? Easy; smile at them and they will smile at you. Rael – The Maitreya – P33

And as I repeat to you so often, above all, don't forget to smile; it is an essential ingredient to changing. When you don't feel so good, don't stay at home. Go out and see people who smile; it will make you feel much better. Rael – The Maitreya – P88

One smiling person can make dozens, even hundreds of others smile. Just one little smile... So imagine what we can achieve with thoughts; we can really change the planet! Rael – The Maitreya – P89

When you have a problem with your boss or your wife, to meet someone who smiles makes you feel better. Everything is expensive, but a smile is free and it is important for you. When you smile, you can feel happiness inside. Force yourself to do it, 5 minutes at a time and it will be there forever. If you have to remember just one teaching from me, smile! Without expecting a smile back! Rael – Contact 351

Smile! Smile before opening your eyes, then in every little task that follows during the day. Train yourself! Rael – Contact 362

Also don't wait to be happy to smile, but smile to be happy. Rael – Contact 365

If you feel de-pressed, something is wrong, then smile and naturally happiness will come, because when you smile you are one with all your cells. Rael – Contact 365

When you love someone, you don't expect anything. Even a smile is too much to expect. You can be happy without receiving a smile; you shouldn't expect even a smile, even the smallest acknowledgement of your love. Rael – Contact 365

Remember, the best way to give love to others, is very simple: Look and smile! Smile! Smile when you are happy, that's easy, smile when you are not happy and then you become happy. Smile when you suffer because it brings the suffering down and it gives love. Rael - Contact 387

The smile is like a communication, if you smile to other people, they smile to you, and especially if you don't know them, that is the most beautiful way to spread love on earth. Rael - Contact 388

It is very important to cultivate, like a garden, your inner smile. Everything true comes from inside, outside. Never from outside, inside....Rael - Contact 389

Society

The society of tomorrow must be non-violent, and people must be able to fulfill themselves in a culture of tolerance. Everyone must have the right to be different in every way, including his or her religious, sexual and political orientation, etc. Rael – Geniocracy – P65

If fear disappears and if non violence prevails, then no government, politicians, laws, money or media are needed and the world can become a beautiful anarchist society of collaboration, sharing, compassion and love, like in all ants and honey bees societies where there are no rules, no laws, no money, no police or politicians and where everybody works for the good of all. Rael - Contact 375

It's time to get rid of the word "war" used for any subjects. Just as "war" on drug is worthless and damaging for the society, so is "war" on terrorism, and others. Peaceful, scientific, and non-violent approaches to any problem Humanity faces are the only solution. Any kind of "war" which includes automatically violence and criminalization creates more problems. Society will soon realize that the same applies to the "war» on terrorism that is also worthless and creating much more problems. Addressing the causes of individual dissatisfaction or injustices pushing peoples to use drugs, or collective dissatisfaction pushing societies to use "terrorism" is the only solution. Rael – Contact 375

Spirituality

But we must define religion and spirituality. Man needs spirituality, not God. Buddhism is an atheist religion, and so it has no god. It is basically about personal development and feeling connected to everything. It is this type of spirituality that will be the religion of future. It will be a religion without a go, where man feels connected to the infinitely small, the infinitely large, and infinity in, that is to say eternity. The Elohim offered us their religion as a wonderful gift, thus allowing us the benefit of their 25,000 years of spiritual advance. Rael – Yes to human cloning – P81

It is through a spirituality of connection that Man can truly appreciate the privilege of having achieved eternal life, thank to science, and to enjoy it forever. That is the religion of our future. Even though it is just being born, we are seeing more and more people abandoning their medieval beliefs and converting to it. Rael – Yes to human cloning – P82

What matters is to have spirituality. We are atheists but the most important part is that we have spirituality. Science without consciousness is dangerous. It leads to Hitler like behaviours. Consciousness comes from spirituality. That's why we have science and spirituality at the same time. But spirituality can kill like it is the case for Muslims. This is why we need a spirituality that promotes Human Rights. School should teach Human Rights. They are the best protection for Humanity. Our philosophy puts the life of one Human Being above the life of the whole Humanity, this is the only way. Rael – Contact 363

Those who created us have had only one message through the millennia, 'love each other and create a peaceful world'. This message has been betrayed twice; at first by saying it was coming from a god and then having the Darwin/Monkey ancestor theory. It destroyed all spirituality. 'Love each other and create a peaceful world' that is their message. Rael – Contact 363

The churches are indeed on the verge of extinction and that the population is atheist in its majority, contrary to what fanatical people may say. It is more than time that such organizations that have generated guilt - especially sex related guilt- and mental diseases finally disappear. The world doesn't need the guiltful myth of an almighty god or of paradise, hell and sins. Instead, it needs new atheistic spiritualities as the one proposed by the Raelian Movement and taught during its Happiness Academies. Rael – Contact 365

When you are depressed, you can take a pill or pray god, it's the same thing, it's a kind of medicine, something outside of you, a pill that you take and that is supposed to stop your depression. Or something outside of you, a god, you take it and it's supposed to cure your depression, it's outside. The real Raelian spirituality, is not from outside; we don't take a pill, we don't take a pill named god, we feel it inside, from inside out, not from outside in. Everything truthful and real is from inside out, never from outside in. Rael - Contact 373

All the teachings of Elohim are teaching a wonderful, very high spirituality, 100% materialistic. Why is it better? Because when you base your spirituality on something which

doesn't exist like a god, you develop in your brain some irrationality, things that are not rational. And so some parts of the brain which are not supposed to develop take a big place that creates fears, guilt. And you know that all primitive religions, Christian, Catholic, Buddhist, Muslim, Jewish, they all have sins, guilt, mostly about sex, because when you base your spirituality on supernatural things which doesn't exist, you develop guilt, and fears, anxiety, and even panic attacks and even psychiatric diseases. Rael – Contact 373

To have spirituality is to feel connected with ourselves, connected to other people, connected to other people who are not Raelian, connected with people who hate us, connected to Elohim, connected to infinity. There is no need of god for that! Rael – Contact 373

What is the Raelian spirituality? 100% rooted in scientific facts. For example, breathing, this is not something supernatural, just something physical; more oxygen, in the body and in the brain, more harmony, more happiness, more joy. It's a scientific fact, there is no need for god for that. Any other meditation the Elohim teach us are scientifically rooted, and the more the science and scientific research advances, the more they prove that it is scientifically true. Rael – Contact 373

Consciousness must be sculpted in both spirituality and political thought, because they are linked. Every spirituality necessarily has political implications. Telling people to think and to blossom is already extremely political because governments and powers tell us the opposite: "Don't think, trust us". They don't want you to think because if you did you would realize how useless they are. Rael - Contact 385

Study

So we may think that it is important to study, many people think that studying is very important and that it will bring happiness. It's not true. We are coming close to a time where we won't need to study. Studying doesn't bring happiness, it's 'bullshit' of education. Learning is not happiness, being is happiness. Rael - Contact 379

When you reach a certain level of science, then you realize it is totally worthless to study and that what is important is to be happy. Rael - Contact 379

Supraconsciousness

Laughter is the fertilizer of consciousness, and more importantly, the fertilizer of supra-consciousness which is more important than consciousness. Rael - Contact 387

Consciousness is the biggest enemy of supra-consciousness. Supra-consciousness, on the other hand, is about laughter. It's happiness for no reason, laughing for no reason. It's smiling with no reason, happiness to exist for no reason. Rael - Contact 387

Consciousness is dangerous because consciousness is the past, consciousness is fear, it's the future. It's about having and everything that's bad. Supra-consciousness, on the other hand, is about being. Rael - Contact 387

The one who IS isn't at all in the past, isn't at all in the future. To reach supra-consciousness we must laugh. Train yourselves to laugh for no reason! Why are you laughing? For no reason. If you have a reason to laugh then it's not very good. Rael - Contact 387

To love those we don't know, it's already a little better, but to love those you hate, to send love to those you hate, that is the only thing, the only thing that can eliminate borders, armies, barriers, politicians, and all the rest, and bring forth a lasting peace on earth. Rael - Contact 387

New meditation: send love to oneself, to someone that we love, to someone that we don't know a lot and to someone that we don't like.

This meditation works on yourself, it raises you to the level of supra-consciousness and, in raising you to the level of supra-consciousness, it raises the whole of humanity, whether the whole of humanity is aware or unaware of what you are doing. The vibrations you emit by doing this meditation affect others, the people in the hotel around you who are not Raelians, the people in the nearby cities, the people on the entire planet, something is happening that will influence them, that will raise them to supra-consciousness. They won't be aware of it, but it will elevate them. Rael - Contact 387

We human beings, we have a supra-consciousness, and this supra-consciousness is the only way to feel infinity, and to reach love. Only when you reach supra-consciousness, you have love.... You all have it in your brain. So, in practical way: stop thinking, don't be satisfied with basic consciousness, meditate to reach supra-consciousness, and feel love. Please, do it. Rael - Contact 390

So to be happy, sometimes, it is very important to think with your toe. Whatever happens around me, instead of reacting with my brain I talk to myself and I say "what is my big toe thinking?". My big toe says 'keep your harmony' Remember, think with your toe, you will make much less mistakes, you will have much less stress in your life. Think with your asshole but not with the brain. The brain can hurt yourself. When you think with your toe or your asshole, the supra consciousness is thinking because the supra consciousness in the middle of the brain, a very small amount of neurons, is oneness. This part of your brain feels the whole body being one, one with other people as well and create love. Rael - Contact 393

Symbol

This symbol of infinity is a universal symbol of infinity. Wear it! When you are wearing it you are placing yourself at the same level as the Elohim. You are placing yourself at the same

level as the most advanced beings in the universe. Wear it! Not only it's the symbol of your religion which unifies, it's also the symbol of our science, the symbol of absolute science. Because there cannot be a more advanced science than the science that allows us to understand and to feel infinity. This symbol is more than the Elohim's symbol, it's the symbol of your consciousness, the symbol of absolute truth and that is what makes you beings of light, superior beings in the universe, joining the infinity of populations observing us who refrain from visiting us, saying "they are still killing each other over skin colors, let's wait until they make some progress". Rael – Contact 369

We feel the love coming from Elohim. Thank you for giving us this symbol, maybe the most beautiful gift you gave us. Right now, the Elohim are meditating in front of the same symbol. We don't have the same science as the one they have, we don't have the same wisdom but we have the same symbol. The only moment we are equal to Elohim is when we meditate with the symbol. Rael – Contact 371

And this symbol is the most basic principle of every possible science. This triangle up, we say it's infinitely large, infinitely big. Yes, but how can you look and try to understand the infinitely large, you use a telescope that can be symbolized by this triangle, this In the opposite, to look at the infinitely small, we use a microscope, this triangle (pointing down, a reversed V), to look and enlarge the infinitely small, like the telescope is used to enlarge the infinitely large. And to understand the time, you need measures. Measure what? What is time? Time is movement. You can look at infinitely small particles, the more you look at very small particles, the more difficult it is to look at them. Why? Because they are moving and the smallest they are the fastest they move. That's why infinity in time is connected with infinity in space. The smallest it is, the fastest it moves. When the scientists try to look at infinitely small particles with particle accelerators, they can only make a photo of a line of light. They are moving so fast, we cannot see a still-standing particle. And that's time, time is movement. Rael – Contact 372

Think

You can find the correct thought by searching where your thoughts came from, what determined them: was it you who decided that "To be naked is bas," or was it someone else who convinced you? Rael – The Maitreya – P23

If you have always thought one way, try thinking in another. If you like red and not blue, try dressing up in blue to see how it feels. Explore more and more new areas in life; develop you mind and your consciousness. Rael – The Maitreya – P66

Many people become depressed because most of their thoughts are negative. I mean that depression feeds depression and negative thoughts feed more negative thoughts, it is a vicious circle. Consecrate your consciousness like you would a diamond, by only selecting your best thoughts; You deserve the best. Rael – The Maitreya – P77

Be selective towards yourself. Just because your thoughts come from the inside doesn't mean they are always good. Your excrement also comes from the inside! Rael – The Maitreya – P77

A person can change anything at will; you can turn your brain into a masterpiece. We all are sculptors of consciousness, each one of us, because thought feeds thought. All decisions are immediate, but the path that leads to the desired result will require strict attention a teach moment with the right thought. Consciousness grows with the panoramic vision we develop according to the situations we experience. Unhappiness is a breakdown of consciousness. Thought is the enemy of consciousness. Thought is the memory of what we were taught, and our lives. Thought is always old because it comes out of the past. Technique is thought; talent is being. Rael – Words of the Last of the Prophets – P 27

Thought is the memory of our upbringing, of our life. It serves to associate things with each other, that which is present with that which is past. When we think, we are no longer ourselves – we are in others, in that which they have taught us, and we become distant from ourselves. Say, "I am" to yourself, often; what distances you from thought links you to your experiences, your suffering from the past. "I am" means "I am capable of anything; nothing that is possible is foreign to me". "All happiness is possible". "I can do anything others can do, with discipline, of course". Even discipline is better when we are that when we think. Rael – Words of the Last of the Prophets – P31

Our mood is 100% based on our thoughts. Rael - Contact 381

Many people spend a lot of time to choose their clothes but not their thoughts. The thoughts are the clothes of your brain. Try to wear in your brain beautiful thoughts. Try to think like poems. Happiness is an art. Rael - Contact 382

Important discoveries are not made by people who think and think and think. No! Important discoveries are made by people who have sudden inspirations. Rael - Contact 383

Thinking is bad; thinking destroys creativity and most importantly destroys happiness. Rael - Contact 383

There is another way to stop the brain's thinking: Meditation, just being. When you meditate, some thoughts will continue to come, let them go. A good trick to stop thinking is to say "ok, what will be my next thought"? Because sometimes thoughts are coming and rushing, a new and another one and another one, how to stop them? One good trick is to ask yourself : "ok what will be my next thought". When you do that, it automatically stops. You cannot think and be at the same time, it is impossible. Rael - Contact 388

Time

Time is, in fact, inversely proportional to the mass, or rather to the level of the form of life. But everything in the universe is alive and in harmony with the infinitely large and the infinitely small. Rael – Intelligent Design – P154

Be aware of this movement that alters you second by second. And each minute that goes by, each movement, means one minute less of your total time capital.. It is like a countdown. So enjoy your life to the maximum instead of having to endure it. Raise your consciousness because that is what will make your life beautiful. Rael – The Maitreya – P69

Our time here on earth is limited; let's not waste it. Every minute of our lives is precious; our time is accounted for on this planet. Every second ticking away in our brain is like precious nectar, we mustn't spill even one little drop, because we can never relive each moment, each little minute, after I has flown away. Rael – The Maitreya – P86

Transhumanism

Transhumanism is the description of Humanity transforming itself to become better, using genetic, computer science, nano-technologies, so that we can become more than what we are. Rael – Contact 363

Universe

I own nothing, except the Universe. It is yours too, we share it. We are the capitalists of the Infinite! Rael – Contact 358

Everything is connected in the universe. What we do affects everything in the universe because the universe is one. So every mistake we do on Earth affects the universe, and every mistake happening in the universe affect us. Rael - Contact 375

Everything affects everything in the universe. Everything you do, everything you think, everything you say, affects everything in the universe. Solar flares happening on the sun affect the Earth, affects our life affects our cells. Fukushima affects the sun. Everything happening on Earth affects the sun, and the stars, and the universe. And if we create something wrong, the universe reacts. Rael - Contact 375

Useless

Meditation is indispensable for opening one's mind, but asceticism is useless. Rael – Intelligent Design – P172

Take the time to write poetry, to compose songs, to paint or to express yourself in some useless form because if we only express ourselves in useful ways we forget the love. Rael – Contact 343

Art is considered useless, but it's actually extremely useful. It is the useless that can change the planet. Love is useless but it's extremely useful. The superfluous is what enables mankind to have a future. Art, love, fraternity, everything that is not in stores, everything that cannot be sold or bought is useful. Things that can be bought or sold have a price and are a matter for negotiation. Love is not negotiable. Love is a gift. Rael – Contact 343

Utopia

What is a utopia, something which doesn't work? Does the world work today? Not at all, everything is broken, the money is broken, banks are broken, and everything is destroyed, so it doesn't work. So the utopia is the reality of today and Paradism, the system that will replace the actual one, thanks to the Elohim, is something which works. Rael - Contact 378

Some people use the word "utopia" for ideas which are irrational or unrealistic. In this case the actual capitalist society where 1 % of people own 99 %, where millions are homeless while a few thousand people own many empty houses, where we spend billions of dollars every day for weapons and wars, while thousands of children die of starvation every day is a real utopia and it's time to have a world revolution using a more rational and realistic system, like Paradism. Rael - Contact 380

Vibration

You send love, you send peace, not only from your brain but from all your body; from your toes, your feet, your legs, your heart, your whole body; your hands, and of course your face, and of course your brain. Everything is sending peace and love vibrations. And that's it, you are changing the world. Rael - Contact 382

Every one of you is a transmitter of brain wave. What you think, what you express, what you feel, is affecting everything in the universe and of course everything on earth. Rael - Contact 382

Violence

In order to change society, we must first change the individuals of which it is composed. Violence is always produced by those who are unhappy. By improving the individual's happiness, we help to lessen the potential for violence. Rael – Intelligent Design – P259

Make sure all your assets are working for you right from the start. Don't be afraid to approach people; be enterprising, be aggressive. The meaning of aggressive was originally to "go towards" others. We can go towards people negatively, that is to say violently, or towards them positively, that is to say to approach them. So dare! Rael – The Maitreya – P114

We have to conclude that military and violent acts of revenge do not solve the problem. On the contrary, all they do is engender more hate and more despair, therefore yet more violence in a never-ending vicious circle whose only victor is terror. Only a just and lucid understanding of the roots of the problem can bring a solution. Rael – The Maitreya – P143

Any threat of violence should be punished as severely as the act itself, because to threaten means that the person has already acknowledged that they will resort to violence as a way of getting what they want. Rael – The Maitreya – P157

Nothing justifies violence, not even freedom. Rael – The Maitreya – P159

Violence never solves anything. Never. Violence leads to violence; Once it starts, it doesn't stop and when we step in and get involved, we are condemned to carry on ever deeper. Rael – M P160

The more violence there is, the more we must have thoughts of love. Rael – Words of the Last of the Prophets – P23

Nothing in the world can be achieved by violence. Violence can give the illusion of victory for a while, like the famous Georges Bush's funny claim of "victory" in Iraq that actually created more resentment, hatred and desire of revenge of the defeated people. Rael - Contact 390

Wisdom

Wisdom means being able to manage the unexpected. This allows us to remain serene whatever happens in our lives. Rael – The Maitreya – P37

To change, it is important to reach a certain level of wisdom by developing three main things: have the wisdom to recognise our limits by recognising what can be achieved and what can't; have enough energy to accomplish what can be accomplished; and accept what cannot be changed. Rael – The Maitreya – P88

Wisdom is to find in ordinary things, things you do every day, what is extraordinary. Rael – Contact 370

The man who cannot laugh cannot have wisdom.

If you want to have wisdom, the best way is to laugh; it is the first step. If you say "I want to become a wise man" "a wise woman" "I want to become like a prophet, like a philosopher" and you start to be serious, you cannot succeed. It's impossible. If you want to have wisdom, start by laughing. Rael – Contact 372

Women

As the poet once said, "Women are man's future", and I'm sure whoever said that was right. For the violent world bequeathed to us today is the fruit of a succession of almost exclusively male governments. Perhaps it's a sign from above that just when men are getting ready to blow everything up, women are starting to have their say. In other words, we could translate the poet's phrase into, "Women are humanity's future". Rael – Geniocracy – P78

We all have complexes. Women often complain that their breasts are too small or too big. What difference does it make? We are all human beings with an internal beauty capable of making our external beauty shine wonderfully, whatever the shape of your body. In fact, there are infinite tastes, which mean that you are bound to correspond to someone's taste, whether it is the shape of your nose, mouth or breast. Rael – The Maitreya – P29

The more women are intelligent powerful and educated, the more you will be happy because the whole planet will be happier. Women, don't let yourselves be colonized! Rael – Words of the Last of the Prophets – P37

In the Elohim civilization, men are equal to women. This is important for us, especially for women here. This is also why women are very important in our organization...Elohim need you, especially you women! We need the woman brain power... To give the power to women that's the beauty of the messages as most religions are giving power to men.....If you like equality between men and women, join and help me. It is one of the actions of the Raelian Movement. If you are a woman, we need your help. This is why the angel order was created..... The angel order is here to promote the freedom and the power of women through femininity. Rael – Contact 348

Work of art

Consider every natural thing an art, and every art a natural thing. Rael – Intelligent Design – P201

Not only visual, auditory, tactile, olfactory and gustatory contrast, but also sexual and intellectual contrasts; basically in all ways of being, so as to make our life a totally original work of art, full of imagination and fantasy. Bear in mind that etymologically speaking, the Greek word "phantasia" means "apparition" and "imagination", with imagination obviously being the apparition of images in the brain which are wilfully produced by the combination of known but previously unconnected elements which become linked by the intelligence (interligere). Rael – Sensual Meditation – P67

It is obvious that we should not hang any old work of art on the walls of our apartment since some will depress us, and that we are not strong enough to spend time with a negative or violent person, because they will affect and harm us. However, we should also be wary of our own inner thoughts, and be selective towards them too. Rael – The Maitreya – P77