

following the Teachings of Joseph Rael, Beautiful Painted Arrow

Seeds of Peace

newsletter

Expression of Gratitude to Beautiful Painted Arrow

Two-leggeds Call to the Spirit of World Peace



Messages from the Dance Chiefs

An Appreciation of the Council of Elders

Introduction to the Sister Chamber project

Entering the Dreaming Time

Dreaming Ourselves into New Realities

sharing the history

sharing the wisdom

sharing the skills

seeking Highest Potential in the Now

Issue 10: August 2018



“Thank you!”

Such a few small words to express the impact of Beautiful Painted Arrow, Joseph Rael, on our lives and the lives of so many through his travels and teaching, his books, the chanting and dances. He has manifest the visions of the Sound Chambers, the Long Dance, Drum Dance and Sun Moon Dance to the world with power, generosity and kindness. All his magnificent ways of Being continue to connect, guide and support those that dance, serve the dances, chant and attend Peace Sound Chambers. Joseph Rael is now officially stepping out of his role as First Chief of the three dances that came to him through visions. He has completed his dance work and passes that leadership on to his eldest daughter, Geraldine Rael. She is now guardian of the dance visions.

Joseph is still active head of Peace Chamber visionary work and a mystical teacher.

Over the last 35+ years Joseph, through the inspiration of Great Spirit, has shared through spiritual teachings, writings, paintings, drawings, chanting, stories, work as worship, fasting, drumming, community building, Chamber building, curiosity and humor, all with humanness ...ness ...ness. We are so grateful!!! Joseph Rael's life work has inspired and transformed the way so many of us praise and commune with the Creator. The dances, which infuse us with the essence of breath, matter and movement, “*Wah Ma Chi*”, have blessed and continue to bless All Our Relations.

In my personal experience, the Creator combined in Joseph's teachings the things that have defined my life the most: love of God, good, a desire for closeness with Spirit, nature, dance and community. Joseph is so multifaceted that another person might find another perfect combination of qualities/activities that touches them through this work. A deep connection with Self, others, nature and God result. What opportunities he has given us to grow, to learn, to express life and love, to share, to participate in something meaningful, positive and deep!

Joseph may have been leading dances before I met him, but the first Sun Moon Dance was held in New Mexico in 1993, the first Long Dance, that I know of, was in Pennsylvania on the Harmonic Convergence in 1987, and the very first Drum Dance was held 31 years ago on Joseph's land in Colorado also in 1987. This summer my husband, Tom, and I completed the 30th Drum Dance to be held on the land that is in our care in Pennsylvania, USA. Meeting Joseph has transformed and shaped our lives, our relationship with Spirit, death and Life.

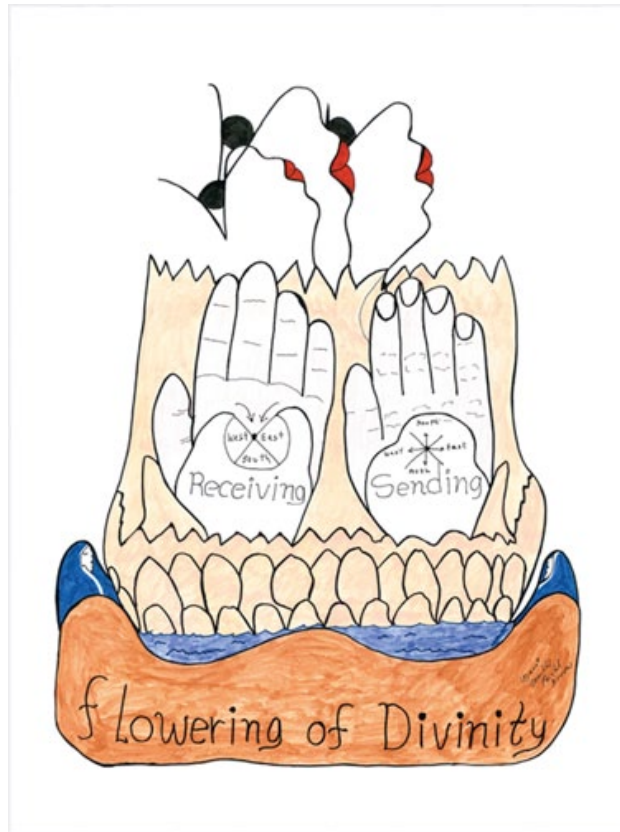
So many years of very hard work have gone into the life of this man we love dearly, our teacher and friend. Just to dance one dance, or chief one dance, or organize one dance takes tremendous effort. Imagine traveling to many worldwide locations doing those activities from ‘scratch’ over and over again throughout years, each time with people who are learning for the first time what it is all about! **

How much was given, and continues to be gifted, through this one person so that we could express and develop our mental, emotional, physical and spiritual existence, a Horn of Plenty full of abundance! In the process of dancing, we get to meet and to love so many other two-leggeds from around the world and within our own communities. We get the opportunity to bring our very best to difficult and possibly transcendent life experiences.

Unbelievable listening, stamina and perseverance has gone into this work and now Joseph's dance work is complete with the celebration of the “Completion of My Work” Sun Moon Dance to be chiefed by Jennie Coles with apprentice chief Geraldine Rael in Buena Vista, New Mexico, August 17-20, 2018.

Thank you, Joseph, in this year of the completion of your work, for all you have given, all we have received! In loving gratitude, Kristen Bissinger, Sun Moon Dance chief and co-caretaker of Birdsong Peace Chamber, Pottstown, Pennsylvania.

**Footnote: with the help of his students who had travelled to the USA to be with him, Joseph travelled to Canada, Germany, Norway, Holland, Italy, England, Scotland, Wales, Bolivia, and Australia, seeding his Dances and blessing the sites of future Peace Chambers. There may be more countries to add to this list, please let us know by emailing stellaspac@btinternet.com.



The Flowering of Divinity
a Beautiful Painted Arrow painting from the hands of Joseph Rael

Tiwa, a sacred spoken language

written by Stella Longland (as co-ordinating editor)

All the *Tiwa* words that Joseph has loaned us in his books and in speaking to us at Mystery Schools and in other situations where he has been helping us to rediscover the mystical, metaphorical, magical levels of our mother tongues, are not 'ours'; they belong to the people of Picuris Pueblo, to those who have lived and to those who do live on the tribal land. Anthropologists were never permitted by the tribal elders to capture the vibrational language of the land in the fixed form of the written word.

In 2008, when I was organising the Sound Chamber Keepers' and Chiefs' Gathering in Scotland, we made a bandana with all the Chamber names on it. Joseph specifically asked me not to use the *Tiwa* names of the Chambers, but to print their English equivalents.

In 2010, when the Peace Chamber website was being constructed, he again specifically asked me not to put any *Tiwa* words on a site which could be viewed by everyone.

On the subject of the *Tiwa* words that he has given in his books, he explained to me that, as a *Tiwa* speaker, he can and does take personal responsibility for printing them, but that I, and therefore, I take it, other non-tribal people, do not have that right.

For these reasons, I hold the opinion that all the *Tiwa* words are courtesy of Joseph Rael; they are on loan to us so that we can better understand sound and vibration. I did not realize that as co-ordinating editor of *Seeds of Peace* I would very quickly need to address the question of the use of *Tiwa* in the newsletter. In this Issue where *Tiwa* words are included in contributions written by other students of Joseph, I have indicated, by using inverted commas and italic script, that these words are quotes from Joseph. I hope that will be acceptable, and I ask everyone to think very carefully before using *Tiwa* words in any publication. To protect the sacredness of these special words, that cannot be too great an ask.

Joseph writes, in his book *Sound, native teachings and visionary art*, (p.13)

"Spirituality is packed inside the *Tiwa* language of the land. The power of Spirit is in the sounds."

<><><><><>

The following prayer is transcribed from a recording of Joseph's voice. In the transcription many powerful aspects of his spoken words have been lost and I recommend that, addressing the Spirit directly, you read the text aloud.

I once read this prayer to a group of us gathered in the Peace Chamber. I discovered that speaking it enabled my body to feel the vibrations, allowing the sacred sounds of the language to carry all my bodies, the physical, spiritual, mental and emotional, into the prayerful vibration of Peace, an effortless transformation.

the transcribed text and comments are submitted by Stella Longland.

As spoken by Joseph Rael, Beautiful Painted Arrow:

"This is the song of the Two-leggeds call to the Spirit of World Peace."

"Oh Spirit of World Peace, Great Spirit of World Peace, keeper of the heart of purity, the Being that's found in the All of life, the Being that was created in all of the two-leggeds, and the four-leggeds, and the wing-eds, and the beings of water, and all of creation; this Being we call on at this time.

"We, the two-leggeds, have been on a journey for a long time. We have journeyed with our brothers and our sisters, the trees. We have sang songs with our brothers and our sisters of all of the different houses that you created that we might all live together. We have been on a journey with the plants who feed us and take care of us. We have tried to honour them, and we have honoured them by taking of their vibration and allowing them to take our vibration so that together we could grow in wisdom. We have been walking with the vibration of the rivers and the oceans, with autumn winds and winter suns and springtime mornings and songs of birds. We have been living with the skies of white clouds and blue skies and beams of light of many places and of many colours, and we have been on a journey, walking, and sometimes running, and sometimes crawling, and sometimes sleeping in dreams of all of the different places.

"Oh Great Spirit of Peace, the two-leggeds ask you now to help us to understand things. Help us to understand ourselves, we need to know ourselves better, we need to understand the right way to see, the appropriate way to hear. We need the knowledge of how to dream, of how to feel and sense.

"Oh Great Spirit of World Peace, down the many generations you have taken care of us, you have been in all of our moments. Teach us now even some of the greater lessons that you can teach us about peace. Share with us, we are ready, we are ready now. We the two-leggeds and the four-legged and the wing-eds and the beings of water, and all of the creations that live here together, for we are to the north, we are the east, we are the south, we are the west, we are the up above, we are the down below, we are the many, many different circles; we are the fingers, we are the hands, we are the arms, we are the backs, and the legs, and the feet; and all of the different levels of knowing now seek peace. And this journey of long ago, long, long ago, on the journey we still travel with the four-leggeds and the wing-eds and the beings of water, and they travel with us.

"Oh, Great Spirit of World Peace, we ask you now to visit us. We ask you to come and live with us, that you may live in our houses, that you may live in our moments, that you may live in our songs, that you may live in our bodies, minds and spirits, in ways that then we can then take this greatness, this beauty of world peace, and, all of us together, we can walk side by side with you. We as your children, and you as our mother, as our father, walking together we can journey in a place of peace.

"So Great Spirit of Peace, we know that you are the heart, we know that you are the purity, we know that you are the All, we know that you are in my brother, the tree, we know that you are my sister, the stars, we know that you are everywhere, and you have been waiting for our call; and now we give you our call and we ask you to give us the enlightenment that we need. So that, in that moment of enlightenment, we will know exactly what we must do, and then give us the energy and the strength to carry that which you ask that we must do, the energy to carry it through. We have not always done that. We have always asked sometimes and you have given us the answers and then we have not followed through on them. Now, oh Great Spirit of World Peace, we ask you in this song, in this song that we sing to you, that you will come into and be inside of this song as we sing it so that all who may hear it will know that it is your song that we are singing; for we are being you in world peace."

from the *Sacred Sounds* audio tapes

Footnote: during the 1980s Joseph recorded many cassette tapes for his students. Rick Cotroneo, with Joseph's blessing, remastered these tapes and in 2006 the complete set, called *Sacred Sounds*, was first made available from the House of Mica as a set of 13 cds. *Sacred Sounds* can still be purchased as a download. It is a cornucopia of songs, chanting and teachings. You will find more details on: www.houseofmica.org. *Two-Leggeds Call* is among those treasures.

<><><><>

We are so grateful to Grandfather for the Long Dance. Every piece of the ceremony is sacred, but Grandfather's most profound gift is that split of a split of a second when the energy changes direction. *Katy Koontz & Colby McLemore, Long Dance co-Chiefs, Center for Peace, Seymour, Tennessee*

After long pursuits in life, at Joseph's Dances I finally realized my personal relationship with God. For me, Dance is a process and, at the same time, a spiritual goal - a supreme divine jewel. *Luka Hodak, Sun-Moon and Long Dance Chief, Croatia*

The experiential spirituality which Joseph has brought with his dances and teachings is the most direct way for us to influence our lives and the world in which we live. *Steve Citty, Sun Moon Dance Chief, Center for Peace, Tennessee*

Joseph has taught us to TRUST, to Surrender, to Connect and to Know We Don't Exist. He taught us to be Channels and to be Visionaries. In Eternal Gratefulness, Loving Blessings! *Miguel Kavlin, Sun-Moon Dance Chief for over 16 years for the Sacha Runa Community, Bolivia*

This year will be my 24th Sun-Moon dancing year and 8th chiefting...walking the bow string, feeling ongoingly deepening gratitude to Joseph for listeningness to soundingness affecting peacingness. *Debby Diserens, Sun-Moon Dance Chief, Charles Town, West Virginia*

My life has been enriched beyond imagining by these ceremonies and Grandfather's teachings. The gifts he has given us continue to grow and bless the world as we carry forward the work. *Brenda Sue Whitmire, Drum Dance Chief, Center for Peace, Tennessee*

I remember Joseph saying the dance is about Falling in Love... in Love with All of Creation... Deep gratitude to Joseph for Awakening the Power of Love in this World and in each one of us. *Elisa Cotroneo, Falling Leaf, "Haa-ii Lo-oh", Sun Moon Dance Chief*

We began the SunMoon Dance in 2000 and our Dance has grown consistently over the years. What an honor, privilege and true blessing to have been given Grandfather's Blessing to continue his Vision! *Valerie Eagle Heart Meyer, Sun Moon and Long Dance Chief, Rainbow's End, California*

"Wah Mah Chi"
breath matter movement;
purity, placement, awareness, innocence;
chanting, chambers, dances, community;
formlessness, form, unstuckness from form;
unity/diversity, polarities, reconciliation, spiritual potentialities.
Thank you, Joseph, for all these wheels. *Jim Frank, Long Dance Chief, Malvern, Pennsylvania*

Joseph, your ceremonies and teachings profoundly transform our connection to Spirit; they guide us to be our best on and for this Earth, no longer noun, but verb. *Mark Illian, Sun Moon and Drum Dance Chief, Texas*

The depth of what happens during a dance cannot be described; the experience is Love in Action. As I continue to Chief, my connection to Great Spirit grows and deepens. Deepest gratitude to Grandfather. *Jane Innmon, Sun-Moon Chief, Tucson, Arizona*

The invitation Joseph offers, to put the teachings into practice through movement, have been life changing for me. Joseph forces me to leave my thinking self behind and lose myself in the Dance. *Kevin Koser, Sun-Moon Dance Chief, Pennsylvania*

It's good to know that we're all brothers and sisters. One way to feel that is to dance the Dances given by Joseph Rael, and Peace can grow in us. Thank you very much Grandfather Joseph for this gift. *Frank Hoelzer, Sun-Moon Dance Chief, Scotland*

The greatest teachers give direction to the path that allows us to know Earth, Self and God as one. Thank you for so lovingly pointing the way to that path. *Rick Cotroneo, Dancing Light, "Pia Pul Chi Me Eh", Sun Moon Dance Chief*

It is an honor to Chief the Long Dance and carry on this Vision that Joseph has gifted us. To share this with new Dancers and see fruits of their labor is wondrous. Thank you, Grandfather. *Jack Gillette, Long Dance Chief, Tucson, Arizona*

Thirty years of Drum Dances at Birdsong. At Joseph's last year of chiefting it in 1997, we had 89 dancers! What a joyful ride. And the beat goes on, Thank you, Joseph. *Tom Bissinger, Drum Dance Chief, Pennsylvania*

Every year before the Long Dance, my insecurities creep in and every year after the dance my heart overflows with expansiveness and love as the dancers express the blessings, changes, growth and healing that the dance brought them. *Diane Bieling, Long Dance Chief, Shiro, Texas*

The Sun Moon Dance is the greatest living, breathing, light-infused gift Joseph entrusted to us to plant around the world to grow World Peace. We honour him by doing. *Jennie Coles, Sun Moon Dance Chief, Australia*

Awe is the word that comes to mind when I consider my placement with Joseph's Dances. So much gratitude to Joseph Rael for his vision, sacrifice and trust. *Joan Kruzicki, Sun-Moon Dance Chief, Virginia*



Reflections: One Woman of the Sun/Moon Dance 1993

written by Barbara Vanderhoff

shared with us by Geraldine Rael at the request of her Father.

The experiences and blessing I have had since I first was privileged to dance Sun/Moon Dance with Joseph in 1993, are many. These blessing have come through as teachings, guidance and experiences that have enhanced my awareness and my life.

I have traveled in my thoughts and dreams many times living the places my feet have touched during this life-giving ceremony. Hearing the drums, the songs and the awareness of being supported by all the beauty that held me then and continues to hold me now. To hear my heart. Challenge my mind into quietness and hear my heart calling into the echo of forever.

This dance has provided experiences into dimensions of simultaneous realities. Quieting my mind, waiting, waiting to allow my heart to experience the fullness of my being, then to guide my mind to create the pathways to fulfill my heart's journey.

Walk in Beauty, July 27, 2018

~~~~~

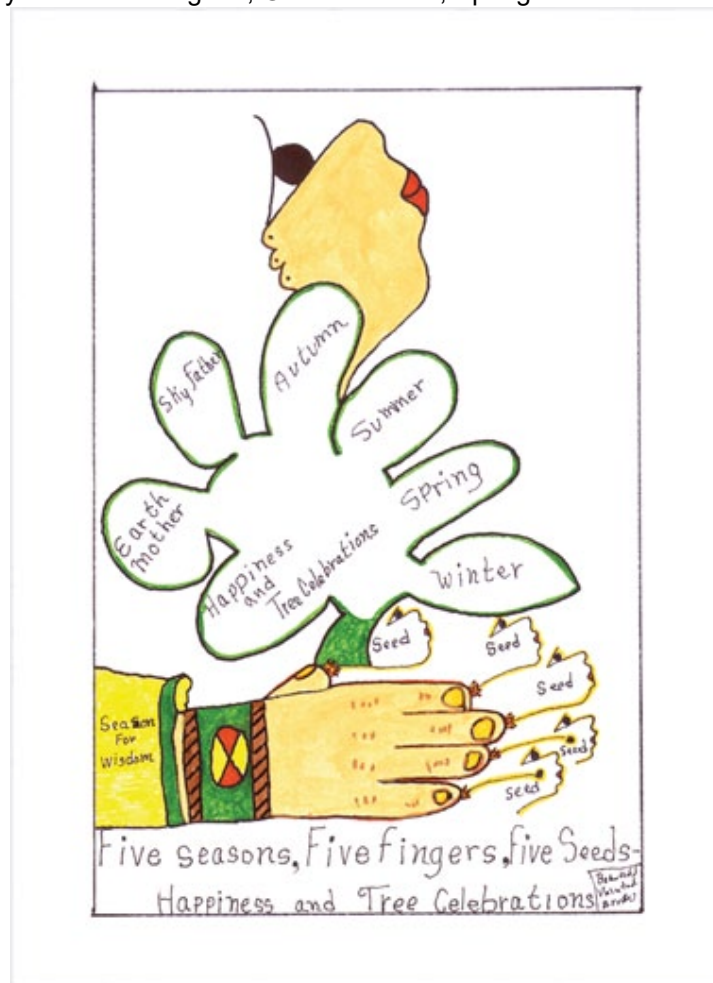
### To My Father from Geraldine Rael

You have been my daddy, my teacher, my father and my grandfather for much of my life. You will always remain all four. Growing up, you've been my dad, daddy, papa, pa Kettle and now addressing the Sacredness of your Dances - you are my father and my grandfather.

I am humbled that I have been fortunate to have you in my life. Understanding that you could not always be there as daddy, because you were grandfather to many, sowing your seeds of peace to the World.

You have gifted me with oversight of your beloved Dances and while I can never, NEVER fill your moccasins, I can and will do my UTMOST to guide and protect the integrity of your beloved, your Sacred Dances, that of which you have gifted me.

I love you VERY much, your eldest daughter, Geraldine Rael, Spring Flower.



Five Seasons, Five Fingers, Five Seeds  
a Beautiful Painted Arrow painting

<><><><><>

## ***Message from the Chief of Beautiful Painted Arrow's Sun Moon Dance "Completion of My Work"***

**written by Jennie Coles**

Over the years Michael and I would visit a Peace Sound Chamber in Maldon, Victoria and the custodian Junitta Vallak would share little snippets about Joseph Rael Beautiful Painted Arrow. Her stories were about how she was introduced to him. Her visit to the USA to visit him in his Peace Sound Chamber in Bernalillo. She then attended the 1<sup>st</sup> Peace Chamber Conference in Tennessee and came back with the news that the 2<sup>nd</sup> one would be at Casurina Her Chamber. With another couple we set about assisting Junitta with organizing the Chamber Conference. I still knew very little about Joseph Rael, Beautiful Painted Arrow. We then received an email from him telling us he needed to hold to his promise of bringing the Sun Moon Dance to Australia and would do so and it needed to be held before the Peace Chamber Conference. He gave us a few months lead time and I was the one to organize the venues and lectures programs in and around Victoria. I still had no idea who he was and was yet to cast eyes on any of his books. Sun Moon Dance intrigued me, and being immersed in the preparations for the Sun Moon Dance, the 2<sup>nd</sup> Peace Chamber Conference and raising children, I put off delving deeper into Joseph Rael and the Sun Moon Dance. Needless to say, I was very green but certainly was awakened more and more as I attended the lectures and chatted through the days leading up to the Dance. I was a Moon Mother on "L" Plates, who also had the privilege of personal 3.00 am Joseph Rael mystery teachings over tea and biscuits each morning before the sunrise ceremony.

In 2000 the appointed American Sun Moon Dance Chief appointed for Australia, was unable to attend, so Joseph passed the baton to me. Via email and phone calls, Joseph imparted his Sun Moon Dance teachings and entrusted me with gifts that I continue to honour and cherish beyond words.

Easter 2006 Joseph and his family came to Australia for the Chiefs Sun Moon Dance. The 3 weeks spent together were joyous and filled with profound teachings that will continue to unravel for as long as we shall live. It also brought Joseph's daughters Geraldine and Theresa into our lives and cemented a sisterhood that grows stronger over the years.

Geraldine felt too many years had passed since the last Chiefs Sun Moon Dance and believed a Chiefs' Sun Moon Dance would be a good way to honour her father and his spiritual work. Late last year Geraldine asked her father and he gave her his blessing. She set it in motion. Earlier this year she asked me to Chief the Dance and Michael to sit the drum. We had Joseph's blessing so agreed but, needed Geraldine to apprentice so she could continue her father's work. A few months after giving his blessing for the dance Joseph handed over all his dances into Geraldine's care and control. She is now the person who carries Joseph's dance teachings and the one in charge of his Dances. Joseph explained we are in the year 2018 the vibration of 9 – a time of completion and next year will be No.1 – New Beginnings. It is that teaching, that inspired the name change from Chiefs Sun Moon Dance TO Beautiful Painted Arrow's Sun Moon Dance "Completion of My Work".

I have chiefted 22 Sun Moon Dances, in Australia and Cape Town, South Africa, but none has given me more tummy butterflies than this one – they are big boots to fill. They are Joseph's boots and only he can fill them. I will do my very best to carry forward his teachings with beauty, love and integrity. I am comforted by the knowledge that I do not do this alone. The love and gratitude for and dedication to Joseph's teachings by past and present Sun Moon Dance Chiefs will support me because I believe even though we are many we are just one.

From the moment we met in November 1999 there was a connection hard to explain which continues to this day. Little did I know it was the start of a new chapter in my book of life. He told me, "just show up and do the work". I do just that – show up and do the work.

<><><><><>

## ***An Appreciation of the Council of Elders***

**written by Ruth Eichler**

The inspiration for the Council of Elders occurred during the 8<sup>th</sup> International Sound Chamber Gathering in South Africa in 2014 that was hosted by Fritz and Elba Duminy. We desired a way to better connect chambers and dances around the world through regional representatives in order to support the vision and work of Joseph Rael, Beautiful Painted Arrow.

Shortly after returning home from the gathering, peace chamber stewards who had attended the gathering -- Fritz and Elba, Andrew and Felicity Macdonald from Brazil, Tom and Kristen Bissinger from Pennsylvania, Ruth and Vic Eichler and Christina Cusumano from Michigan -- spoke with others who had long been involved in Joseph's work, and the COE was officially born. Lukas and Marina Budimir from Germany, Rick and Elisa Cotroneo from New York, Steve and Nan Citty from Tennessee, Jane Innmon from Arizona and Michael and Jennie Coles from Australia joined the COE. Joseph expressed positive support and said the COE's plans were in alignment with his vision.

Beginning in 2014, we held Skype calls most months, calls expertly arranged by Andrew Macdonald for whom we owe great appreciation. He was integral to the COE by preparing agendas for the meetings, setting up the Skype calls, and often facilitating the meetings. Various members offered the opening prayer, and sometimes others facilitated the meeting.

The following represent some of the accomplishments of the Council of Elders:

- >> Clarification of the mission or purpose of the COE: to exchange ideas and discuss matters but not to make rules, criticize or interfere in any way with others in the circle of Joseph's work. We aspired to support and encourage Joseph's vision and work throughout the world.
- >> Establishment of regional "hubs" through which information could be disseminated by COE members. Much work ensued collecting all of the contacts from various sources. After Stella Longland joined the COE, she added her large list.
- >> Establishment of a newsletter from the COE, initially headed by Fritz until he became ill and then by Andrew.
- >> Special support and encouragement for the Sun/Moon Dance in South Africa held by Fritz and Elba, opening a new chapter of dances in that continent, at the request of Joseph.
- >> Establishment of a "Dance Away" program to encourage chambers to send dancers to other locations. Felicity is our champion in this program.
- >> Support for Rick and Elisa's Winter Solstice Chanting that joins chambers around the world.
- >> Support for Jane as the coordinator of the Dance List to encompass the three dances taught by Joseph.
- >> Support for Jennie's sending out the Joseph Beautiful Painted Arrow Monthly Message, which later became "Remembering Joseph's Teachings".
- >> Initiating a time for sharing of events and activities at the various chambers on the COE call.
- >> Gifting Joseph with contributions and messages from the COE for his 80<sup>th</sup> birthday.
- >> Spreading the word about Joseph's vision for the shrines that extend each peace chamber's vibrations out two hundred miles in all directions.
- >> Supported the 2017 International Gathering at Jane's peace chamber in Tucson, Arizona.
- >> Discussion on how to support new Peace Chambers.
- >> Initiating a Sister Chambers Project headed by Rick Cotroneo.

It has been an honor to serve on this council.





More about Ruth and Vic Eichler's journey with Joseph

as builders and custodians of the EarthSong Peace Chamber, in Michigan.

Here Ruth tells the story of how that came about:

Our building of a peace chamber has an unusual history in that it was built before we ever met Joseph. In 1997 while planning a trip to New Mexico, my friend, Nancy Stroupe suggested that while in Albuquerque we stop by and meet Joseph and their son, John, who was living with him and see the peace chamber that Joseph built in Bernalillo.\*\*

Sure, why not? Joseph was traveling, so we didn't meet him, but it was the 7<sup>th</sup> of the month and John invited us to the fire ceremony and to see the chamber. As soon as I walked into the peace chamber, I was stunned by what I call "divine marching orders." I knew that we needed to build one.



Because of other life events like building our house on our nature sanctuary/land, we did not begin construction of our peace chamber until 2000. It was completed just about the time of 9/11, and we drove to Houston in October for our first International Gathering. We met Joseph at that time. He and Carolyn, as well as Benito, came to dedicate our chamber in the spring of 2002. The rest is history.

\*\*Footnote: The Peace Chamber Joseph built in Bernalillo, picture above, was the first to be built and on the very spot where the Angel laid the baby that was the Spirit of the Peace Chambers given to Joseph to raise.

<><><><><>

## ***Introduction to the Sister Peace Chamber Project***

**written by Rick Cotroneo**

At the beginning of time, the people were all together at the Center. As time passed, some went east, some south, some west and some north. Several indigenous prophecies declared that, some day, after the people complete their journeys going in different directions, we will all once again meet at the center. What does this prophecy mean to us in the global peace chamber community?

A lot of folks have heard about 'sister cities' or 'twin cities' where communities in different parts of the world decide to establish a relationship to learn about each other and celebrate their similarities and differences. In a similar way, the purpose of the year-long **Sister Peace Chamber Project** is to strengthen the exchange of ideas and connections between pairs of peace chambers world-wide. Perhaps in this way, we will 'meet again in the center'. The House of Mica brought the idea of a Sister Peace Chamber Project to the Council of Elders (COE) and is grateful for their support in getting this project started. All agreed that this was fully in keeping with the mission of the COE.

An invitation to participate in this project was sent to every established and aspiring peace chamber community known to someone on the Council of Elders. A total of 14 peace chamber communities agreed to participate. Many of the participating chambers have been active for a long time but some are just getting started. We already know that we are connected through the global energetic web of peace chambers and we believe that we can only strengthen that web through consciously working together. I can remember how much it meant to me to dance and pray with people from around the world at the early Drum Dances and Sun-Moon Dances. After Joseph retired, communities held their own dances, travelled less and there were fewer opportunities to have regular contact with our friends from around the globe. We thought that this project could help re-ignite some of those relationships and also provide a vehicle through which established communities could support those that were just getting started. If the peace chamber vision is to continue to grow, support must be provided to those new to the work. Joseph gave his support to the Sister Peace Chamber idea and raised the bar by encouraging the participants share writings about their visions, insights and experiences with dancing and ceremony in the chambers.

The project started with an initial large group call of all participating communities on Sunday, June 3<sup>rd</sup>. The agenda for this 90-minute call was as follows:

**Opening Prayers:** To honor the power of sound, we invited people to share opening prayers in as many languages as were spoken by people on the call. It was really sweet to hear the different prayer and to observe how the sound of the vowels resonated through each of the languages.

**Brief Description of the Peace Chamber Council of Elders:** Some participants were not fully aware of the work of the Council of Elders, so members of the COE provided background. This led to a discussion about how to outreach to some chamber communities that were not connected to the COE or were not getting the *Seeds of Peace* newsletter.

**Brief Description of the Project and Group Brainstorm on How to Connect:** The group explored the purpose of the year-long project and generated lots of ways that paired communities might connect, such as through email or phone contact, visiting each other's communities, exploring a specific topic together, learning about each other's activities and exploring how to connect through ceremony.

**Pairing:** A few communities decided beforehand that they wanted to be sisters. The rest of the names were put in a hat and picked in 'pairs'.

**World Peace Ceremony, candle lighting and chanting:** We ended the call by each burning some sage and lighting a candle. We chanted the Tiwa sounds "*Key-Ya Tah*", which mean, 'Let there be peace'.

We received some great feedback from people after the call and it looks like there is some wonderful contact happening between the paired communities. We will have another group call at the end of the 12-month project. Hopefully we will have more to share at that time.

In closing, I would encourage anyone reading this article to think about how you might connect with others in our global community. It is time for us to reach out and come together. There are so many ways to connect and learn about each other and pray together.

One Earth, One People, One Love.

Blessings, Rick and Elisa Cotroneo

#### The pairings are:

*Birdsong*, Pennsylvania, caretakers Tom and Kristen Bissinger, built c.1996-97.

&

*Hope Chamber*, Maine, initiator Frederica Chapman, who is holding the vision to build.

~~~~~

Oca da Paz (House of Peace), Brazil, caretakers Felicity and Andrew Macdonald, built prior to 2005.

&

The Sound of Water, Scotland, caretakers Jacqui and Martin Munday, site excavated and blessed in 2014.

~~~~~

*Watersong*, North Carolina, caretakers David Stephenson & Cheryl Braswell, built c.1997.

&

*SoulFire Sanctuary*, North Carolina, caretaker Imani White, this chamber hosted the Gathering in 2003, now it has a new caretaker and a new name.

~~~~~

Sweet Beautiful Waters, Arizona, caretakers Jane and Pat Innmon, built c.2012.

&

Rainbow's End, California, caretakers Valerie Eagle Heart Meyer and community, to be built in time for the 2020 International Gathering to be held at Rainbow's End.

~~~~~

*Center for Peace*, Tennessee, caretakers Steve and Nan Citty and community, built c.1994 -97.

&

*Circle of Light*, New Mexico, caretakers Mike and Marie Pedroncelli, built c.2011-13.

~~~~~

House of Mica, New York State, caretakers Rick and Elisa Cotroneo, building completed in 1999.

&

Guardians of the Light of the Heavens, Northern Germany, caretakers Sophia Peters and Marylynn Miller, building completed in 1994.

~~~~~

*Sacha Runa (People of the Forest)*, Bolivia, caretakers Miguel Kavlin and community, built c.1996.

&

Marina and Lukas Budimir, recently caretakers of *To Protect the People*, Denmark, a former bunker built in the 1940s which was re-opened as a Peace Sound Chamber in 2015.

<><><><><>

### ***A Remembering of Hilde***



Hildegard Emma Kopejsko, *Mountain Bird, Making Medicine*, was known to many throughout the Dance community simply as Hilde. I met Hilde in the late 1980s when she was one of the organisers of Joseph's travels, lectures and dances in Germany. We did sweat lodges and Long Dances together, and in 1995 we danced the first Sun Moon Dance outside of the US near where she lived in Gilserberg/Sachsenhausen in central Germany. She also built a Peace Sound Chamber there named "*das Licht das von den Himmeln kommt*" (Light from the Heavens).

For many years she danced Long dances, Drum dances and Sun Moon dances and she also moon-mothered in Germany, Italy and Croatia.

In 2016, Hilde – the woman who we will always remember as one that gets things done - invested her incredible energy and effort to bring the Sun Moon dance back to Germany and to the same site as 20 years previously.

We used to say that she was like a Schmetterling, a butterfly, that flies in, does what has to be done, and then flies on. Dearest Hilde, dear sweet Schmetterling, may the Ancestors carry you and may our prayers aid you on your journey to new realms and transformation into a new way of being.

**from Lukas Budimir.**

Recently Hilde asked her friend, Gabriele, to tell everyone how grateful she was for their prayers and support, and we pass on her message of thanks to you.

<><><><><>

### ***Entering the Dreaming Time***

**written by Marina and Lukas Budimir**

We have ten fingers and there are ten steps we take on the path of inspiration\*\*. Step ten is when we know that what we have planted and created through inspiration has materialised and that it is time to stop and listen, to listen to the silence and to hear what the Great Mystery has to say to us.

We create our reality by connecting to the source from where all ideas come and dreaming it into existence.

It is with this knowing that the Council of Elders has chosen to go into a dreaming time until November 2018 to reflect upon what has been achieved through the web of connectedness we have created. A web which; after being brought together in the wish to promote, through the sound chambers and dances, the visions of Joseph Rael, Beautiful Painted Arrow; we wove by working together from different locations around the world.

You might say that we have decided to let the dream work through our teamwork.

We have chosen the term 'dreaming time' because we see it as a process, a process of reflection that follows a time of activity, where we have chosen to take a step back to look at our working together from a different perspective. It is like a dance where there is an interaction between stillness and movement and both come together to create a Oneness that moves us on, giving us insights into our beingness and into what we want to become.

\*\*Footnote: the 10 steps are to be found in *Sound, Native Teachings and Visionary Art* by Joseph Rael, p.177 on.

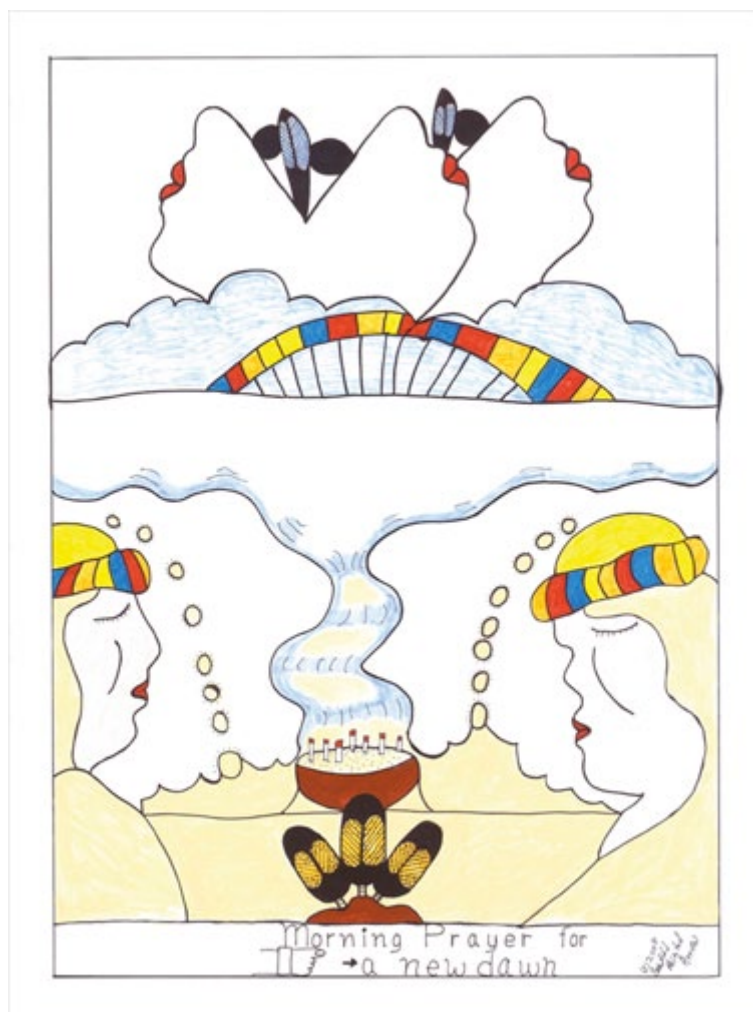
<><><><><>

As Joseph has now completed his official chiefing of ceremonies, and turned the position over to his daughter Geraldine, it is useful to remember that Joseph's intention was a planetary one: that these ceremonies that came to him in visions were not Native ceremonies but universal ones. Great Spirit guided him to speak to all nations so that the ceremonies and their teachings would be enacted worldwide.

And so it has come to pass.

We need to be mindful that we who hold ceremonies and peace chambers and dances reach out to our brothers and sisters around the world: our Beautiful Painted Arrow community. We are seeds of peace and we need to help each other to reach our highest potential by sowing those seeds of peace world-wide.

It is what Joseph did and we can as well. Whether we live in the North, the South, the East or the West, we are one family. Let us welcome each other to our ceremonies and visit others, whether in our own country or abroad.



*Morning Prayer for a New Dawn*  
a Beautiful Painted Arrow painting

<><><><><>



## contents

cover image: *Summer Moon in the Scottish Highlands* from Stella Longland.

|                                                                                                                                                                                                                                                                                                                                                                                                                                       |      |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| <i>Expression of Gratitude to Beautiful Painted Arrow</i> written by Kristen Bissinger.<br>photo <i>Joseph Rael at his 80<sup>th</sup> birthday Gathering</i> from Jane Innmon.                                                                                                                                                                                                                                                       | p.2  |
| <i>The Flowering of Divinity</i> (copyright © Joseph Rael).<br>An artwork from messages sent to the Peace Group 2008-2012. Reproduced in the hardback book <i>Sound, Native Teachings and Visionary Art</i> , which is also available as a multimedia item on iTunes, both formats are from Joseph's publisher Millichap books.                                                                                                       | p.3  |
| <i>Tiwa: a sacred spoken language</i> written by Stella Longland.                                                                                                                                                                                                                                                                                                                                                                     | p.3  |
| <i>Two-leggeds Call to the Spirit of World Peace</i> (copyright © Joseph Rael).<br>A Prayer from Joseph with an introduction and footnote by Stella Longland.                                                                                                                                                                                                                                                                         | p.4  |
| <i>Messages from the Dance Chiefs</i> collected by Jane Innmon, page layout by Stella Longland.<br><i>Drum Dancer</i> , an early T-shirt design, forms the central image (copyright © Joseph Rael).                                                                                                                                                                                                                                   | p.5  |
| <i>Reflections: One Woman of the Sun/Moon Dance 1993</i> written by Barbara Vanderhoff.                                                                                                                                                                                                                                                                                                                                               | p.6  |
| <i>To My Father</i> from Geraldine Rael.<br><i>Five Seasons, Five Fingers, Five Seeds</i> (copyright © Joseph Rael).<br>An artwork from messages sent to the Peace Group 2008-2012.                                                                                                                                                                                                                                                   | p.6  |
| <i>From the Chief of Beautiful Painted Arrow's Sun Moon Dance "Completion of My Work"</i> by Jennie Coles.                                                                                                                                                                                                                                                                                                                            | p.7  |
| <i>An Appreciation of the Council of Elders</i> written by Ruth Eichler.                                                                                                                                                                                                                                                                                                                                                              | p.8  |
| <i>Introduction to the Sister Chamber Project</i> written by Rick Cotroneo.                                                                                                                                                                                                                                                                                                                                                           | p.9  |
| <i>A Remembering of Hilde</i> from Lukas Budimir. Photo of Hilde also courtesy of Lukas.                                                                                                                                                                                                                                                                                                                                              | p.11 |
| <i>Entering the Dreaming Time</i> written by Marina Budimir and Lukas Budimir (formerly Lukas Weber).                                                                                                                                                                                                                                                                                                                                 | p.11 |
| <i>Dreaming Ourselves into New Realities</i> written by Tom Bissinger.                                                                                                                                                                                                                                                                                                                                                                | p.12 |
| <i>Morning Prayer for a New Dawn</i> (copyright © Joseph Rael).<br>An artwork from messages sent to the Peace Group 2008-2012. Reproduced in the hardback book <i>Sound, Native Teachings and Visionary Art</i> , and available as a multimedia item on iTunes, this artwork is also reproduced in <i>Beautiful Painted Arrow Visionary Art Cards, The Path of the Red Road</i> .<br>All three publications are from Millichap books. | p.12 |

## website addresses

explore Millichap Books: [www.millichapbooks.com](http://www.millichapbooks.com)

and their Joseph Rael pages: [www.josephrael.org](http://www.josephrael.org)

download the Sacred Sounds Series: <http://www.houseofmica.org/products.html>

find the Peace Messages 2008-2012: <http://www.peacechamber.co.uk/12-months-of-peace/year-of-peace/>

access Joseph's Teachings-in-action online: <http://www.peacechamber.co.uk/visions/video-recordings/>

and much more about Sound Peace Chambers on: [www.peacechamber.co.uk](http://www.peacechamber.co.uk)

## copyright notices

Copyrights apply to all the contents of this issue of *Seeds of Peace*, both as a publication in itself and through existing copyrights held by individuals and organisations.

For permission requests and queries contact: [stellaspace@btinternet.com](mailto:stellaspace@btinternet.com)

## Subscribe and Unsubscribe

You are welcome to forward the link to the newsletter to anyone who you feel would like to receive it, if they wish to receive future issues of *Seeds of Peace*, please ask them to sign on.

Sign on to the mailing list by emailing:

[mayarinabudimir61@gmail.com](mailto:mayarinabudimir61@gmail.com)

please include your forename and surname in your message.

To unsubscribe, email the same address writing UNSUBSCRIBE in the subject bar.

## editorial committee members:

Stella Longland (co-ordinator): [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk)

*I first heard of Joseph Rael in March 1998 when my Teacher Alexander Heybroek, who was Joseph's student, introduced me to the mysteries of sound and vibration. I thought there might not be much to it but there is .....*

Jane Innmon: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com)

*I first heard of Joseph in 2002 when I attended my first sweat lodge at Jim Frank's in Malvern PA, I did not know anything of the teachings but I knew I had found "home" and it was true.*

Marina Budimir: [marinabudimir@gmail.com](mailto:marinabudimir@gmail.com)

*In the early 1990s I was awakened at three in the morning with the face of a Native American Indian and a long name that I did not quite catch. The only word I could remember was Beautiful. It was not until 2004 that I met Joseph in physical form at a Mystery School. It was like coming home.*

Tom Bissinger: [tomasbiss@gmail.com](mailto:tomasbiss@gmail.com)

*I first met Joseph in 1987 when a friend, Ron Rozewski, brought him to our land so that he could teach us how to build a sweat lodge.*

Kristen Bissinger: [krisbiss601@gmail.com](mailto:krisbiss601@gmail.com)

*We knew next to nothing about lodges or Joseph Rael. He told us over the phone to ask permission from the Grandparent Rock and the Grandparent Tree to take the saplings and the rocks. We invited friends and two days later Joseph and 25 people showed up. The lodge was built and that was the beginning of our journey of a lifetime.*

Rick Cotroneo: [homica@nycap.rr.com](mailto:homica@nycap.rr.com)

## editorial policy

*Seeds of Peace* seeks to connect people who love and follow the Teachings of Joseph Rael, Beautiful Painted Arrow; creating a space where ideas and experiences generated by his Gifts can be shared; bringing a deeper connection to the mysteries he invites us to explore; inspiring us, as individuals and as a group, to reach our highest potential.

Please feel free to contact any of us with suggestions of what you would like to know more about.

## disclaimer

We endeavour to publish accurate material and ask readers to let us know if any of the facts given are not correct. However, the views expressed in the articles are the personal responsibility of the writer and are not necessarily those of members of the editorial committee, nor indeed, of our Teacher, Joseph Rael.

## about submitting articles

Anyone who has been studying Joseph's Teachings through his published work, in books, artworks, audio files and videos; through his Dance Ceremonies, the *Long Dance*, the *Drum Dance* and the *Sun Moon Dance* which is also danced as the *Hollow Bone Dance*; through chanting and working in a *Sound Peace Chamber*; or through holding the monthly *Fire Ceremony* is welcome to submit articles for the newsletter, however, the editorial committee reserve the right to decide if submissions will be included.

## NEXT ISSUE *Seeds of Peace* Issue 11, publication target date: November 5<sup>th</sup> 2018

The issue will focus on *Sound Peace Chambers*. Likely topics are the original vision and its development, the life stories of chambers, chambers in the making, the many aspects of 'how to', what people do in their chambers and more....

The issue will also contain a variety of items about other aspects of the work that is worship.

The editorial committee will be actively seeking articles which we think are of interest, and we also invite readers to email us articles for possible inclusion, accompanying photos and images are most welcome. However, we cannot guarantee that a submission will appear in the newsletter.

Please email submissions to us before October 5<sup>th</sup>, 2018  
by sending them to [stellaspace@btinternet.com](mailto:stellaspace@btinternet.com)

<><><><><><><><>