

Seeds of Peace

newsletter

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

**in
the lights
of
the rainbow,
the track
of
the beautiful
painted
arrow
illuminates**

**many
paths
to
world
peace**

Issue 12: February 2019

contents

Rainbow and Mist	p.1
opening image and text from Stella Longland.	
Invite to Drum Mystery School	p.3
Sacred Teachings from Chanting and Sound offered by Benito Rael, Tessa Krumm and Dan Krumm.	
Chanting for Peace	p.4
an introduction to the practice of chanting offered by Brenda Sue Whitmire.	
Innocence	p.7
a reflection on the direction North from Debby Diserens.	
A Cup of Sunlight	p.8
a sunrise blessing from a Beautiful Painted Arrow artwork shared by Marina Budimir.	
The Container that Holds	p.8
from <i>The Way of Inspiration</i> by Joseph Rael.	
Following (the Teachings of Beautiful Painted Arrow) in Circles	p.9
co-authoring books with Joseph Rael by David Kopacz.	
Healing Trauma with the Help of Ceremony	p.11
bringing 'divine healing' into working life by Lukas Budimir.	
Work is Worship	p.12
from <i>Sound, Native Teachings and Visionary Art</i> , by Joseph Rael.	
Morning Star Water Blessing Ceremony	p.13
creating holy water with help from the Star Beings shared by Jane Innmon.	
Dance in Ceremony in 2019	p.14
From One Meeting	p.14
by Joseph Williams, a fire keeper at the Cosby Peace Chamber, Tennessee, USA.	
Gifts of Opportunity	p.15
the transformational power of the Teachings written by Stella Longland.	
Re-introducing Levels of Metaphor into English	p.17
from <i>Beautiful Painted Arrow, Stories and Teachings from the Native American Tradition</i> by Joseph Rael.	
Expressions of Gratitude to Kurt Wilt	p.17
for his legacy of two books: <i>The Visionary</i> and <i>Vast Self</i> .	
The Horn of Plenty	p.18
from <i>Sound, Native Teachings and Visionary Art</i> , by Joseph Rael.	



You are invited to
Drum Mystery School 2019
For All People

Sacred Teachings from Chanting and Sound offered by
Benito Rael, Tessa Krumm, and Dan Krumm
With Honored Guest Geraldine Rael

March 14 – 17, 2019
Claymont Court, Charles Town, WV 25414

When Carla Jo Rael was in physical form, she was dedicated to this gathering as vital to the work of bringing peace. She continues in Spirit to inspire us, to teach us, to love and support us, and to call us again to this gathering of Ancient Teachings. At Drum Mystery School, we learn to move from linear thinking to expanded awareness. We learn to be more deeply connected with our true selves, with each other, and with all of creation through ancient sounds and chants.

All are welcome to receive these Mystery Teachings. Because the Sound of the Drum is one of the First Sounds, it is the Heartbeat of Mother Earth. These Teachings are Heart Teachings. Those who sit the drum for Sacred Ceremony, and those who wish to sit the drum, are encouraged to attend, but the teachings are not exclusively for them. The teachings are for all people.

The weekend will begin on Thursday night at 8:00 PM,
and will conclude on Sunday by 3:00 pm.

Give-away is \$500.00, which includes room and board.

Please forward and distribute this information.
Again, all are welcome.

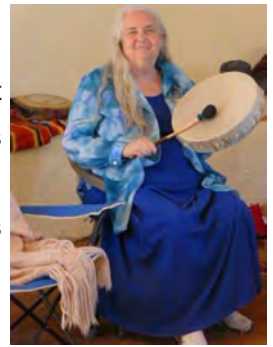
If you wish to attend, please contact Debby Diserens to receive further information
debby.diserens@gmail.com



Chanting for Peace

offered by Brenda Sue Whitmire

Thank you for the opportunity to share about something that means so much to me! When I was asked to do this article about Chanting using the tools given to us by Beautiful Painted Arrow, my first thought was that it might be too 'elementary'. Then I realized that there may be people who receive the newsletter who may not have been using the gifts of chanting in this way. Read along with me even if you are already using these tools and hopefully add your energy to my plea for everyone to Chant. Yes, that is the purpose of this article. Please Chant. In so doing you are helping to bring Peace into the world including into your lives. It benefits you and the planet through the mental, emotional, physical, and spiritual bodies. If you are unsure of where to start, it is my intention to help with that!



Grandfather has given us many wonderful teachings about chanting. Here is one:

'Chanting affects our bodies on a cellular level and it affects all the Earth and plants as well. It clears away blocks so that life energy can flow uninterrupted; it frees stuck energy in the physical world around us. Chanting also brings new energy from the heavens.' 'In chanting, we plant the here-and-now with seeds of our intentions for the future.'

~~~From Beautiful Painted Arrow's book: *Sound, Native Teachings and Visionary Art* p.140 & 142

There is so very much more that he has to offer on this subject. I highly recommend everyone read all his books and allow the wonder of the teachings to become part of you and your life. They are available from *many* sources including but not limited to [www.millichapbooks.com](http://www.millichapbooks.com) and [www.amazon.com](http://www.amazon.com).

The following information comes from me and is not intended to be absolute in any way. It is what I have learned over many years of chanting. It is informed by Grandfather's teachings but is my own adaptation of it. There are many ways to do this; this is just mine.

How I use the vowel-sound Chanting as it is taught in this tradition is simple and complex at the same time. Here is a bit of simple structure I have developed personally that may be useful when one starts this remarkable journey. Several people, myself included, have used these tools and have reported them to be very effective. If you use a different form, that's fine too. The important thing is that EVERYONE CHANT!

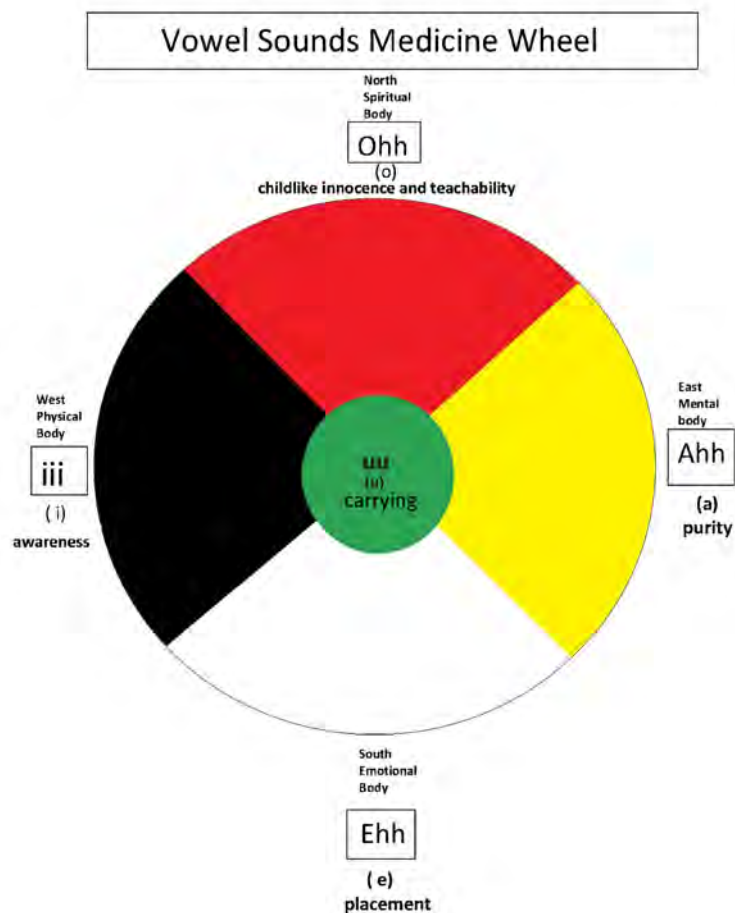
First it is important that it be understood that these five sounds are the fundamental building blocks of vibrational medicine. They are 'resonating vibrations' that exist everywhere. Spending time with each of them enables us to begin to understand how the world of vibration works at its elemental level. For more in-depth discussion of this and to hear the sounds pronounced by Grandfather, one could listen to some of his mp3s on this web page:

[http://www.josephrael.org/?page\\_id=243](http://www.josephrael.org/?page_id=243).

I usually recommend that people start with an overall exposure. A quiet place to chant is helpful but chanting can be done anywhere except in a moving car. Chanting can change your vibration, and while that is wonderful and what we want to have happen, it does not work well while dealing with other cars, stop lights, and telephone poles! A *parked* car makes quite a nice place to chant.

I consider Chanting to be a ceremony; therefore, we need to establish a safe place to work. I do this with a prayer of protection. After the prayer of protection, I move on to inviting the Elders from the North, South, East, and West to join me. After that I begin the chanting. There are many ways to do this chanting. I recommend the following: The length of time each sound is chanted is totally dependent on personal preference, however, if one is new to chanting or singing, I suggest that they start with about three minutes on each sound, increasing the duration as their strength builds. It is vital that there is a quiet space between the sounds so that one can listen for 'the silent sound'.

We are working around the medicine wheel pictured below. In the graphic, you can see the location of the sounds, a 'meaning' of the sounds, the colors associated with each sound, and the names of the various bodies associated with each direction. Use it for yourself as you see fit; however, please do not post or share it without my permission.



We begin with the sound in the East, the “Ah” sound. It does not matter at what pitch, tone, or intensity the sound is produced. God likes bull frogs just as much as song birds! You do *not* have to have a ‘nice’ voice to chant. Just open your mouth and let the sound out! After some period of time, the sound will stop. Sit in silence and listen for the silent sound. Some people ‘hear’ this right away and others need more practice before it becomes perceivable. After some time, we move to making the sound of the South, the “Eh” sound. Make this sound for about the same length of time as the first sound, if possible, then stop and listen for the silent sound. Proceed in like fashion around the wheel. Please remember, the session is not finished until after the silent sound period following the “UUU” sound. After that point, I thank the Elders and release them.

Upon completion of the sound-making part of the session, it is useful to make notes or sketches about anything one may have experienced during the chanting. For example: When you were chanting the “Ah”, did you perceive a color, a different sound, body sensation, a unique smell, or other visions? It is useful to keep notes about these experiences because over time, they can become very instructive. Grandfather teaches, “Writing things down at length stops the growth of them”.

Remember to lengthen the duration of each sound as you are able and as you feel guided. Don’t avoid the sounds that are difficult. They are very important, as are the sounds that are particularly easy. They give us guidance. For example: When the “Eh” sound is difficult to make, one would take a look at ‘placement’ or one of the other meanings associated with that sound, for themselves and the world. (For more information about the

meanings associated with vowel and consonant sounds, see *Tracks of Dancing Light* by Joseph Rael and Lindsay Sutton.)

The timing of chanting is a personal decision. When one first starts this process, I recommend that a chanting session be done every day for at least two weeks. While it is true that daily practice is best in every area of learning, sometimes it is just not possible. After the initial exposure, sessions may be reduced to three times a week if needed. Some people prefer to chant several times a day. After your initial experience, do what works best for you. Basically, the more we chant the more light we bring into our lives and the lives of others. Clarity flows through the sound, ever so gently, lighting upon any challenges you are facing.

These are the introductory steps. Once you develop a relationship with these sounds, you'll discover many other ways they can be used to help all our bodies and the world. It is useful to develop the relationship first, and that is why I am presenting this detailed information. Hope you have found this information useful and will begin or extend your own chanting practice. Please chant and encourage others to do so too. See you out there!

Here's my email if you have questions or just want to talk: [bswhitmire@windstream.net](mailto:bswhitmire@windstream.net)



### ***Introduction to Brenda Sue Whitmire***

Since I began my journey with Joseph Rael, Beautiful Painted Arrow, many decades ago, my life has never been the same. I started chanting then and have never stopped! I have had the blessings of serving with him in workshops, vision quests, Ceremonial Dances, and the work of the Sound Peace Chambers. I was delighted to be involved in the creation of the first Chamber Gathering. It was wonderful to work with Grandfather in many Drum Dances, starting with the first one in North Carolina; Sun/Moon Dances, beginning with the third one he presented; and Long Dances, starting with the first one in Tennessee.

I have served Grandfather as a Drummer and a Moon Mother in various Dances. Now that he has retired, I have had the opportunity to work with several other Chiefs over the years and have also chiefted some of his dances myself. I now have the great pleasure of working with his daughter Geraldine, to whom he has handed the responsibility for his work.

*with Grandfather Joseph at the North Carolina Chamber Gathering in 2003*

Because of my work with the growth and development of the Sound Peace Chambers, upon his retirement, Grandfather appointed me to be the International Sound Peace Chamber Coordinator, a position I enjoyed for several years. In addition, I was the developer and editor of the Chamber Notes newsletter.

As the years of service and learning continued, Gail Glass and I were given a vision of a women's Dance called *The Women's Web of Life Dance*. I have been given the opportunity to serve that Dance at several locations for well for over 20 years.



*at the Centre for Peace Chamber, Tennessee*

If you're interested in the left-brain stuff: I have a B.A. in Psychology and English and a M.Ed. in learning disabilities. I am now retired after spending 34 years as a public-school special education teacher. Currently, I teach Tai Chi for Health and play music with a mountain dulcimer group.



## Innocence

given by Debby Diserens

As the winter has begun here in the Northern Hemisphere, I am reflecting on the teachings Joseph has given us about this direction, the North. The teaching that comes forward for me is the hollow bone sense of innocence.

I remember from some time in the past, long ago, like in the 80's, when he said something like,

"If you are in innocence, nothing can hurt you."

As with most things I have heard from him, I understood the words, but have had to live with them to be able to know them for myself.

Once I heard that from him, I first noticed what innocence felt like physically. As I did this, I noticed that I looked up, my eyes opened a bit, and my mouth opened. Emotionally, I noticed a peaceful feeling. My mind understood innocence as a state of guiltless-ness, harmless-ness, purity. As usual my mind jumped in to tell me I'm not those things. Another time, Joseph was doing a guided meditation with a group of us. The first thing he asked us to do was go to the top of a tall mountain. After a few moments of silence, he said, "Just go there" as if he was watching my mind begin to climb over each boulder at the base of the mountain. With that lesson in mind, when I think about innocence, I have tried to "just go there".

But what about the "nothing can hurt you" part?

This has meant not only carrying out the testing into the world, but also remembering to do so. There are infinite opportunities to test it. Like with the grumpy check out person at the Mini-Mart, or when someone criticizes me. I've found the way of innocence has eased my way through so much of life. If I'm in innocence others just go there, too. I smile, ask them about them, from the innocent "I really want to know" place, and things go well. Over time, having accepted Joseph's guidance, I just do innocence now. Truth, it's what I feel at my age, 67. Innocence reminds me that I don't really know anything. It is a powerful check on ego.

But, what about the "nothing can hurt you" part.

I have become clear about the nothing can hurt you mentally and emotionally part. The physical part is slowly coming clear to me as I live and practice innocence. In my personal experience the trust in innocence in the face of physical fear is still the most challenging. If a gunman were to be pointing a gun at me, would I trust this knowing? Not knowing, all I can say is I continue to work on my trust in innocence, my trust that there's a something else that protects us and knows us, if we walk in sincere innocence. I continue to dance.



*Turkey-bone whistle (for Sun Moon dancers)*





## A Cup of Sunlight

from Marina Budimir

For many years now, *A Cup of Sunlight* hangs on my wall. It is the first thing I see each morning as I get up and it always brings a smile to my face. It is my reminder to smile more often and, in that way, to renew myself, make myself anew each and every day. It is a reminder that I am a being where Father Sun meets Mother Earth and that I can live each day with all its possibilities and challenges, creating and re-creating.

A bird sits in a cup heralding and honouring with its song the rising sun as it envelops all with light, bringing new life and new opportunities and washing away the old and no longer useful. The cup sits on a Sun Face with feathers, a reminder of the never-ending cycle of sunrise and sunset, of accepting the new and letting go of the old, and the continuity of life sustained by the wisdom, strength and lovingness of Great Spirit.

As I received this gift from Joseph Rael, he told me that I could go to a place where the first rays of sunlight touched the earth, take a pinch of it and drink it in a cup of water. So I did as I was told. At that time, I lived in a city in a flat facing west, but I got up every morning and trekked around looking for a spot where, as I held up that pinch of earth and placed it in my cup, I would honour all directions, the Grandmothers and Grandfathers, my ancestors and my relations; where, as I drank, I experienced it as drinking in the light, the light washing away the old, my fears and insecurities, refreshing my body and cells, giving me new strength and energy for the day that awaited me. With time, this early morning ritual gave me a sense of freedom as I ventured further in search of earth for my cup. It was like a spiral rotating out from the centre but always coming back there.

On my early morning odysseys, I met the occasional passer-by; some thought I was crazy, others were more inquisitive and when I explained what I was doing, they thought I was crazy. Only the birds listened, and some blessed me with their song and some with other contributions. My little ceremony taught me that it does not matter what others think of me, that perseverance does pay off and that even if I cannot see the sun, it is still there and shining on me.

With time, I noticed that my thoughts were lighter, daily tasks were easier and life was different. So at the end of each day, as I watched the sun set from my balcony, I would thank my cup of sunlight and the birds.

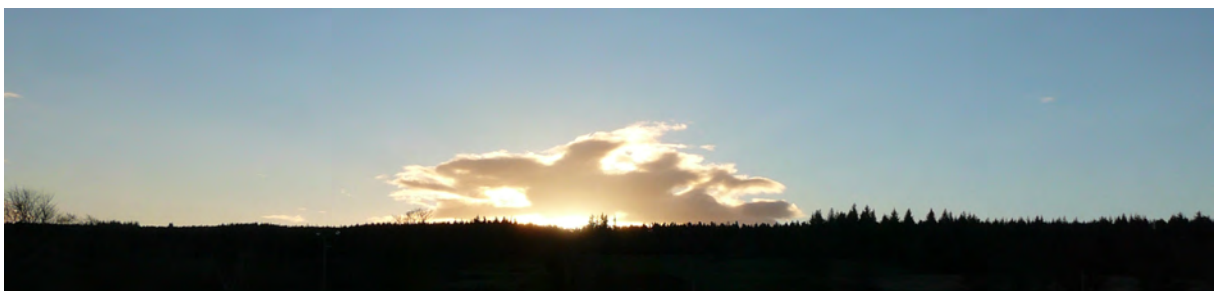
Some years later, looking at the artwork on the wall, my friend said: "This artwork is really strange, it's different." After discussing the details for a while, she surprised me by saying: "You are like the cup of sunlight. You always make me laugh, you're so full of good insights and I want to have what you have." So I told her: "Go to a place where the first rays of sunlight touch the earth, take a pinch of it and drink it in a cup of water."



### **The Container that Holds**

from *The Way of Inspiration*, by Joseph Rael p.46.

'The word soul means "to drink." Drinking is the definition of the soul. "Drinking light" and "soul" are the same things. It is like a cup. What is the cup? A cup is for drinking; it is something that holds the substance. In *Tiwa* it is called "*kola oh omo*", which means "beauty that defines itself to the deepest recesses of the infinite self, that carries with it power of teachability and has eyes to see." '





## ***Following the Teachings of Beautiful Painted Arrow (in Circles)***

**written by David Kopacz**

I have been listening to Joseph Rael, Beautiful Painted Arrow, since I first met him in 2014, although I had already been learning from him through his books since the year 2000 when I saw the cover of *Being & Vibration* by Joseph Rael and Mary Elizabeth Marlow. I was entranced by Joseph's eyes peering through the opacity of the dust jacket and the book opened up a doorway into a living spirituality.

I spent some years living my life, then moving from Champaign, Illinois, to Auckland, New Zealand, where I was working as a psychiatrist at Buchanan Rehabilitation Centre. I was writing a monthly newsletter called, *Thoughts from the Clinical Director*. I remembered Joseph's section on *Becoming a True Human*, in *Being & Vibration*, and I wrote my penultimate *Thoughts* on that, as I was getting ready to move back to the United States, taking a job in Seattle working with veterans at the VA (Department of Veteran Affairs).

Back in the United States, I was going through reverse culture shock. As I sat listening to veteran after veteran come into my office and telling me that they felt out of place, that they could not relate to civilians, and that they felt lost, I could relate, in some small way, to what they were feeling. In New Zealand, I had been talking with my friend and colleague Bernie Howarth about using Joseph Campbell's concept of the Hero's Journey, from his book of the same name, and developing a class to help clients find themselves and their purpose as part of the rehabilitation process. We never got that going before I left, but I thought it would be perfect for helping veterans find their way home from war to peace and I started working on that.

In Powell's Bookshop in Portland, Oregon, I came across another book that caught my eye, *The Visionary: Entering the Mystic Universe of Joseph Rael Beautiful Painted Arrow*, by Kurt Wilt. I quickly read through the book, noticing that Kurt described Joseph, at times, using Campbell's hero's journey framework. I sent Kurt an email, he sent one back, saying that he thought Joseph Rael would be interested in my work. Joseph and I exchanged a couple of emails and he invited me to Colorado. I thought I could maybe add to the hero's journey concept by covering indigenous approaches to reintegration after war, and I set off for three days with Beautiful Painted Arrow in October 2014.

My first day with Joseph was confusing and disorienting. What were we doing and why were we doing it? Why were we driving around in circles? Why were we sitting by the side of the road as trucks whizzed by, looking at a barren hill where a house used to be? Joseph said some things that first day that I am still trying to understand. One thing he said that sticks with me was, "You and I are both crazy, you can tell that, we both love life!" I thought, "Who is this guy? I can tell at least one of us is crazy!" Although I am still coming to understand Joseph Rael's kind of crazy (as well as David Kopacz's kind of crazy) that statement and laugh of Joseph's warmed my heart and I felt like we were two adventurers setting off to God only knows where.



*photo courtesy of Karen Kopacz (copyright © Karen Kopacz)*

After the first day of going in circles with Joseph, I was writing up all my notes and I thought, "We should write a book together!" When I mentioned this to Joseph, he simply said, "That's what I was thinking."

Working with Joseph Rael has been a disorienting process. The writing flowed smoothly, but when I turned it in to Paulette Millichap, our publisher, she said, "This is a very interesting book, but where is the book about the

veterans?" "Oh no," I thought, "Joseph kept me going in circles, writing about Pope Francis and St. Francis, about ETs, and how 'we don't exist' and we gradually shifted away from what we were supposed to be writing about!" I was learning that working with Joseph Rael was similar to what he said it was like being around his grandfather, 'Living with my grandfather was living with the unpredictable.' (*Being & Vibration*, p.39)

I went back to the drawing board with the book, kept part of it, wrote some new material based on a review of theories of trauma and my clinical experience. Then Joseph told me about a vision he had that God holds back a place of goodness in all our hearts, no matter what we do or what is done to us. "Beautiful!" I thought, but then, "Gee, it would have been really helpful if Joseph told me that before we started the book because it is the perfect framework for healing trauma!"

One thing I am learning from Joseph is that we need to move beyond thinking of people as 'other' and start thinking of each other as 'brother and sister'. Joseph often says to me, "I am my brother's keeper."

Eventually we published *Walking the Medicine Wheel: Healing Trauma & PTSD* in 2016, a book that helps us re-orient when we become lost in life.



photo courtesy of Karen Kopacz (copyright © Karen Kopacz)

Our next book, *Becoming Medicine: Pathways of Initiation into a Living Spirituality*, is due out later 2019. In this book I see us moving beyond even brother and sister to a place of mystical, visionary oneness that has something to do with the fact that 'we do not exist'. We have a chapter on *Circle Medicine*, because I think this is one of the key points that Joseph is teaching me: 'thinking' and 'being' in a different way than the linear, separated, and reductionistic way that most of us live our lives. I am still following Joseph around in circles and still working toward 'being a true human'. Joseph teaches us,

'A true human is a person who knows who he is because he listens to that inner listening-working voice of effort.'

(*Being & Vibration*, p.68)



photo courtesy of Karen Kopacz (copyright © Karen Kopacz)

David Kopacz is a holistic and integrative psychiatrist who works at Puget Sound VA in Seattle. He is a national VA Whole Health Education Champion and an Assistant Professor at University of Washington. He is the author of *Re-humanizing Medicine: A Holistic Framework for Transforming Your Self, Your Practice, and the Culture of Medicine* and, with co-author Joseph Rael, *Walking the Medicine Wheel: Healing Trauma & PTSD* and the forthcoming *Becoming Medicine: Pathways of Initiation into a Living Spirituality*. His website is, [davidkopacz.com](http://davidkopacz.com) and blog, [beingfullyhuman.com](http://beingfullyhuman.com).





Full page Beautiful Painted Arrow artwork from the book featured in both the previous and the following article.



## Healing Trauma with the Help of Ceremony

from Lukas Budimir



(part of the front page of the book *Being and Vibration: Entering the New World* by Joseph Rael, Beautiful Painted Arrow, Millichap Books, 2015)

There are so many ways in which beautiful painted arrows have influenced my life and the way I do what I do that it's difficult to start writing about it.

Basically everything changes; not so much what I do, but how I do it, because we are all connected with everything and everything comes back in circles. And changes on the inside show on the outside.

You can only access the past and the future in the eternal now – that is why 'work is worship' and the effort you put into things needs to be balanced through the connection to your heart so that the seeds of peace can grow out of the soil and bear fruit.

I am not special, I am like everybody else, with all the tasks we have in our lives, because the tasks are there for me to learn and become aware, to place myself in relations and to find a new beginning all the time so I can come back to my childlike innocence. Perhaps I'm just as special as everyone else.

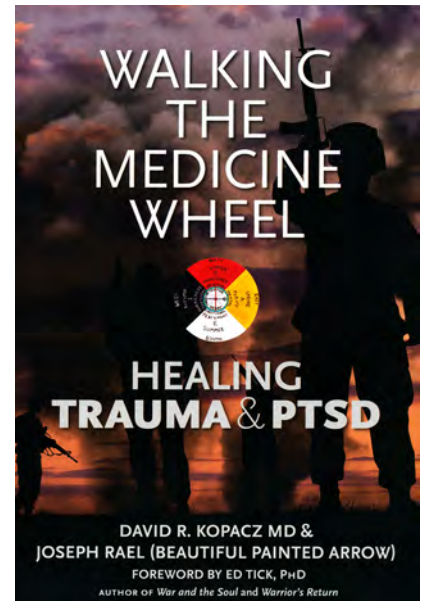


Let's look at an experience from my life: After caring for and working with people who have experienced severe brain damage for ten years, I decided to move from Denmark back to my native Germany and look for a new job. I thought, perhaps I could work with veterans, so I ordered the book *Walking the Medicine Wheel - Healing trauma and PTSD* by David Kopacz and Joseph Rael. What I did find was a job at an institute that claimed to offer homes to youngsters that can't live with their parents. What I found was that I was working with traumatized youngsters with behavioral problems. My primary goal was to build a relationship of confidence with them. In doing so, I realized they had been hurt on different levels and didn't, or couldn't, react appropriately to normal situations. One example of this is:

A young refugee from Afghanistan comes down the stairs with a boom box on full blast. I tell him to turn it down. After telling him the same twice, I touch him on the shoulder and say it a third time. He turns around in combat mode with his eyes wide open, as if he wants to show me something. And then he grabs me by the throat. Our eyes are very close, and I look right into them. In a split of a second, I can see all the pain that he and his people have experienced.

Reading the above-mentioned book, I finally get to page 161 and read about healing the soldier's heart.

Here Joseph explains that in every person there is a held back place in the heart where goodness is stored. No matter what we do or experience. He describes how to blow light into the heart, suck out what is in the way, and then, so that the hole does not stay open, seal the heart with your hands. David then explains that there are multiple ways of understanding Joseph's exercise and how he uses it in his practice. I use it with the 17-year old and he starts to change, becoming more and more what he really is. It becomes one of my favorite ways to help people connect to the goodness that they always have within.



Millichap Books, 2016

So thank you Grandfather and thank you David for doing what you do and being who you are. And a thank you to Life for its perfect timing, for always giving us a solution just when we need it.

Lukas Budimir, Germany: [Soundchambereurope@gmail.com](mailto:Soundchambereurope@gmail.com)



## **Work is Worship**

**from Sound, Native Teachings and Visionary Art, by Joseph Rael p.197**

'My Picuris grandfather and grandmother taught me that work is worship. That means we don't follow rules to become holy. Everything we are doing on the planet is holy. We simply move out of inspiration.

'The Spirit of Inspiration doesn't leave it up to the human mind to think what it should be doing. Our instructions are given as part of the inspiration. We don't have to figure it out. If the complete picture doesn't come in the original impulse, then it isn't inspiration.

'Inspiration is quick. It is clear. We might not understand all the details at first, but they are there from the beginning.

'Our task is to live our lives in such a way that we have the highest potential for inspiration to come to us. We have to fall into a lifestyle that creates the possibility of inspiration. When we don't get inspiration, we get morbidity. We live in stress, anger, depression, and sickness. Yet these can also bring us back to inspiration. Sickness, for instance, forces us to break free of our self-imposed limitations.

'Remember, everything we are doing on the planet is holy.'





## Morning Star Water Blessing Ceremony

shared by Jane Innmon

The first time I had the pleasure and honor of attending Joseph's Mystery School I bought a painting. I loved it instantly, and knew it was mine! I had the great blessing of sitting with Joseph as he told me about the painting.

He told me very clearly to do the ceremony depicted in the painting. I had only done it once, when we still lived in Pennsylvania, before we moved to Arizona. It was difficult to see the Morning Star (Venus) due to the trees and I had to drive very early in the morning to a park that had a little higher elevation in order to see her. Not to mention bringing all the other elements I needed. Still it was magical when I did the ceremony and also when I shared some of that blessed water with others in ceremonies I attended afterwards.



In 2017 we hosted the *International Peace Chamber Gathering* here in Tucson and during that Gathering Judith Brooks and Paulette Millichap presented *The Beautiful Painted Arrow Visionary Art Cards\*\** that were recently designed by Joseph as a true gift to all of us. The Cards are designed to help balance the right and left hemispheres of our brains as we work with the medicine wheel in a moon wise direction. We all sat together to work with the cards for a short period of time. I asked for guidance about our upcoming Sun-Moon Dance the next weekend.

I received very clearly to make the Morning Star water, so on the Tuesday between the Gathering and the Dance at about 3:30 am Brenda Sue Whitmire and a third person joined me down by the Dance Arbor. I sat for a few minutes to gaze at the morning star and to confirm for myself where it was in the sky. I then used my feather fan to bring the energy of the Morning Star down into the water that was being held by Brenda Sue. We decided to let the water rest on the altar in the Peace Chamber for a while but, before we did that, Brenda Sue suggested that I bless our Tree of Life, the living tree which is our Sun Moon Dance Tree.



I entered the Arbor and using my fan I sent sparkles of the Star Water into the Tree. Brenda Sue reported to me after that she saw me merge with the Tree as I was doing that Blessing and for me, it was powerful as well. In ceremony, I hear exactly what I need to do and everything becomes very, very clear and sharp and that's how it was when we did this ceremony too. We then took the Water into the

Chamber and returned some hours later to gather it into containers.

Joseph told me years ago that our Peace Chamber is very connected to the Star Beings and in the Sun Moon Dance, that began a few days later, we used the Morning Star Water to give the dancers a feather blessing using the newly made water. It was powerful to watch the dancers integrate the energy of the Star Beings. At the end of the Dance we gave them Star Water for their first drink. Since then the Star Water traveled to other places to bless other Dances. I offer the Water knowing that it's up to each individual Chief to use it or not, as they are directed by Spirit.

Many things flowed from the blessing of making this Morning Star Water. During our Dance, a dancer (who was dancing her 2<sup>nd</sup> Sun-Moon Dance) received a Vision for a dance she calls *the Star Water Honor dance* and we do it now as a community and family, fun-filled dance here in Tucson. So the blessings continue to unfold.

**\*\*Footnote:** packed in a boxed set, titled *Beautiful Painted Arrow Visionary Art Cards*, *The Path of the Red Road*, the 20 cards come with a booklet of Teachings. Available from [www.millichapbooks.com](http://www.millichapbooks.com)



*the Tree and the Sun Moon Dance Arbor, Arizona*



### ***Dance in Ceremony in 2019***

Over the years, three Visionary Dance Ceremonies have been given to all people by Beautiful Painted Arrow, Joseph Rael; they are the Long Dance, the Drum Dance and the Sun Moon Dance. In 2018 Joseph appointed Geraldine Rael, his eldest daughter, as Vision Dance Guardian of these three ceremonies.

Jane Innmon collates the annual Dance Schedule for these Dances. For details of where these Dances will be taking place in 2019, please contact her by email: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com)



### ***From One Meeting***

**by Joseph Williams, a fire keeper at the Cosby Peace Chamber in Tennessee**

I met Joseph Rael around 12 or 15 years ago at the *Centre for Peace* in Seymour, Tennessee. I was struck by the fact he was a humble and deeply sincere man. I never studied or trained under him and I have never been drawn to dance though I shared in ceremony with him on that one occasion.

So my story is not about his teachings as much as how he influenced me indirectly from many directions.

I met Grandmother Ula Rae many years ago and have served as one of the fire keepers of her chamber for much of that time. Though I have served as firekeeper for many sweat lodges and ceremonies and had worked with several native american shamans and teachers over the years - this was different. I have evolved in my approach and relationship with the fire through honoring the Fire Ceremony on the 7th of each month according to the vision of Joseph Rael, and it was through vision quest in 2011 supported by Ula Rae and Dancing Skye that I was more deeply initiated into the awareness of consciousness in all things both animate and inanimate and how they respond intimately and directly with each of us. Working with Medicine Wheels, the Directions, Drums and Rattles, they have all lifted me to new worlds and for this I honor and respect Grandfather Joseph Rael and offer deep gratitude and thanks, Joe Williams, Ragman.



*the path to the Cosby Peace Chamber*





When Joseph gives a Teaching, it is full to the brim of potential and if the Teaching resonates with the person who receives it, a transformation will happen, inspiring them and awakening their potential. Then it is up to the recipient to plant that Teaching in their experience and allow it, assist it, to grow.

Without fresh air, rich earth, and cool water, a plant will not grow. Growing is movement, and movement is essential because, in our reality, without movement nothing happens and that is not compatible with being alive. That is why students owe it to their Teacher, as time goes by, to blow away the dust and water the Teachings with inspiration.

In the story that Joseph tells of his Grandfather crossing between worlds there is a Teaching about the journey of all Life and our place in it.

'I saw him walk through a wall, into a spring meadow, pick a flower, and come back, I was very impressed. I asked him, "Do you think I could do that?" He said, "You don't want to do that, you want to do something different. I've already done that, therefore anyone can do it," meaning the villagers or whoever else wanted to could do it. "You don't need that anymore. What you need to do is something that I haven't done, something no one's done, because the whole idea is to increase the level of knowing, raise the level of consciousness".'

(*House of Shattering Light, Life as an American Indian Mystic* p.178)



Grandfather-ness encourages us to work on our awareness and so, whether I heard, read, dreamt, visioned, or just made it up, I am sure that Grandfather Joseph's Teachings encourage us to think and to feel from ourselves, to thoroughly examine our assumptions and to reassess our cultural habits. Here is an opportunity to break new ground.



After thankfully embracing the challenge of finding new ways of being, or, it might be, of rediscovering very old ones, I soon realised that the work of removing the unhelpful ones from my thought patterns, from my way of speaking and from my automatic responses is a mind-blowing task!

Interpretations of long-standing metaphors are deeply embedded; take as an example, the widely-held assumption that 'higher' is intrinsically better than 'lower' when, basically, they are words, without any value judgement, which indicate a relative position in space.

As a result of my on-going self-renovations, revelations, I find I need to speak slower and think more carefully about how I say things. In a fast world, people rarely give one another time to think and the pressure, to speak immediately, leads to less and less inspired words and more and more clichés.

I know that this personal clean-up will transform my vibration enabling me to move towards understanding what World Peace might be. Chanting, creating ceremonies, slowing down time in order to reflect and then speak meaningfully, are all precious Gifts I have received from Beautiful Painted Arrow, Joseph Rael, to help me with this task.

There are more, many more. Some are re-visionings of age-old metaphors, which Joseph, following the advice of his Grandfather to do something new, re-interprets, filling them with fresh inspirations that are helpful to our time.



Here is an example:

'The reason we are sometimes unsuccessful in life, or we think we are, is because we avoid falling. We need to learn to fall gracefully. We avoid falling, not realizing that if we would just allow ourselves to fall, we would harvest our highest potential.'

(*Sound, Native Teachings and Visionary Art* p.185)

Reading this, I can lay to rest the centuries-long interpretation of the bible story of the Fall: that we are born sinful and are doomed to remain so. In Joseph's loving hands there are no negatives and, for me, gone is the spectre of an independent force of evil.

The concept of harmonious duality permeates the Teachings. The Light and the Dark are not at war. When I enter a trance, my sense of my body disappears, noise and pain cease and I am in a velvet blackness, warm, embracing and safe; a visionary universe which might be outside or inside the body. Who knows? It seems very personal and yet it is very, very vast.

Perhaps this picture of the *Infinite Vast Self* says it all:

And then there is the beauty of the Light! A more familiar beauty than the Divine Darkness where, perhaps because of cultural metaphors, few people go.

Through the Teachings, I have come to know that separation is not isolation. The stream of Life is carrying me and I can do something to help the flow; I can take responsibility for my thoughts and action and see things differently.



Joseph tells us that we are now entering a world where  
'a true human is a listener'

(*Being and Vibration: Entering the New World* p.12)

It is on entering the new world, the n-uu world, the "paah nuu" world, the 5<sup>th</sup> World, that duality, for so many centuries a battleground between opposing forces in the human mind, becomes harmony.

In chanting 'placement' I hear that 'play is meant'.

Duality is a place to be and child-like innocence is found here.

The pictures in this article are cards from the *Beautiful Painted Arrow Visionary Cards: The Path of the Red Road* (copyright © Joseph Rael). They were drawn in the *Cave of Clay* in the 1<sup>st</sup> hour of the 24-hour December Solstice Chanting when they were placed face down, one in each of the 4 directions. In the final minutes of that hour, they were turned over, one by one, and their name chanted out through the direction so that the vibrations they carry could circle the world. A fifth card was drawn at noon (UT) the next day and, chanted to the centre, united the above and the below. It is quite unexpected that they manifested themselves so clearly in this article, but that is the way Inspiration resonates, that is the way things happen!





## Re-introducing Levels of Metaphor into English

from *Beautiful Painted Arrow, Stories and Teachings from the Native American Tradition*

by Joseph E. Rael, published by Element Books in 1992

(introduction by Stella Longland)

In the following text, from the first book written by Joseph to be printed for general distribution\*\*, he describes how we can rediscover dimensions of resonance now largely absent from modern languages. He gives us Gifts from the vibrational language of *Tiwa* to illustrate these levels and explains how we can apply them in everyday speech. There are very few vibrational languages left and this opportunity is precious because adding those dimensions opens the connections between the seen and the unseen, between the surface of things and the depth of consciousness.

from the section titled 'In Summary' on p.99

'In the Introduction I explained that *Tiwa* is a metaphoric language, and that comparing it with the English language began to teach me about the relationships between metaphor, and how one might connect it to everyday experience. For example, 'Go bring the dog' when spoken in *Tiwa* ("*qui kohl me*") translated to: "*qui*" - watchfulness; "*kohl*" - to bring to; "*me*" - to go get; hence to go get and bring to (me) watchfulness. Therefore when the two forms are put together they translate so:

*Experience* - English - Go bring the dog.

*Metaphor* - *Tiwa* - To go get and bring to (me) watchfulness.

So when one can see through the eyes of the poet one can find the insights in daily experiences that can lead to new meaning. Another example I attempt to make in the Introduction is when I cast metaphor as 'Awareness that is Awake' and the physical experience as 'Believing We Exist'. So that the actual experience of going to get the dog is a physical one in ordinary reality, and that of the metaphor is that of the metaphoric (poetic) explanation of it. Finally, when one can train the mind to jump from any experience to metaphor, one can have purposeful insights that are pertinent to one's personal or universal goals. Consequently one lives each moment with only one objective in mind, and that is to be on the lookout for new insight coming out of daily experiences.'

**\*\*Footnote:** please note that the illustrations in the 1992 book are by Martin Rieser. They are not Beautiful Painted Arrow artworks.



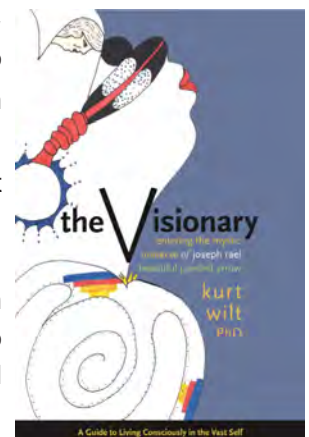
## Expressions of Gratitude to Kurt Wilt

In his article on p.9 David Kopacz mentions a book by Kurt Wilt, *The Visionary, Entering the Mystic Universe of Joseph Rael (Beautiful Painted Arrow)*. Hoping not to infringe copyright, quoted here is the review of the book on Amazon, written by Judith Cassidy:

'The Visionary feels intensely personal, directed right to me. .... I sigh with relief that this help has come. And I suspect any reader drawn to read this book will feel the same, because it touches our Vast Self, the Self we long to consciously, actively be.

'Guidance pops like fireworks in the heart, page after page, illuminating darkness in my spirit with new constellations of associations and impressions. I am empowered to persevere as hopes are validated with much longed for and rare resonances. I'm nudged and encouraged to reshape my attention where precisely needed.

'There's so much here. Thank you, Joseph. Thank you, Kurt.'





*Vast Self* is a book of poetry by Kurt Wilt. Some snippets from the Amazon Review by David Oliphant, are quoted here:

‘This first collection by a former student surprised and amazed me. .... Most surprising at first was Kurt’s handling of form, including tercets rhyming with the same sound in each stanza, as in a wonderful poem entitled “Raven as Town Crier.” There is a series of Raven poems, inspired it seems by Native Indian insights into birds and other creatures. Kurt’s observations of nature are original in their description but also in their responses not sentimental, but full of spiritual values. .... Each poem is a delight for the music and aptness of its language. .... Anyone interested in reading moving and thought-provoking poetry will enjoy and be impressed by this volume by Kurt Wilt.’

*Both books are published by Millichap Books.*

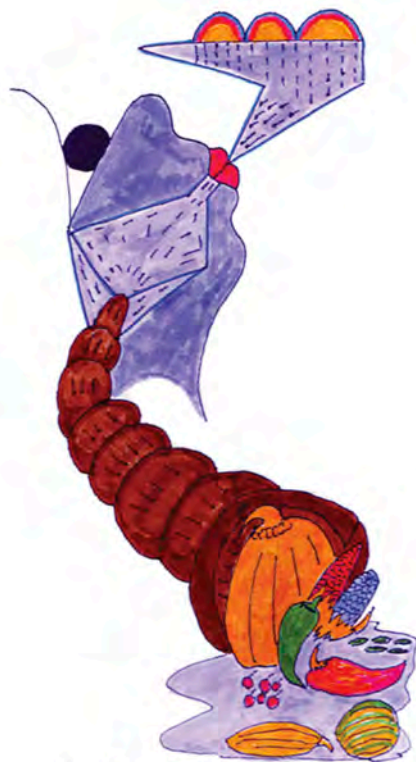
Kurt Wilt, passed over in 2016. He was a Professor of English at Saint Leo University, Florida, USA, a specialist in comparative mysticism and Native American literature. He studied with Joseph Rael for 25 years and attended Joseph’s Mystery School workshops in northern New Mexico. Thank you, Kurt, for giving us a precious legacy.



## ***The Horn of Plenty***

**from *Sound, Native Teachings and Visionary Art*, by Joseph Rael p.35 & 37**

‘The latest step in my work for world peace has been to announce the appearance of a new vibration in the cosmos. This vibration is the Horn of Plenty.’



Horn of Plenty-2006

‘Abundance is coming to all of us who are living on the Earth at this time and our children, grandchildren, and great-grandchildren. This vision makes perfect sense to me, because it came to me in 2006, which was the twenty-fourth year after the coming of the sound peace chamber vision. It came to complete what has been started with the sound peace chambers. We were taught in the tradition of my father’s people at Picuris Pueblo that when mankind can’t do something, then celestial energy comes and celestial vibration takes over whatever needs to be done. What the vision means is that there has been a major shift here. From the germination of the seeds will come the flowering of change. We humans have fooled around long enough, and God is going to take over. From now on, we are going to get plenty of everything we focus on and act on. If we focus on conflict, we will get more conflict. However, if we focus on peace we will get plenty of peace. As soon as we focus on a goal, the universe will take us in that direction.’

‘The Horn of Plenty is here now and it is here to stay. We can begin to recognize ourselves as the true peacemakers because we are alive and we are living in this time as the peoples of the global societies.’



**NEXT ISSUE** *Seeds of Peace Issue 13*, publication target date: May 5<sup>th</sup> 2019

**The issue will focus on the Vision Dances of Beautiful Painted Arrow, Joseph Rael**

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 April 5<sup>th</sup>, 2019

**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**

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: [homica@nycap.rr.com](mailto:homica@nycap.rr.com);  
Stella Longland: [stella@peacechamber.co.uk](mailto:stella@peacechamber.co.uk); Jane Innmon: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.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.

**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.

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