

Seeds of Peace

newsletter

**this Issue
is devoted to
Sound
Peace
Chambers**

**Peace Chamber People
are Beings who carry
the golden pollen
from flower to flower
creating Seeds of Peace**

Announcing New Publications

**Following the Teachings of Joseph Rael,
Beautiful Painted Arrow**

Issue 11: November 2018

contents:

Dandelions and Bee opening image and texts from Stella Longland.	p.1
Invite to Join the Global Solstice Chanting for Peace from the <i>House of Mica</i> , New York State, Rick and Elisa Cotroneo are the Caretakers. photo of <i>The Original Peace Chamber in Bernalillo, New Mexico</i> , source unknown but thank you!	p.3
The Story of the First Chamber from the Appendix of <i>In The House of Shattering Light: The Life and Teachings of a Native American Mystic</i> . (text and picture © 2002 Joseph Rael. Private Limited Edition).	p.4
NEWLY BUILT CHAMBERS	
Singing A Chamber: The Eagle's Nest, Missouri our chamber for chanting and fire ceremony, by Jonathan Clay Seeger.	p.6
Gorslwyd Sound Peace Chamber in West Wales, UK how Jenni Chapter built and became the custodian of a chamber, a Roundhouse honouring the area's Celtic heritage.	p.7
CHAMBERS ABOUT-TO-BE	
Earth Harmony: A New Sound and Peace Chamber in Michigan a new chamber to be built to continue the work done at <i>Earth Song</i> , introduced by Michael Northrop.	p.9
Visit to Sound Water, our Sister Peace Chamber, in Scotland from Felicity and Andrew Macdonald, <i>Oca de Paz Peace Chamber</i> , Brazil.	p.10
The Alchemy of a Sound Peace Chamber in Bulgaria inspirations and developing plans to build a chamber complex at the <i>Harmonic Alchemy Retreat Centre</i> , by Andrew Cowan.	p.11
CHAMBER LIFE	
Initiating A Peace Chamber: Earth, Spirit of Singing Eyes initiation ceremony text from the archives of Rick Cotroneo.	p.14
New Life for an 'Elder' Chamber new ownership and a new roof for <i>Earth, Spirit of Singing Eyes</i> , New York State, an update and an appeal, by Paul McMahon.	p.15
New Guardian, New Name: SoulFire Sanctuary update on <i>Earth's Ancestral Voices</i> , North Carolina, from Stella Longland.	p.17
The Bolivian Sacha Runa Chamber and the Condor and Eagle Prophecy a place, a picture and a prophecy bring transformation, by Miguel Kavlin.	p.17
Crystals on a Journey strengthening the web of Peace with the vibration of Amethyst, by Lukas Budimir.	p.19
On Leaving the Skye Chamber thoughts and feelings when changes meant leaving the Isle of Skye in Scotland, by Ocean Graham.	p.20
The Alpha and Omega of a Chamber twenty years creating Casurina Sanctuary in Australia, by Junitta Vallak.	p.21
An Impromptu Chamber chanting in a 9 th century Church in Croatia, by Marina Budimir.	p.24
Announcing New Publications from Millichap Books <i>Becoming Medicine</i> by David Kopacz and Joseph Rael. <i>Walking with Cosmic Dancer</i> , Joseph Rael by Mary Elizabeth Marlow.	p.26

Thank you to all the contributors for their articles and photos which demonstrate the vibrancy, diversity and strength of the Peace Chamber Vision!

Thank you to Joseph Rael, Beautiful Painted Arrow, for sharing this vision and for giving us the opportunity to build and to be in Sound Peace Chambers!



Invite to Join the Global Solstice Chanting for Peace

from Rick Cotroneo, the *House of Mica*, New York State

For a number of years now, the peace chamber community has come together at the December solstice to create 24 hours of continuous chanting for peace. Each community chants for one hour so that together we put out a 24-hour call for peace. We invite everyone in the peace chamber community to join the fun again this coming solstice. You can join in as a chamber group, other small group or as an individual. **Open to all who are interested.**



This year, the 24-hour period will be:

Universal Time: December 21st, 6 pm UT to December 22nd, at 5:59 pm UT.

East Coast USA Time: December 21st, 1 pm east coast time to December 22nd, 12:59 pm east coast time.

A specific theme is usually announced a few weeks before the event. People generally chant each of the vowel sounds for a few minutes and then choose a favorite local chant to complete the hour.

For us at the *House of Mica Peace Chamber*, this is an important annual event. Our community gets a lot out of feeling that we are coming together with people from around the world to chant for peace. At the end of our chanting time, we always recite the whole schedule to the group so that they feel connected to all of the other chambers and chanters. People in our community also feel good about taking the time to chant during the celestial event of solstice and during the holiday season. We end the ceremony with a pot luck and dedicate the financial donations from the event to our Local Feed Bank.

We keep the schedule up on our website at <http://www.houseofmica.org/solstice-peace-chant.html>. Check the schedule for an open hour and then send a note to homica@nycap.rr.com to let us know when you would like to chant. As people send times to us we will add them to the schedule and keep that up to date on the website. Hopefully we can work together to choose hours that will result in all 24 hours being covered.

Helpful hint: Most cell phones have a clock that allows you to enter different locations. This can help you determine the UT or US East Coast time as a reference point for your time.

We look forward to chanting with you.

Blessing and peace, *House of Mica Peace Chamber* community



The Original Peace Chamber in Bernalillo, New Mexico, USA



The Story of the First Peace Chamber

from the Writings of Joseph Rael, Beautiful Painted Arrow

'THE VISION OF THE PEACE CHAMBERS first came to me in a dream when I was seven. I saw an elderly woman smiling and in front of her were seven little oval-shaped music houses that seemed to be singing with human voices. As she watched the singing and chanting, the grandmother cried tears of joy.

'Later, in the late 1970s, I saw a vision of a map, and the chambers were part of that map. Then, as I was sun dancing**, in the 1980s, I had another vision of an oval-shaped chamber. There were men and women singing in it, and I recognized that this was something I'd seen on the map.

'It took me a long time to figure out where I was supposed to build the first chamber. I looked all over the world for the perfect location, only to be told I was to build it in my own back yard, in Bernalillo, New Mexico. The vision came while I was leading a sweat lodge there. All of a sudden a force came and took me up into the sky. I was, maybe, a mile above the earth on some higher plane of existence. Here I saw a group of grandfathers -- Native American elders in blankets -- sitting in a circle. They were expecting me, and they said, "Why haven't you built the peace chamber?"

'I answered, "I've been looking for the right place, but I haven't found it yet."

'One of them said, "Well, we're going to show you where to build it."

'The next thing I knew, I found myself standing in the middle of my garden plot in my own back yard in Bernalillo. The circle of elders turned into a circle of light. This ring of light descended through the night sky and placed itself in my garden, a circle of fire where the walls for the first peace chamber were going to be.

'In the next instant I saw a smaller circle of light, no bigger than six feet in diameter. It also descended and standing on the circle was an angel, holding an infant. He came down until his feet touched the ground and then he took the child that he was carrying in his arms and gently placed it into the ground about two feet below ground level, planting the child like a seed in the center of the circle of light.

'The angel never faced me, but as he was standing up, he said to me, "This child is yours to raise." And then he was gone.

'Pretty soon I built the first peace chamber there beside my trailer house in Bernalillo.

'When I spoke about the peace chambers to the Paranormal Society of the United Nations in 1987, that first chamber was four years old. It was around that time that I had another vision of the child of the peace chamber. A grandfather-type man was with him. When the child asked his guardian who I was, the elder answered, "He is your father here on the earth. Be sure to respect his wishes and do whatever he asks you to do."

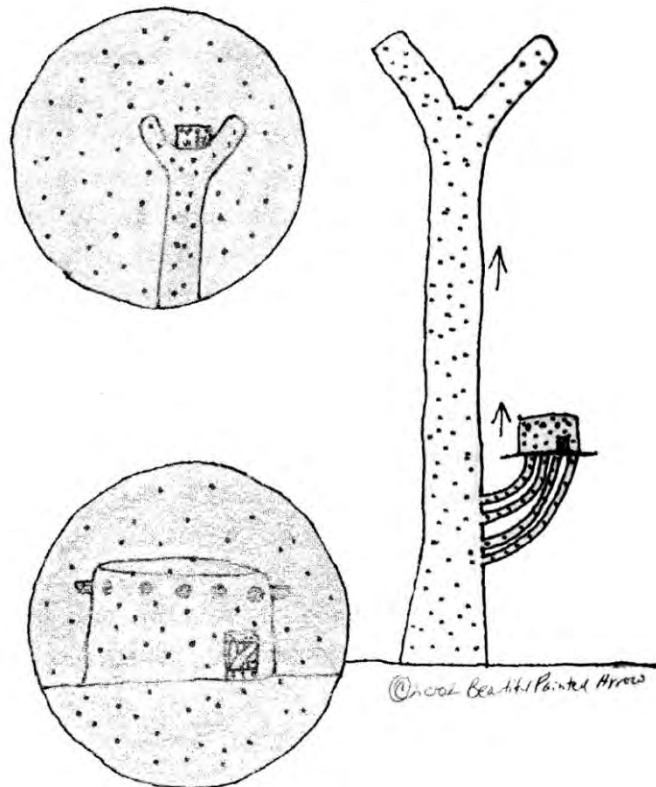
'In the early 1990s, (*editor's note: name removed to protect personal privacy*), came for a healing that I performed in the sound chamber for him. I clearly remember using red willow bark in the ceremony. It was in those healing moments that I experienced the peace chamber moving upwardly as if I was a giant redwood tree lifting it until the chamber was at the same level as had been the circle of elders who had instructed me on building the first peace chamber. When the chamber reached that level, the materials it was made of changed into crystal. It was the exact size of the Bernalillo peace chamber, but now it had turned into a building made of crystal. The child's new home would now be in the skies over New Mexico.

'In one of those twirling, turning moments the earth makes as it travels around the physical sun, it will turn us to lights of peace because of its oscillator effects around the sun. Today it sits there irrigating the earthly landscape with the vibration of the sound "Chris," as in the first syllable of "crys-tal."

'All of the chambers have been constructed two feet into the earth so that their foundations, when people are chanting, turn into resonators of circles of light for the world's peace work.

'Our genetic past is healing as we move on and forgive ourselves and others in the journey of world peace.'

(In The House of Shattering Light p.205-207)



The four branches on the side of the Sequoia tree represent the four directions carrying the chamber up to the top of the "Y." It now sits there as a generator of light. The red lights that I saw coming from the tree and the crystal chamber were blessings of spiritual light headed for Mother Earth's landscapes.

(In The House of Shattering Light p.204)

~~~~~  
Joseph writes that when the property at Bernalillo was sold:

'Its new owners tore down the Bernalillo peace chamber, but it still exists in crystal form in that higher plane where I saw it rise in the fork of the redwood tree.'

*(In The House of Shattering Light p.196)*

The above texts and the picture are reproduced, with permission, from *In The House of Shattering Light: The Life and Teachings of a Native American Mystic* (©2002 by Joseph Rael. All rights reserved. Private Limited Edition).

The text and the picture are taken from the appendix which was not included in the 2003 publication titled *House of Shattering Light: Life as an American Indian Mystic*, ISBN: 978-0-9823274-4-9 available from [www.millichapbooks.com](http://www.millichapbooks.com).

**\*\*Footnote:** Sun Dances are traditional Native American Ceremonies. Many indigenous peoples in the USA and Canada hold Sun Dances which are part of their heritage. On this occasion the dance referred to is the Ute Sun Dance.

The Sun Moon Dance is not a Native American Dance; it is one of the three visionary dances of Beautiful Painted Arrow, Joseph Rael.



## NEWLY BUILT CHAMBERS

### *Singing a Peace Chamber*

written by Jonathan Clay Seeger

When I was about 5 years old, I would hold tight to tree roots and carefully descend down into a cave, it was really a gully with branches and leaves making for a roof. The walls were multicolored clay cold and moist, exposed tree roots sparkled like crystal chandeliers; inside, I was in rapture with the feeling of security.

Now, 40 years later I built a Peace Sound Chamber here in my home town St.Louis, Missouri. This Chamber was constructed with Sand (eternity), Clay (material form), Straw (ancientness) and Spruce tree (descending and ascending). The process of building was inexpensive due to the use of natural materials and only required human energy. This chamber was created artfully, meaning, it revealed itself, teaching me along the way. Please allow me to express my gratitude to all the sources of inspiration, they are as follows – Ancient Storytellers, Grandfather Joseph, Spirit, Kurt Wilt and his profound book *The Visionary, Native American Architecture* by Nabokov and Easton, and lastly *Earth Bag Building* by Hunter and Kiffmeyer.



I would describe this chamber's architecture as a half clay bowl, similar to kivas, and on top of the bowl is a contemporary Hogan roof, there is a central axis in the middle connecting an opening toward Sky Father and an opening toward Earth Mother. The chamber is small and is used for chanting and fire ceremonies, it is not large enough for dancing. My wife Laurie and I decided to name it *The Eagle's Nest*. We hope to honour the Eagle vibration of the unexpected presence of something greater than one's self that breaks through the veil of the mundane, placing its beauty of creation; the vibration sound is "*Chi Wah Neh*".

We feel blessed to be with you all and look forward to sharing and loving with all our relations, follow us on

Facebook: @MissouriPeaceChamber,

Jonathan Clay Seeger



## Gorslwyd Sound Peace Chamber in West Wales, UK

written by Jenni Chapter, builder and custodian



My name is Jenni Chapter, I am a Sound Healer based in West Wales; this is the story of how the chamber came to be built ....

I did my Sound Healing with Paul Benham in the chamber, *Song of the Cleansing Time*, at Primrose Haven organic farm in the Brecon Beacons National Park, in Wales. His chamber had a massive effect on me in combination with the sound journey on that first night of my full day's training. I was to leave the group after the sound journey, going to bed to do my processing in solitude, and I was surprised what was revealed to

me and knew deep within that sound for me was and always had been something other than just the hearing of noises and words; thus I began a journey that would lead to the building of this Peace Chamber.

I was directed towards Joseph Painted Arrow within some of Paul's teaching, and resonated with his words and drawings, a Peace Chamber here, on site at Gorslwyd Farm, was part of my vision. Not sure of the how and where of it, I just held the dream. Then a fire here, which caused extensive damaged to a holiday cottage on site, brought about the necessary way forward, strange as that may appear, but I for one know that the spirit of fire has remarkable capacity to bring fast change. That was the case and things began to gather momentum.

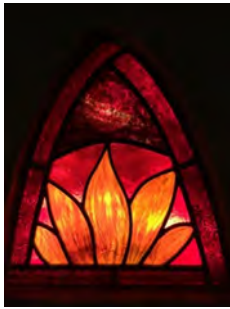
A local builder who had some experience of this type of structure was placed in our path, local materials became available due to an order being cancelled, and the required funds arrived. Hey presto, we could get on with the build. The site was dowsed and the groundwork begun.

It happened that a woman's circle would be here for a weekend each month, during the first three months of the project. It was decided they would plant their Celtic sacred trees, that each were gifted, on the land surrounding the chamber. We started with the group of us giving a blessing to the site, deep and meaningful words were shared followed by silence, listening to the stream, trees, birds and other animals that shared the land.

The next few weeks were spent with the groundworks before the oak pillars were erected, all of these pillars were sponsored by guests and friends who had a connection to our Healing Centre. As the building took shape, our original idea of a turf roof changed, and we settled with sedum instead as it is lighter.



The wood-burner, a little enamelled cast iron unit made in Ireland, was requisitioned from the Gong studio where it was seldom used. It adds to the whole Celtic thread that runs through this chamber. The chamber is positioned close by our sacred grove and surrounded by native trees 'cwtched in', as the Welsh would say, by the land and lying just north of our stream. An underwater stream runs under the chamber and links to this. We had stained glass windows made by our local stained-glass business, they depict the directions and capture exactly the sense of them in both colour and form.



We had the first ceremony there in May 2018 even though it was not fully finished, followed by a Woman's Soul Quest Retreat led by Judith Tripp. Since then the sacred space has been used for other deep and meaningful services, one being a hand fasting ceremony for another sound healer friend.

We are hoping to have a sweat lodge built not far from the Peace Chamber, the lady who will be doing this is another connection I made through Paul Benham, quite amazing just how much has happened here since my first encounter at Paul's Chamber not quite three years ago!

We are struggling with a permanently damp floor however a clay membrane should help with that, also we have discovered since the build that larch posts are probably better than oak to prevent capillary action, however we used what was available and consider ourselves extremely blessed to have this building in our lives. Our feeling is that it will be here for many years to come and positively affect the lives of all who step inside.



We have had a goddess placed on the floor and are in the process of having symbols and words placed on the sponsored posts using pyrography. These have been chosen by the sponsors and are both symbolic and meaningful.

Any of your prayers for our damp floor will be received with gratitude. It has helped that whilst I was at Paul's in September for a workshop, I felt somewhat heartened learning that they too had battled with a wet floor and water seepage inside, life's learnings, difficult and frustrating as they often are, will not dampen a cheerful spirit, our belief in this structure and how it came in to being here far out weighs that. This weekend's floods with storm Callum (October 13<sup>th</sup>) have not made the situation inside any worse and the trees that came down on the land here caused no damage to any of our buildings.

We feel blessed to be part of a widening circle and hope many will come and share this sacred space.

<https://gwenhwyfargarden.blogspot.com/>

~~~~~



This is a picture of *Song of the Cleansing Time* at Primrose Haven

<https://www.primrosehavenretreats.co.uk/primrose-features/peace-sound-chamber>

This 'elder' chamber has been active for well over twenty years.



CHAMBERS ABOUT-TO-BE

Earth Harmony: A New Sound and Peace Chamber in Michigan

written by Michael Northrop

This is a time of great transition here in Three Rivers, Michigan. The *Earth Song Peace Chamber* came into the area with the dawn of the New Millennium and has been a central part of the spiritual nexus in the area, even being featured along with four other spiritual centers on PBS (public broadcasting service) in 2016. Ruth and Vic Eichler brought forth the idea of *Earth Song* and gathered the community to create a vibrant sound and peace chamber. They were the faithful stewards for all of these years, tending the land, hosting the events and organizing the council. Ruth and Vic have now entered a new phase of their lives. They have moved to a smaller home in

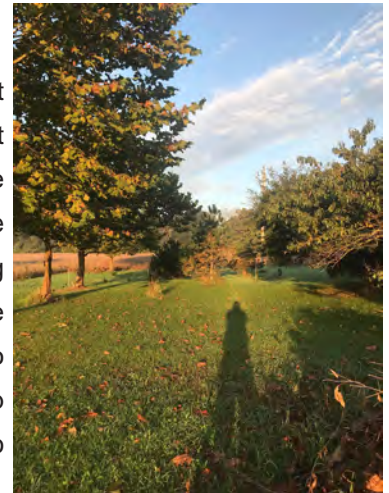


Kalamazoo, Michigan. With their move, the *Earth Song* Council came together and bid farewell to the land and the Peace Chamber in August. It was a moving ceremony where each was able to express gratitude for the seventeen wonderful years that the chamber held some of our most profound moments.

Ruth, Vic and the council passed the torch on to me at that moving ceremony. It was decided that I would inherit the work of the Eichlers and build a new Sound and Peace Chamber at my ancestral farm just seven miles from the previous location. The new Peace Chamber will be called *Earth Harmony Peace Chamber*, in keeping with our intention to make it resonate with the beautiful *Earth Song* that has existed just to the North. Several members of the Earth Song Council will continue on the new council so we intend to have continuity with the efficacious work that has been done in the past.

leaving Earth Song for the last time

The plans have not been completed for the new structure, but the architect that is working with me has suggested that we create a Rammed Earth structure. It will be larger than the last chamber as we often were full to overflowing at some of our events in the past few years. The building will be nestled between mature fruit trees and sycamores, facing a field and woods in the west. We plan on setting the building into the earth about two feet. There will be a fieldstone fireplace in the East, but we are still working on designing the roofing and windows. We want to allow the building to truly harmonize with the earth. Many have volunteered to help and we will most likely begin building in April or May. Some are even planning to camp on site as we build so that we might quickly make progress.



site for the new chamber facing West

This is a great honor for me to host a Peace Chamber and to become more involved in Joseph's vision. I am a former ordained minister, a current professor of Art and Comparative Religion and a Shamanic healer. My spiritual journey was transformed when I first attended a Winter Solstice event at the *Earth Song Peace Chamber* over a decade ago. My heart was opened and I began to explore new spiritual paths. The Peace Chamber was the womb where my current spirituality was formed. Joseph's work and words helped guide me onto new paths. I have hosted the drum and journey circle for eight years, have served on the council and have been a fire keeper. I hope to honor all that was given to me and create a space where others like me can find transformation and peace.



a sacred circle near the site

I look forward to coming to know all in this community better in the coming months and years. Our hope is to be actively working in a completed *Earth Harmony Sound and Peace Chamber* by this time next year.



Visit to Sound Water, our Sister Peace Chamber, in Scotland

from Felicity and Andrew Macdonald, Oca de Paz Peace Chamber, Brazil

Following up on the Sound Chamber Twinning Sister Program, we visited the site of *Sound Water Chamber*, located in the Pentland Hills south of Edinburgh. Our hosts were Jacqui and Martin Munday, and what an experience that was, from beginning to end.

As seems to be the case, locations of Chambers are often hard to find. We had made an appointment with Jacqui for 11.00 am, placed the coordinates in the GPS of our rented car and headed off. According to the GPS we were to arrive a little early, so we slowed down, and when we turned off the highway on to an earth road the GPS told us we would arrive on time. After a while the GPS informed us we were reaching our destination, but then there was a small notice by the side of the road stating that if we continued further along the road it would be too narrow to turn around. So, with great difficulty we turned around where we were and returned to the highway to take another earth road we had seen when coming towards our 'destination', however, after taking this road it also seemed to disappear, so reluctantly, swallowing our pride, we phoned Jacqui to ask for directions, to be told the first earth road we had taken was the correct one. We returned only to find that where we had turned around, with difficulty, was almost exactly in front of the drive to their house but being situated downhill we had not noticed it.

Jacqui and Martin welcomed us most graciously and we were restored after our adventure with coffee and delicious cake, and delightful conversation. Absolutely wonderful people!

To complicate even further, we had chosen the day of the visit, September 19th, to be blessed with gale force storm named 'ALI' sweeping into the East Coast of Scotland, with the promise of much rain. So, when we ventured out to visit the beginnings of their Sound Chamber, we were almost blown away, not only by the wind, but also by the superb location overlooking magnificent views in all directions.



Progress on building the Chamber has been slow, since both Jacqui and Martin have other projects as well, like generating electricity using the nearby stream that flows through their property and remodelling their house. The construction of the Chamber has been started and their intentions are clearly in evidence, as the photos show, you can also see the force of wind. Felicity and Jacqui did a ceremony to bless the site, though it needed much work and cooperation, from all four of us, to light a match to ignite the sage.

Once finished, the round Chamber will have a self-supporting roof (i.e. no central pillar), windows and a door. It should look really wonderful when completed.

Jacqui and Martin are enthusiastic regarding the completion of the Chamber, which will be a very welcome addition to the Chambers world-wide and, as Jacqui already does healing with sound, the Sound Water Chamber will be blessed with exceptional Chamber Keepers.



Andrew was shown the river and the hydro project, designed to reduce their dependence on the grid, but due to the heavy rain it was not possible to visit the Water Sound cave from which the Chamber name has been derived. From a distance it looked magical and next year, all being well, we shall return to see the latest development on the Chamber and hopefully visit the cave. Owing to the gale storm weather, we were not able to take many photos that show off the beauty of their surrounding countryside.

To end off our visit Jacqui and Martin offered us lunch that was most enjoyable as we exchanged stories and experiences about Chambers and Joseph's teachings.

The building below is approximately the design they are working towards for their Chamber:**



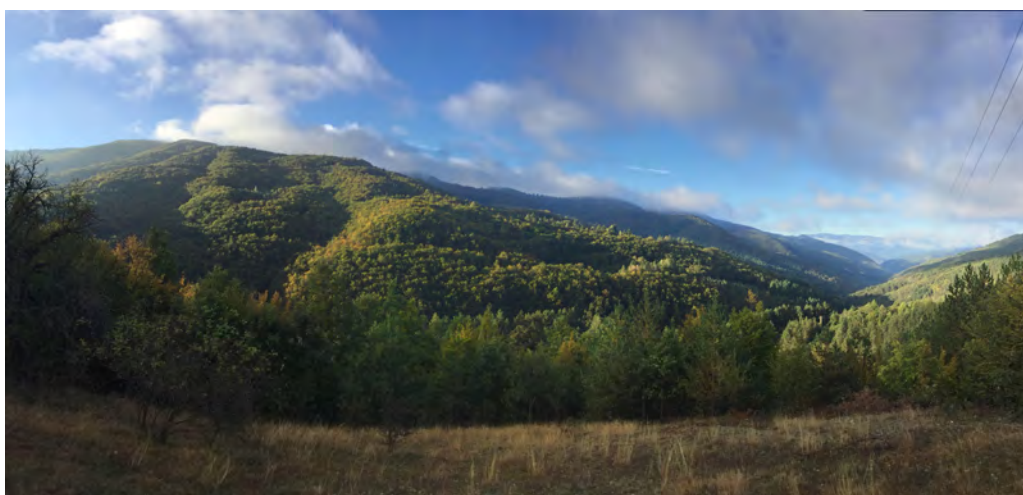
****Footnote:** the above photo is of the Nature Sanctuary on the Findhorn Foundation in Morayshire, Scotland. Created independently of Joseph's Chamber vision, it is a circular building, set into a banking, built for meditation, for singing and for chanting. It was completed in 1987. When Joseph visited the Foundation, in the same year, to run a workshop, sessions were held there and he commented to his students that the Findhorn Foundation did not need to build a Sound Chamber as they already had one!

~~~~~  
The photo below is of the Sound Water site as it was in 2015, a taster of the magnificent views, taken on a visit by the chamber group from the Light House Chamber about 30 miles away. The Light House had been built for the 6<sup>th</sup> Gathering in 2008 and had been recently disassembled.



## ***The Alchemy of a Sound Peace Chamber in Bulgaria***

**Andrew Cowan, Harmonic Alchemy Retreat Community**



When I first started visualising the creation of what was to become the *Harmonic Alchemy Retreat Community* in Bulgaria, I had visions of a building with a domed roof to be used for communal activities like, singing, dancing, yoga, meditation, ceremonies and sharing music. A sacred space designed to hold the energy, frequency and vibration of the community that surround it.

My vision of the building included the back half of the structure underground and maybe most of the roof as well, with the front facing south and looking over the mountain valley. Structurally I felt the only way this could be

achieved was with a reinforced concrete dome. However, I was feeling uncomfortable with the volume of concrete that would be needed to construct it and the embodied energy used, ethically it just did not feel right.

As I continued to consider the construction of the chamber, I researched similar buildings and how their designers had overcome similar structural issues while retaining the character of the internal space. Coincidentally at a similar time my sister-in-law suggested that I might like a book, by Joseph Rael, of interest because of my studies in Sound Therapy.

As I explored the mystical teachings of Joseph Rael and his examination of the use of language, focusing on its sound and rhythm meanings, I came across his vision for Sound Peace Chambers as places to hold peace ceremonies celebrated with sound and movement through singing and dancing. Joseph's vision was so in tune with my own I could not ignore the synchronicity.

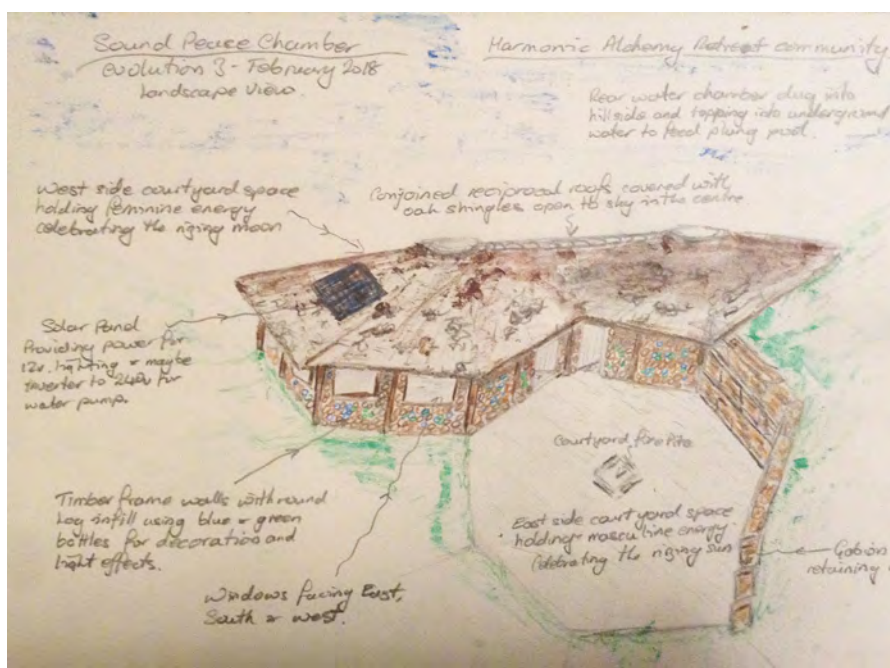
So another part of the jigsaw puzzle fell into place as I synchronised my vision with that of Joseph Rael and his world wide network of Sound Peace Chambers. Simultaneously I realised that I had to find a construction design that allowed the chamber to be built 'in and of the land' in which it is to stand and be used.

Now the building materials were decided, with a mixture of stone, timber, straw and clay, covered with a green roof of sedums that grow wild on the roadside in the valley. The roof structure really became obvious the more I saw reciprocal roofs, which are fantastic structures to look at, while also being such a beautiful symbol of community, in mutual support.

An additional feature I felt inspired to include is the plunge pool in the underground chamber to the rear, which is only really conceivable because the position for the construction location is over an underground stream and I believe it should be possible to tap into this. Meanwhile, the main Sound Peace Chamber will have a fire pit, beneath the central hole in the reciprocal roof.

Sinking the chamber into the ground also became an integral design feature so it feels like entering the earth as the users walk down into the central ceremonial space, then down again into the deeper water chamber to the rear. Meanwhile, integrating all the natural and energetic elements.

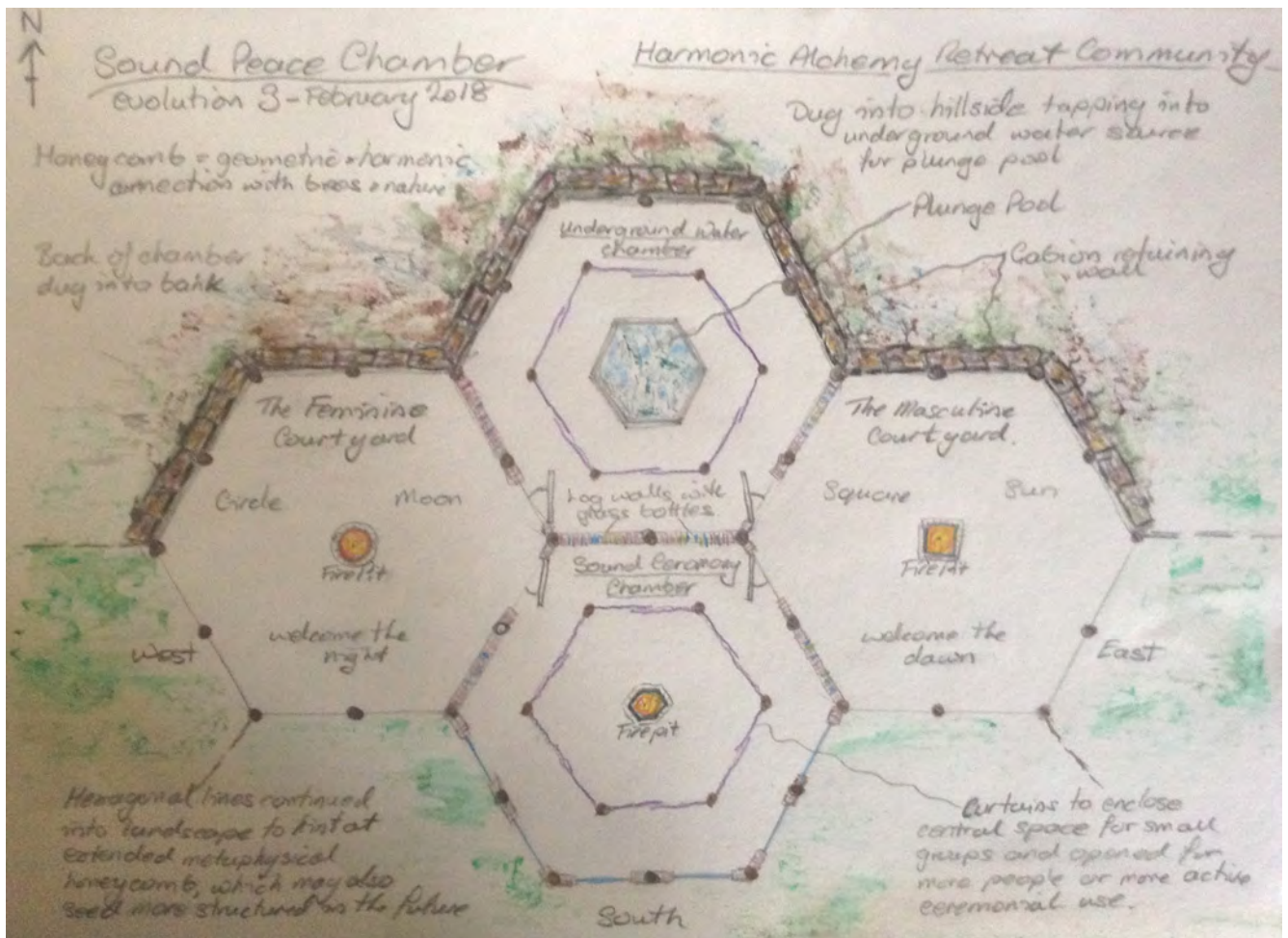
So having spent many hours contemplating my vision for the chamber it was important to draw something on paper so it was easier to share. While doing this it appeared natural to incorporate the hexagonal form of the honey bee's cell. Bee's are mother nature's alchemists turning nectar into golden honey. Meanwhile, energy, frequency and vibration are fundamental to every aspect of their social existence in colonies, which instinctively makes them an idea symbol of the community.



I have been discussing the vision for the Sound Peace Chamber with a number of people, each with a different perspective and experience. These fresh inspirations combined with my own evolving insight into the spaces and energetic qualities of the structure have led to this third evolution of the layout.

The annotated drawings shown here build on some earlier inspirations I had to include more hexagons in the building layout; as a result, the design now includes two hexagonal side courtyards and some additional landscape lines that hint at the geometric form extending

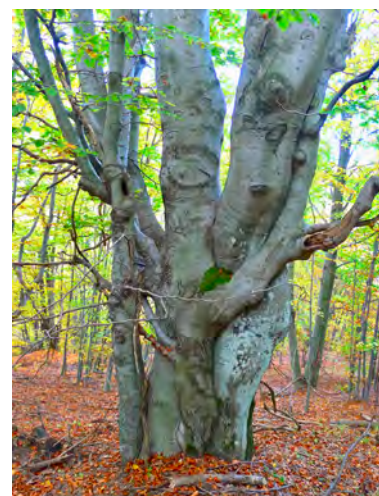
out further. The hexagonal geometry represents a strong connection with the natural harmony in harmonics of the bees, with their use of the 'honeycomb' in their hives.



Now there is more consistency between the two chambers with them both being the same size and covered with a conjoined pair of reciprocal roofs. The two side courtyards offer communal gathering areas before entering the chambers, while also providing some outside ceremonial space for fires under the night sky.

The integration of masculine and feminine with the two courtyards, combining in the central chambers, offers another energetic dynamic and ceremonial context. It is important to celebrate the balance and polarity of masculine and feminine energies in all of us, aside from physical gender or sexuality. These energetic qualities affect so much of our interaction in every day life, with each other and the environment in which we live.

Andrew Cowan: [www.HarmonicAlchemy.eu](http://www.HarmonicAlchemy.eu)



## CHAMBER LIFE

### ***Initiating A Peace Chamber: Earth, Spirit of Singing Eyes***

Ceremony is an integral part of the life of a Chamber, the site is often blessed before building begins and when building is completed an initiation ceremony is usually held. These activation ceremonies will be as varied as the Chambers are, but here is an example of the form that the ceremony took in the Peace Chamber at the Wittenberg Center, Bearsville, New York State, USA, one of the first generation of chambers.

**This text reproduced courtesy of Rick Cotroneo who kept his copy**

#### **DEDICATION CEREMONY - SOUND CHAMBER - Wittenberg Center**

WE ASK FOR PURIFICATION FOR PEACE

WE ASK FOR PURIFICATION FOR THE WALLS OF THIS HOUSE OF PEACE

WE ASK FOR PURIFICATION FOR THE CEILING AND THE ROOF FOR THIS HOUSE OF PEACE

WE ASK FOR PURIFICATION FOR ALL OF OUR ANCESTORS

WE ASK FOR PURIFICATION OF ALL THE PEOPLE HERE TODAY

AND WE DEDICATE THIS SACRED CHAMBER IN BEHALF OF ALL OF THE PEOPLES  
CREATED BY THE GREAT SPIRIT WHO CAME TO BRING PEACE TO THE WORLD IN  
THEIR SONGS ..... AND SO .....

OH GREATER SPIRIT, THE PEOPLE COME TODAY TO BLESS THIS SACRED SOUND  
CHAMBER BY SINGING THE SACRED SOUNDS BY WHICH YOU MADE THIS WORLD.

THE SOUND OF “A” IS FOR OUR DIVINE RELATIONSHIP TO ALL CREATIONS AND TO CREATOR-SPIRIT.

THE SOUND OF “E” IS FOR DIVINE LIGHT OF AWARENESS.

THE SOUND OF “I” IS FOR DIVINE PURIFICATION.

THE SOUND OF “O” IS FOR DIVINE CHILD-LIKE INNOCENCE.

AND THE SOUND OF “U” IS FOR THE DIVINE OMNIPRESENCE (the presence of God among the people).

We will chant for five minutes (Joseph Rael conducting)

1. A                      2. E                      3. I                      4. O                      5. U

We will chant the OM sound (as all of the letters a. e. i. o. u. are in the OM sound) as well.

SPIRITUAL NAME OF THE CHAMBER IS GIVEN BY THE PEOPLE: Everyone says

THE NAME OF THE SOUND CHAMBER IS:

**EARTH. SPIRIT OF SINGING EYES**

ENDING PRAYER

O CREATOR SPIRIT

YOU CREATED US OUT OF SOUND

AND THEN CAME TO LIVE WITH US

SO THAT YOU COULD LIVE INSIDE OUR SONGS

AND SO, TODAY, O GREAT CREATOR-SPIRIT

WE THANK YOU FOR THIS DAY

AND FOR BRINGING TO US

THE BEAUTIFUL ESSENCE OF

EARTH SPIRIT OF SINGING EYES

AND FOR MUSIC

AMEN

A-HO



Another example of a Ceremony given to Chamber Keepers by Joseph Rael, Beautiful Painted Arrow, is the setting up of four **Peace Shrines**, one in each cardinal direction, in the landscape around the chamber. Articles on this ceremonial planting have been printed in earlier versions of the *Seeds of Peace* newsletter.

In **Issue 3** Jennie Coles described the 2006 Teachings on Peace Shrines that Joseph gave at *Red Eagle Peace Chamber* in the state of Victoria in Australia. In **Issue 4** Tom Bissinger described the Teachings given for the Peace Shrine Ceremony in 1987.

Copies of past Issues of *Seeds of Peace* can be sent on request, please email [mayarinabudimir61@gmail.com](mailto:mayarinabudimir61@gmail.com) with the Issue number(s) you would like.



## ***New Life for an 'Elder' Chamber***

**written by Paul McMahon**

Dear Friends!

I salute Joseph "Beautiful Painted Arrow" Rael for his great love and decades of service to the cosmos, his mysterious writings and mindboggling teachings, for ordaining me and especially for the peace chambers. Please have a happy and productive artist retirement, Joseph! Your blessings ripple across and through the expanses of time-space-thought intermingling with blessings of all ascended masters, saints, sages and holy beings wholly being of beingness.



The Peace Chamber, once part of the *Wittenberg Center* but now privately owned, has been out of commission for several years and I've been holding the 7<sup>th</sup> at 7 meditations in my backyard during that time.

Joseph once started a Teaching in the Sacred Sound Chamber, which was named *Earth, Spirit of Singing Eyes*, with: "It's good to be here with so many forms of God". So, with that in mind, I'm writing this communique to let you know how close we are to re-opening the Sacred Chamber.

This is my heart-project and if necessary I trust I can come up with the resources to get it done. I'd sure love it if you would like to contribute and/or volunteer.

<https://www.gofundme.com/peacechamber>. Also if you'd like to buy any of my products also available on links listed there, I will donate 100% of your payments to the chamber.

*monthly Fire Ceremony*

I hope we can reopen the Chamber on **November 7, 2018**. I am confident the work can be done by then. All who were ordained, performed ordination, attended workshops and/or sacred ceremonies there will be invited back for a reopening, celebrating the Sacred Crystal Sound Chamber as a locus of sacred ceremony and teaching. Stay tuned.

If we can afford it, we will also install the original beautiful carved doors sculpted for the chamber but never installed. \$2000 is being asked for the doors by the *Wittenberg Center*. Our host Lenny Bee, of the *Lenny Bee Happy Farm* and BnB, has come up with about \$8000 worth of lumber, all we need. Jim Davis told me Australian medicine woman Lorraine Mafi Williams said when the trees around the chamber were gone it would be a good thing: some sort of an important spiritual activity would be possible. So it rang a bell when I saw Lenny had taken the big pines next to the chamber down. He had them milled into lumber for this project. Now instead of one day falling on the roof these white pines will BE the roof.



*1x8's that will be the first layer of the roof*

## BACKGROUND

It's been upwards of 35 years since the Van DeBogarts sold their sawmill to the Stangs, who established the wonderful cosmic portal, shamanic teaching center, mystery school, NGO and interfaith seminary known as the *Wittenberg Center*. I am eternally grateful to the Reverend Betsy Stang and her husband Robert for making all of that happen.

It was Betsy who was inspired by Joseph "Beautiful Painted Arrow" Rael to build the chamber in the 80's but by the time I got there the staff that had been there was gone and the Center was populated only by myself and fellow newcomer Swami Bob (RIP Norberto -hari om!). We put the finishing touches to the roof in late 1990. In the fullness of time, the Center, including the chamber, was sold to Phil Void, local legend and Buddhist, founder of the Dharma Bums. He soon passed it on to his estranged wife and it was during this time that the roof started to rot as the building was not maintained and the many pine needles on top of it gathered and held moisture. She sold the center to Lenny Bee, an extraordinary farmer/inventor who has lived next door with his parents for most of his life.

When he bought the property Lenny (Leonardo) originally wanted to use the chamber as a wine cellar because one of his many hats is vintner. With this on my mind, a couple of years ago I went into the chamber with Lenny and his girlfriend. We talked and did a short meditation. I know that Lenny felt something touch him deeply because he got misty. I'm quite sure Lenny's heart is in the right place and I am quite confident he won't do that.



The fact is the chamber is unusable and no one but Lenny has been interested in fixing it. He harvested the wood. We are committed to finishing the job now. We have a crew of two highly skilled carpenters, which is necessary for this job. This is not a job for amateur volunteers. I have budgeted \$3000 for the labor. If they were billing at their regular rates it would be twice that and in fact it may well be more in the end. These are good longtime Woodstock people and they are giving us a gigantic break. The fact that a big Bald Eagle has flown low over Willy three times so far when he was working there hasn't hurt either...

First, there are 28 big pine beams holding the center ring up. They are now completely installed.

Then comes a layer of pine boards from the trees Lenny milled. Every board's measurements are unique and will have to be measured precisely and cut. They are routed on both edges for a tongue and groove cover. After this a coat of thick rubber will insulate the whole roof. We're still discussing the outer layer, it could possibly be a living roof, it will be plenty strong enough for that. There will always be a walkway from the dome to the edge of the ground for ceremonial purposes.

*picture left above: the worksite*

*picture right: the fireplace and new beams*



We have raised around \$500 on the [gofundme](#). I'm committed to paying whatever is necessary to get this done and I am really hoping you will think it's worth tossing even a few dollars to the [gofundme](#) site. As Joseph said: "Ask for confirmation". My contributions to others are small but small is groovy! I am moving ahead and money is coming in. I sold an art work and am waiting to be paid for that. I have so far put over a thousand dollars of my own money into the project and I am willing to fund the whole thing if necessary, short of posing an unacceptable risk to my family.

This is very exciting and sweet.

**Please help if you can! Paul McMahon. Thank you!**



## ***New Guardian, New Name: SoulFire Sanctuary***

The Peace Chamber in Swannanoa, North Carolina, was built in the early 1990s by Zoe Bryant and was named *Earth's Ancestral Voices*. In September 2003 the 4<sup>th</sup> *International Gathering of Chamber Keepers* was held there.

Around 2015, the Chamber changed hands when it was sold, with the land around it, to Imani White.

The 9<sup>th</sup> *Gathering* was held at the *Sweet Beautiful Waters Chamber* in Arizona In April 2017, hosted by the Chamber Keeper Jane Innmon. Imani attended the Gathering to introduce herself and to make connections.

The Chamber is now called *SoulFire Sanctuary*

and this link will take you to the website: <http://soulfiresanctuary.com/>

an update from Stella Longland



*the Swannanoa Chamber in 2005*



## ***The Bolivian Sacha Runa Chamber and the Condor and Eagle Prophecy***

by Miguel Kavlin



*Miguel in the Sacha Runa Peace Chamber, Bolivia*

I first met Beautiful Painted Arrow around 1983, at the Southern Ute Sun Dance, and he instantly became my spiritual father as my own father, who has passed away when I was twelve, came through Joseph on our first meeting, blessings on our encounter.

After the building of the Peace Chamber in Bolivia, Beautiful Painted Arrow came to Chief the first Bolivian Sun-Moon Dance. He brought as a gift a painting of the Condor and the Eagle coming together and he also painted a mural on the wall of the Chamber where the painting was placed.



*Sacha Runa Peace Chamber, Bolivia*

In this Peace Chamber we have been conducting Shamanic Healing Rituals for many years with countless miraculous healings and transformations taking place. All of them involve singing and chanting and working with the magical and transformative power of Sound while connecting to Source, channelling its vibration and interacting with the vibrations of all present to weave a beautiful tapestry of energy to heal and align us anew.

At some point while I was performing shamanic ceremonies in Ireland, I had a visionary dream where I saw, at our Bolivian Sacred Land, an Allkamari -the Guardian Bird that the Land is named after (the Buzzard-Eagle). The Allkamari then turned into a Condor, and then into a Woman who enticed me to merge with her, which I did. Then I saw the Chamber filled with both Silver and Golden light and I knew the blessing of both Sun and Moon were with us and that the Chamber would have a special destiny.



Many years later, around 2006, I went into a very deep crisis where I questioned everything in my life. It was in the worst part of the crisis that I decided to conduct a Sacred Andean Ceremony at our Ritual Chamber in the Andes. While in the ceremony, I observed the painting that Beautiful Painted Arrow had gifted to our chamber of the Condor and the Eagle coming together.

I had always wondered if all the talk about the Condor and the Eagle Prophecies was someone's invention and only marketing but in that ceremony I decided to find out for myself. I decided to hold a Condor feather in one hand and an Eagle feather in the other and seek to integrate them in my consciousness. My consciousness in fact took a leap of some kind and I entered a mystical rapture, and remember saying out loud:

"Now the Condor and the Eagle have truly come together".

Moments later, a most amazing thing happened, a Sublime Presence manifested in the room, not with a form but with a magnificent, noble, benevolent and powerful tangible presence. At that point I could do no more than prostrate myself flat on the floor, for I felt I was in the presence of the Divine, and that presence was a great blessing onto all who were there. I had never experienced the Andes Mountains, the Stars, the Earth and all energies aligned in such a state of grace and blessing before.

The message it conveyed is that the Messiah is here ('Pachakuti' the natives call it), that the New Earth and the New Heaven are here and now. The Messiah is this Divine Presence which is accessible to everyone anytime, anyplace, if they truly long to connect with Source, connect, serve and bring compassion, bliss and peace to their lives.

Slowly but surely that presence began to manifest more and more often in all the various ceremonies that we perform, including the sweat lodge, Sun-Moon Dance and others, and also in my daily meditations and everyday life. This presence has also touched many of my companions on the path who participate with me in ceremonies. I have devoted much time since to undergo my personal transformation, seeking to embody one day that state of grace.

I believe it is both our destiny and our birthright, our possibility and our obligation to do so. I believe that we keep on reincarnating over and over again, until we achieve this.

In these troubled times it behoves all spiritual warriors to endeavor to achieve this in our lifetime!

Now I finally came to understand the meaning of the Condor and Eagle Prophecy.

Joseph Rael, Beautiful Painted Arrow, in his usual mystical/magical/visionary masterful way had, of course, foreshadowed it all with his gift of that painting for our Chamber. Thank you always and for ever Father!

Blessings to all, Miguel Kavlin

We are excited to welcome anyone who wishes to join us for our Annual Condor and Eagle Sun-Moon dance in Bolivia this December 18-22. Please write to us at [miguelkavlin@gmail.com](mailto:miguelkavlin@gmail.com)





## Crystals on a Journey

written by Lukas Budimir

In June 2013, while visiting Joseph, I met Francis Rico, and it was then that Joseph suggested I show Francis the European sound chambers, so he could film them for his series on YouTube. Francis said that we could perhaps find time the following year, but Joseph said it had to be a year with a “3” in it. After some thinking we figured out that he didn’t mean in 10 years’ time, but the present, so we got busy planning.

In September we met in Edinburgh, Scotland, to start the Magical Mystery Tour: 12 sound chambers in 2 weeks: 3 in Scotland, 3 in Austria, 5 in Germany and 1 in Denmark. Since we only had 2 weeks, we could not get to see all the chambers in Europe.

**The sound chambers make a web of light, constantly radiating peaceful energy.** How can we support this connectedness to strengthen the World Wide Web?

I decided to bring an Amethyst to each sound chamber we visited and to send one home with Francis to put in the center of the sound chamber where Joseph is living. There is already a clear crystal that is vibrating peace into the world there.

The caretakers of and visitors to the sound chambers can take the Amethyst in their hands and by doing so they can connect to the source, connect to the crystals in Joseph’s sound chamber.

They can rub the crystal, put it out in the sun, or do other things that people do to strengthen a crystal’s power.

Since the tour in 2013, I have brought an Amethyst to the sound chambers I have visited – to *Oca de Paz (House of Peace)* in Brazil and to *Sweet Beautiful Waters* in Arizona. The next one is already packed and ready to travel to *Rainbow’s End* in southern California, where Valerie Eagle Heart Meyer will build a new sound chamber for the **International Gathering of Peace Chambers** in 2020.

Tell me if you would like one for your chamber too, then I’m going to bring it or, if that is not possible, send it to you.

With love and appreciation, Lukas Budimir, [soundchambereurope@gmail.com](mailto:soundchambereurope@gmail.com)



*in the Cave of Clay*



*in Little Flames of Life*



*in the Skye Chamber*





In a remote valley, called Glendale, on the Isle of Skye, a few miles from the most westerly point in Scotland, stands a Peace Chamber. It was built around 1993 and remained in active use for over 20 years, eventually the time came for the caretakers to move.

## On Leaving the Skye Chamber

written by Ocean Graham

### Beginnings:

I have written about this before, how, after a Drum Dance in the early 1990's, Joseph told me I would build a chamber. I said I would not, and yet 9 months later there it was in my garden. I had to adopt the vision Joseph had given us and make it ours.



*the Skye Chamber, a heptagon with a turf roof. The volcanic bedrock meant that only the central pit could be set into the ground, after much chiselling.*

*The wooden floor is raised above ground level and the rainwater runs underneath the chamber floor.*



roof light

floor pit

At no stage did I have any idea about what I was to do and, through the years, that led to some wonderful ceremonies, adventures, healings, sound work, group work in the chamber.

### Changes:

Then things changed, the chamber was not being used as much; the group who had been such a part of the activities there, dispersed, and we had decided to move away and sell or rent our house. What does one do about a chamber when we are not there to look after it? I struggled with these changes; my commitment to spirit seemed the biggest struggle. To whom must I give my loyalty? Always to spirit, I would have said, but then there are more earthly commitments, family in difficulty elsewhere. Who must come first? What karmic repercussions would I be creating with either decision? I was in agony.

### Endings:

Scotty, my husband, and Stella, my friend, came to help me create an Ending Ceremony in the chamber to close down the energy. We prayed, chanted and gave thanks.



Scotty & Ocean in the chamber after the closing ceremony

I knew that Stella had a chamber close to where we would be living, we would be able to meet in hers periodically and there is another chamber on the Isle of Skye, on the south end of the island, which belongs to Sonja Ganga Eckle Riel.

Mourning the leaving of the Isle of Skye, mourning for our life there, mourning for our chamber was real. Where we live now, in the town of Lossiemouth, on the Moray Firth, is a very different place. We do meet to chant in the *Cave of Clay Chamber* quite often, the spiritual life continues, I have been ordained as an Interfaith minister. Interestingly, the people now living in the house are using the chamber as a music room and recording studio.

All is Love dressed in different clothing, really, Ocean.



## ***The Alpha and Omega of a Peace Chamber: Casurina, Victoria, Australia***

**written by the custodian, Junitta Vallak**

It was through a wonderful Russian Healer, Olga Perewersew, that I met Joseph in 1985 at his property in Colorado. I had already bought 100 acres in Australia, north of Melbourne, and knew that I had to create a special building there that would be the focus of all the Spiritual work that the 'Upstairs Management' had planned for me to express.

Joseph showed me the design of the Chamber he had been given in a Vision. The shape of the Chamber was a Vesica Piscis i.e. an oval created by crossing 2 circles over each other and I was wearing a necklace that was also that shape! I am always alert to synchronicity and this message was loud and clear.

But before I built anything at the Casurina Sanctuary I needed to honour the Aboriginal Spirit People who were there, so my very first job was to ask a living Aboriginal Elder, Gnarnajarra Waterie, to Dance and Sing the Land, to honour the Aboriginal Energy and Beings that I knew were there and to ask for their help in all that I did. This was done on the day that the foundations of the Peace Chamber were poured.



*Gnarnajarra Waterie dancing the Land*

All I had to do was to tune in and try to interpret their requests. If this required money, I had to accept that money would manifest at the right time; a challenge for me as I always wanted things done yesterday, some learning curve! It had to be at the right time otherwise nothing worked so I quickly got the hang of it all. One of the aims at the Casurina Sanctuary was self sufficiency, all buildings were made of mud brick, water off the rooves was collected in large water tanks, and all power was solar and wind generated.

I met people who could tune into the energies of the Land, who could find where the Ley Lines, or, as they are known in the southern hemisphere, the Rainbow Serpent Lines, and the Vortexes were, and I learnt the Art of Geomancy from them. It helped that I had become an 'acupuncture needle' when I had rested my back against the Mother Rock at Avebury in 1985 but that's another story. I also was shown where the great Angelic Beings were located and how they transferred their energies down through the layers, so they could filter into the smaller Beings who translated the energies into the vegetation and the earth.

Many people started to come to the many Teaching Workshops, Sweat Lodges, Drum Making, a Long Dance and permaculture lectures, as well as to the other Gatherings for Peace and the Healing of the Earth Mother that were held in the Peace Chamber and other power areas on the property.

Casurina Sanctuary became Incorporated and I had wonderful people on the Committee who helped manifest



so many of the activities as well as helping to build the magnificent domed octagon-shaped Dragon Lodge. A Women's Grove was identified and then a Men's Grove, each on opposite sides of the property, bringing balance, then a Children's Grove and over 9 years 5 different Labyrinths were built that mirrored the Southern Cross in the Sky. All these things and much more added to the magic of Casurina over the next 20 years.



Although I didn't know it at the time, the culmination of all this wonderful work came when in 1999 the International Peace Chamber Gathering happened at Casurina, along with the first Sun Moon Dance in Australia, with Chief Joseph Rael, Beautiful Painted Arrow, the weekend before. My local Aboriginal friends had also approached me for the cost to hire Casurina so they could have Dreamweaver weekend which would follow on from the Sun Moon Dance and Peace Chamber Gathering. I told them that the Land belonged to them and that there was never going to be any cost to them. This was three wonderful weekends in a row; little did I know that these were to be the last ones that I organized.



*1<sup>st</sup> Sun Moon Dance in Australia*



*dancing at the Chamber Gathering*



*Olga, Junitta & Joseph at Casurina in 1999*

It came as a shock when the Upstairs Management 'told' me that I had completed all that I had come to do and that I would be leaving the Casurina Sanctuary sometime soon and moving south to the coast. PHEW!! When you have created and loved something as spiritual and precious as Casurina, you just can't walk away immediately.

It took a whole year for me to ease out of the threads and say goodbye to all the awesome energies. I did a very special Ceremony to hand over to the previous Aboriginal Custodians, the Land had only been on loan to me and all those who had benefited from the huge learning curves manifested by the Spirit Aboriginals and the Gaia herself.



*peace chamber interior*

Two of these Aboriginal Custodians, a Man and a Woman, had travelled with me on the Journeys around the World connecting to powerful spiritual places and when I did a Peace Chamber Walkabout, they were on a learning curve too! I invited them into the Peace Chamber for a talk and asked them would they like to come with me when I left Casurina. They had no hesitation; their place was with this Land and they knew that they had to wait for the next phase with another Custodian. They stayed behind when I moved to South Gippsland on the coast to the east of Melbourne.

I am still being given instructions by the Upstairs Management; they have moved me twice in 18 years here in South Gippsland. Their Plan is all encompassing, it is up to us to join the dots and decipher their meaning, we are all living in the Great Mystery. 20 years at Casurina so, maybe, 20 years in South Gippsland? At 81, I have learnt to be patient, MMMMM.

LUCK, which means 'Living Under Correct Knowledge', with a bit of Jungian Synchronicity thrown in has certainly helped on my journey. Many thanks to all the Peace Chamber Custodians who hosted and supported me during the years of my overseas Chamber Walkabouts. Those personal contacts are highlights of my life, I value each and every one of you, especially Joseph, without his Vision those contacts would never have happened.

My best to you all, Junitta

links to Junitta's Chamber walkabouts:

<http://www.peacechamber.co.uk/chambers/early-chambers-part-1-europe/>

<http://www.peacechamber.co.uk/chambers/early-chambers-part-2-america/>

link to a post on the Casurina peace chamber initiation ceremony:

<http://www.peacechamber.co.uk/chambers/casurina-peace-chamber-victoria-australia/>



~~~~~

a post script from Junitta:

Writing the info about Casurina has led me to the Angelic Beings. There is a whole story within this about the Angelic Being that started to grow as the Peace Chamber at Casurina developed. The more spiritual work we did the bigger and more glorious it became. I am looking at it now and it is still 'on duty' as it were, guarding and protecting what we did there. It has rippling shades of purple and gold through it and it became a very Regal Being in the time we worked with it. Being in another dimension there is 'no time' so it also awaits and guards - like the Aboriginal people in spirit who are also waiting - until the time is right for the next phase.

I wonder how many other Peace Chambers have also an Angelic Being that either developed as the Chamber grew or was attracted to 'take up residence' by the energy manifested there. I suspect that there will be many.



An Impromptu Sound Chamber

written by Marina Budimir

About 17 km northwest of Zadar, Croatia, lies the town of Nin. It is famous not only for its therapeutic mud and hand-harvested sea salt, but also for what British architect Thomas Jackson named "the smallest cathedral in the world".

The Church of the Holy Cross dates back to the 9th century. Its ground plan is the shape of a cross, it is 7.8 m long, 7.6 m wide and at its centre it has a dome that rises up 8.2 m. Although it appears squarer from the outside, inside its ceiling is rounded and the nave and transept are like two ellipses. Each side of the church has an oval opening and its construction and position in relation to the position of the Sun are such that it acts as a calendar and sundial. Incoming rays of light mark the dates of the solstices and the equinoxes. In 2009 the first Festival of the Sun and Light was a unique event held in the Church of the Holy Cross on the Summer solstice and it has continued to this day.



the church of the holy cross



the door

Now, I didn't know all this as I ran into the church one late autumn afternoon seeking refuge during a downpour. Everyone else was running around it to a nearby café; I saw an open door in front of me. Once inside, I slowly looked around in the semi-darkness, and then up and saw the dome-shaped ceiling. "Aaaah" was my reaction.

The vibration of sound spiralled down as I listened in silence. A little voice said: "How about you chant some more? You know, just basic stuff, like a, e, i, o, u. Make some more noise and see what happens". And so I did.



the domed ceiling

I started by chanting each vowel a couple of times at the centre. Then with arms spread out to either side, I slowly rotated clockwise and then anti-clockwise, chanting each vowel for each direction a couple of times and ending with U as I looked upwards.

It was then that my sister and a member of the group entered. My sister chose to “listen and absorb”, as she put it. The gentleman chanted church, first clockwise and then vowels, each four times, pausing at the centre chanting all the vowels heads upwards as we got to U. And silence. As we walked out into the how nice and warm the church



one of the four oval openings

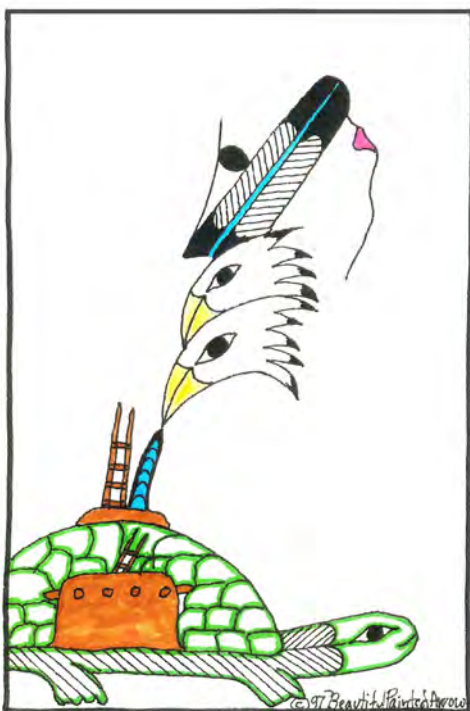
with me as we slowly circled the anti-clockwise. We chanted the each direction. We ended back in in one exhale, slowly raising our then we stopped and listened to the cold fresh air, we could not but notice had become through our chanting.

As I left Nin and the church, my sound chamber, it was my intention to return as often as I could and chant. Unfortunately, I live too far away to be able to visit it as often as I would like to, but once a year, for three weeks, the Church of the Holy Cross is my sound chamber. People come and go, some stop to listen, others sing or chant a vowel or two. This year a women's choir from the Czech Republic performed a short repertoire of religious songs. I stood outside listening as the openings in the walls amplified their voices and carried them out in all directions. This year, having first visited Assisi before coming to Nin, I chanted a shorter “a” and then a longer “e” to all directions – Pace e bene – Peace and All Good.

As I left Croatia, I knew that the walls of my sound chamber continue to vibrate and hum, waiting for me to return and chant them into being once again.



Marina in the chamber-church



‘Normal reality is based on separation, which produces fear. The parallel reality is based on love.

‘When we bring the two together, love can transform fear into healing potential.

‘A holy person can do this at will.

‘Now what we want is for everybody to be able to do this when they choose to do it.’

text from *Ceremonies of the Living Spirit*, p.100, Sound Peace Chamber picture from the 6th Gathering (copyrights © Joseph Rael).



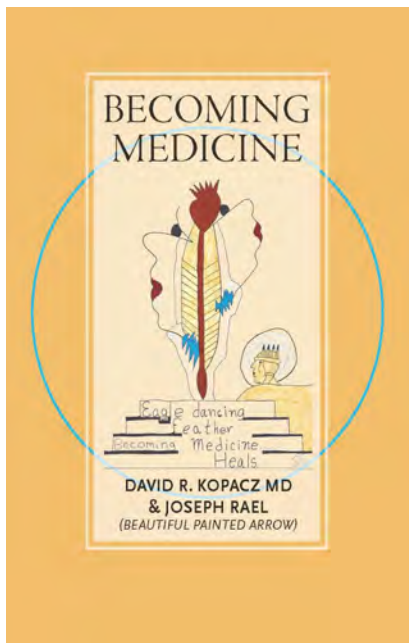
Announcing New Publications

from www.millichapbooks.com

Becoming Medicine

by David Kopacz MD and Joseph Rael (ISBN 978-1-937462-39-0).

'We Become our Own Medicine when we let go of who we think we are'



'The disease is the ego, the cure is allowing the ego to pulse in and out of existence as part of the Vast Self's Being & Vibration. Joseph says we are The House of Shattering Light. House because it is our home. Shattering because it is perpetually coming into being and shattering out of existence. Light because we are Light – both a particle and a wave, a waving.

'It is true that we have individuality, that we are an individual, but only for the briefest of moments and the "stuff" from which we are made is actually Vast Self, God, Siva. The basic building blocks of the universe are not atoms, but rather Vast Self Becoming. We are perpetually becoming, because this is our Medicine Being, our Medicine for pain, isolation, separation, trauma and war.

'Healing can only occur when we let go of our attachment to being "made" and allow ourselves to return to the Source and be "unmade." This is paradoxical – we heal through the destruction and dissolution of who we think we are. We become Healing only when we allow ourselves to be made and unmade then made again.'

~~~~~

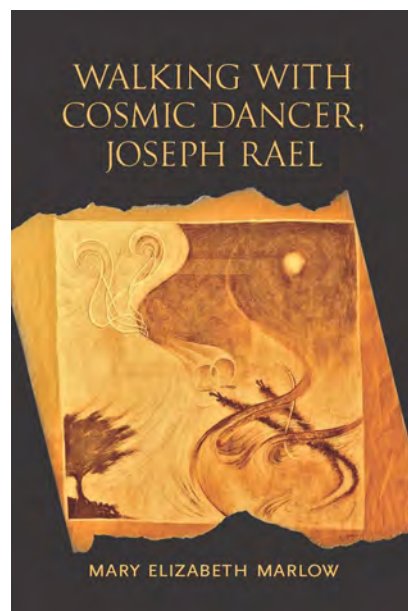
### ***Walking with Cosmic Dancer, Joseph Rael***

by Mary Elizabeth Marlow (ISBN 978-1-937462-40-6).

'Mary Elizabeth Marlow describes the "awakened species" we are all in the process of becoming. Such a person she says is a Cosmic Dancer, an innocent who is danced by Higher Mind or the creative intelligence of the universe.

Ms Marlow tells of her encounter with Joseph Rael, Beautiful Painted Arrow, who, she tells us, embodies the Cosmic Dancer.'

'Marlow tells us, "It is not by chance that Joseph comes from a Tiwa tradition which is deeply connected to the cosmos and Great Spirit." .... "These Native American descendants of the ancient Anasazi understand that everyone and everything is connected to the vastness of the galaxy and to the implicit order, the creative intelligence of the universe.'



***Walking With Cosmic Dancer, Joseph Rael*** by Mary Elizabeth Marlow is available NOW.

***Becoming Medicine*** by Joseph Rael and David Kopacz will be available soon.

To order these books you can email Paulette Millichap: [pmillichap@sbcglobal.net](mailto:pmillichap@sbcglobal.net)



**NEXT ISSUE** *Seeds of Peace Issue 12*, publication target date: February 5<sup>th</sup> 2019

**The issue will focus on exploring the *Teachings of Beautiful Painted Arrow, Joseph Rael***

**So many to choose from! What will we manifest?**

If you feel inspired to contribute an article, if you have insights to share,  
please email submissions to [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com) **before January 5<sup>th</sup>, 2019**

**But don't delay: Time flies**

#### **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 an article, with accompanying photos and images. The editorial committee will also be actively seeking articles. In either case, the editorial committee reserve the right to decide if submissions will be included.

#### **editorial committee members**

Jane Innmon: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com); Marina Budimir: [marinabudimir@gmail.com](mailto:marinabudimir@gmail.com);

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

Rick Cotroneo: [honica@nycap.rr.com](mailto:honica@nycap.rr.com); Stella Longland (co-ordinator): [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk).

#### **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.

#### **website addresses**

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

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

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: [stellalongland@btinternet.com](mailto:stellalongland@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.**

