

# Seeds of Peace

*quarterly newsletter*

**‘Receiving inspiration  
is not a matter  
of human will,  
it is an allowing.’**

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

**Issue 16: February 2020**

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Dear Readers,

As you may have noticed, we have introduced a new way of receiving the newsletter via

<https://seedspeace.news/>

and some of you have already checked it out and subscribed. Thank you.

The aim is to offer you the opportunity to get the news individually, rather than in a bulk mail with many other addresses. In the present system we have to send out several block emails;

**from the website we can press one button and it will go out to every subscriber individually and instantly.**

But the receiver will still need to make sure that the post does not get blocked by the spam filters on their device.

So, with efficiency and privacy in mind, we investigated possibilities and found WordPress as a viable vehicle for the future. I would warmly recommend that you have a look at the website and consider subscribing there to receive the quarterly newsletter.

**By entering your email address in the subscription box on the Home page and clicking the subscribe button below it, you will be added to the site mailing list.**

You can unsubscribe at any time by clicking the unsubscribe button at the end of any post you have received. But if you wish to return to the bulk email lists you will need to contact me, Marina, [mayarinabudimir61@gmail.com](mailto:mayarinabudimir61@gmail.com) and I will put you back on a list.

Just to remind you all, published newsletters, from issue 10 to the current one, are available, to view and to download, on the website. In the future, we plan to make other archive material similarly available.

Please email me if you have any questions, concerns or feedback, with Love and Light, Marina Budimir.





***Tributes to Junitta Vallak***  
**from *Seeds of Peace* friends around the World**

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**From her Southern Hemisphere home, the continent of Australia**

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***My Tribute to Junitta***

**from Jennie Coles, Sun Moon Dance Chief and Chamber Keeper in Victoria, Australia**

In 1980, Junitta Vallak, an art/craft teacher with a special love for metal work, suffered serious lung damage from exposure to metal work fumes and asbestos. Forced retirement from teaching led her to build Casurina Healing Sanctuary and Peace Sound Chamber in Maldon, Victoria, Australia 1985.

Without Olga Perewersew introducing Junitta to Joseph, Australia would not have Peace Chambers or the Sun Moon Dance and would not have held the 2<sup>nd</sup> Peace Chamber Conference in 1999. In 1994 and 1997 she travelled the world visiting Chambers, made dear friends and deep lifelong connections.

We met Junitta in 1989 and were instantly drawn into her many exploits and shared numerous experiences from spiritual ceremonies, to gardening, to photo sorting (she was an avid photographer and historian), to mud brick building. Her sons, Staevan and Branden, now have the joy of sorting out all her millions of photographs, letters, articles, and art. She was a charismatic, strong woman with a great sense of humour. In 2001 she sold Casurina and retired to a small property in South Gippsland, Victoria, Australia.

There was nothing Junitta Vallak was not interested in. She was an enthusiastic spiritual sponge, artist, author, and labyrinth advocate, with a huge international network of very well connected, interesting, knowledgeable people. Junitta was a highly accomplished artist with an innate sense of humour and one-liners. She was an Environmentalist with a deep commitment to Esotericism, Gnosticism, Alchemy, Spiritualism, Occultism, Astrology, Astronomy, Numerology, Meditation, and Mysticism but her dominant passions were Angels, Labyrinths, and Australian flora, fauna, culture and spirituality.

End November was when I last spoke with Junitta. She was in hospital but still filled with joy, keeping everyone laughing with her jokes. Our last conversation will forever live in me. She stated she was not long for this world and we shared memories which ended with me saying, "I love your enthusiasm, laughter and expression Oh! Oh! Oh!" I told her your, "OH! expression always presents as Joseph's vowel teaching OH - teachability and innocence." Her response was, "Funny that, you always say, Yeah! Yeah! Yeah! And I always hear planting, placement and passion. From the time we met, we have placed and planted passion and innocence to grow in us and hopefully others." We were to spend a weekend together mid-January 2020 but she was called home on 12/12. Numerology at play to the end.

Much Love and Blessings to you all, for a year of realizing your dreams, Jennie Coles.



***An Obituary for Junitta***

**from her friend Dr. Chris James, Gippsland, Australia**

'I spent many happy hours with Junitta' -

'There was always something new to talk about.'

As well as covering Junitta's work with Joseph and his visions, the obituary also touches other aspects of her creative life. You can read Dr James' tribute at this link on her blog: <http://www.transpersonaljourneys.com/?p=3513>

2 photos: source & copyright: Junitta Vallak

above: Junitta blessing the foundations for the Peace chamber in 1985.

left: The Rainbow Serpent, cosmic guardian of the southern hemisphere, a favourite subject in Junitta's art, from her final public exhibition in September 2018.

## From the Northern Hemisphere, the United States of America

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### Home of Joseph Rael, the Source of the Visions that Junitta so Actively Embraced

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**‘She was a joy’**

**from Brenda Sue Whitmire, Chanter, Drum Dance Chief and a leading Sun-Moon Dance Moon Mother**



While I had heard about Junitta Vallak for many years, the first time I met her was at the first International Peace Chamber Gathering in Tennessee in 1997. She was a joy. I particularly appreciated her ‘walk about’ reports from visiting so many of the Chambers. Our next encounter was at the first Sun/Moon Dance in Australia in 1999 which was followed by the second International Peace Chamber Gathering. She opened her home and her Chamber to people from all around the world to share in this incredible work for Peace. I still remember the sound in that Chamber as we chanted for Peace. I LOVED the way she included the indigenous people of the area in the opening ceremonies for the gathering. She was organized and helpful to all the participants. The many specialized needs of doing two back-to-back major ceremonies did not seem to phase her in the least. She will be missed.



3 photos from the events held at Casurina in 1999 (source: Stella Longland).

Next to the text: Junitta walking with Joseph.

Left: Joseph, storyteller, with the local children.

Right: Junitta, at the peace pole, with the local children.



2 photos from the events held at Casurina in 1999 (source: Stella Longland).

Left: after the Sun Moon Dance, arbour to the left.

Right: during the Gathering, the domed building is the Dragon Lodge, to the right of it, the Sound Peace Chamber.



## ***Honoring an Elder-Grandmother Junitta***

**from Lisamarie McGrath Sacred Drifter**

Thank you for this opportunity to share some of my experiences of Grandmother Junitta with the *Seeds of Peace* Newsletter readers. Her vocation in this life has rippled out and touched so many in this life, and beyond the beyond. A vortex of Fierce Love!

I wrote memoirs of my visit with Grandmother Junitta in Gippsland, Australia - 2017, that include examples of her Art Work and her Philosophies. This is the link to the memoir page from my website (best viewed from a computer): <http://www.lisamariemcgrath.com/programs/world-peace-chambers/the-land-down-unda-oz-australia>

### **From the Northern Hemisphere**

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**inspired by Junitta's Walkabout through countries in Europe**

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## ***So Sad to Hear the News***

**from Lindsay Sutton co-author of *Tracks of Dancing Light* with Joseph Rael**

Junitta and I had many a giggle and happy times together, both in New Mexico and in the UK, in Herefordshire, when she paid us a visit on her European Walkabout. She was a tireless light worker and her star will shine bright.



## ***A Very Bright Star***

**from Stella Longland Chamber Keeper and Vision Dance Supporter**

When I met Junitta in 1999, we had so many characteristics in common that we were connected from that moment on. In total I only spent a few days in her company, but we swopped information by email for years. During those years, Junitta's stream of information would occasionally stop. It was always due to computer problems, and, eventually, she would come back online, often with a different address. On her passing, this is the hard part for me; that stream will not run again.

2017 was the year of her 80<sup>th</sup> birthday. A big party was organised and, with help from her friends, Valda and John Lanigan, the invitation was designed and sent out. Junitta often used to write: 'may the fun Angels be with you!' I add the invitation artwork here and I am sure that when she reached the realm of the Ancestors there was a great party and the stars danced.



records of Junitta's Walkabouts, compiled by her for the 2008 Gathering can be viewed at these links:

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

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



## Update on the 10<sup>th</sup> International Gathering

from Valerie Eagle Heart Meyer and Brenda Sue Whitmire

This is the year!



The weekend of **September 25** this year, the 10<sup>th</sup> Chamber Gathering of the Sound/Peace Chambers around the world will be held at Rainbows End in Southern California. This is Valerie Eagle Heart Meyer's home just North of Yucca Valley where SunMoon and other Dances and ceremonies have been held for 20 years.

The Chamber is growing out of an existing structure that is being re-purposed. Renovations begin in the Spring and are scheduled to be completed in the fall of 2020. The schedule for the Gathering is still under development but will definitely include some of the favorite parts of previous gatherings including chanting, information sharing and of course, lots of good food!

*[The photo above, taken by Lukas Budimir from Germany, shows the Rainbow at Rainbow's End illuminating the desert setting and blessing the Cactus Beings. It forms the background of the cover in this Issue.]*

If you are interested in doing some sight-seeing while you are in the High Desert, there are numerous fascinating areas to visit. Some of these include Joshua Tree National Park, the Integratron, the Morongo Preserve and Pioneertown. We hope you will plan now to join us in this celebration of the Sound/Peace Chambers and our work in them and in the world. Registration forms will follow in the next newsletter. SunMoon Dance will be held the following weekend if you are led to stay to Dog Soldier or Dance.

You can, of course, contact Valerie via email [eaglehearttrex@earthlink.net](mailto:eaglehearttrex@earthlink.net) or by phone at 909-224-1750. Please note, she does not text. Also please note this request from Valerie:

"I've been asked about using social media for promoting the Chamber Gathering. Because of the Teachings I've been given, I am asking that there be **no social media postings**. We have never used Facebook, Instagram, Web Sites, etc. to promote or 'announce' what is offered here at Rainbow's End. Everything we have done here on this Land has grown by word of mouth, so it feels right that people would personally share by person to person invitation, email notes, etc.

Motivation .... moving forward has been quite a challenge since my Daughter's death. I'm so grateful for all the love, help and support as I move through this place. Love to All of You! Valerie."



## About the Previous 9 Gatherings

from an editor with squirrel instincts



The 1<sup>st</sup> **Gathering** was held in October 1997, at the Center for Peace in Tennessee. Junitta Vallak, on her US Walkabout, attended this Gathering and has left us a detailed record of it which can be found at this link:

<http://www.peacechamber.co.uk/gatherings/the-first-chamber-gathering/>.

The 2<sup>nd</sup> **Gathering** took place in the state of Victoria, in Australia. It was hosted by Junitta at Casurina Sanctuary, as mentioned in the tributes to her in the previous article. In the early days there were two years between the Gatherings, and this second Gathering was in October 1999. This was the first Gathering that I attended; it was a kaleidoscope of memorable events.





Two years later, sometime in 2001, in Texas, at a Chamber called Song of the Redtail Hawk, the **3<sup>rd</sup> Gathering** happened, and I know nothing about it except that it appears on the lists! So, if there is anyone reading this newsletter who was there, perhaps they will write about it and fill in the gap.

In September 2003 the **4<sup>th</sup> Gathering** was held at Earth's Ancestral Voices, in North Carolina. I hold no information on that Gathering either, so, again, if anyone would like to contribute to the history of the Gatherings, please write about it for the newsletter.



The **5<sup>th</sup> Gathering** took place in September 2005 at the House of Mica Chamber in New York State. Angie Rapalyea took extensive notes at this Gathering. She has passed on now to be with the Ancestors, but copies of her notes remain.

It was at this Gathering that the gap between these international meetings was extended to every three years and the next one was scheduled to be in Scotland in 2008. There was no peace chamber where the Gathering would be held, and great effort and love was put in by supporters in the UK to build the Light House. This was the **6<sup>th</sup> Gathering** and



some details of it can be found at <http://www.peacechamber.co.uk/gatherings/>.



Three years later, 2011, the **7<sup>th</sup> Gathering** was held at Birdsong Peace Chamber, Pennsylvania. Sally Perry recorded this conference in her .pdf newsletter, available here: <http://www.peacechamber.co.uk/wp-content/uploads/EWB2011NewsletterF1.pdf>.

The **8<sup>th</sup> Gathering** jumped to another continent and was held at Wind Walker in South Africa in 2014. This brings us to the most recent **9<sup>th</sup> Gathering** at Sweet Beautiful Water Peace Chamber in Arizona in 2017. Descriptions of both of these Gatherings were detailed in early issues of the newsletter, numbers 1 and 7 respectively. We hope, at some point, to make them available for download on <https://seedsofpeace.news/>.



The Gatherings I have attended, three altogether, one of which I participated in organising, were nurturing, instructive and entertaining. There were presentations from Chamber representatives, and, on occasion, Chiefs too would talk about their communities and the Dances they hold. There were ceremonies; perhaps the Fire Ceremony would be held or shown to new people, sometimes brand-new ceremonies would be created for the occasion by the group gathered there. There might be drumming and chanting, sound healing sessions, and forums on past, present and future work. To close the Gatherings there would often be a party, a joyful celebration. One consistent phenomenon, not planned, would be the intense hum of the conversations in all the breaks between sessions. Standing back and listening was overwhelmingly touching; the energy was amazing. In Scotland we really needed a foghorn, but a hand drum sufficed to bring people into focus for the next session. That community spirit is a precious memory to carry people through any bleak times.

The photos of the chambers are from various sources, my thanks for people's generosity in sharing them. The more we share with each other, the more chance there is that Joseph's Visions and Teachings will be available to future generations, to help this to happen please consider contributing to the newsletter.

Blessings on the work going forward, Stella Longland

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AN APOLOGY to our readers and to Valerie Eagle Heart Meyer. The email address given for Valerie in Issue 15 November 2019 was wrong! We missed out a 't'. This is the correct email: [eaglehearttrex@earthlink.net](mailto:eaglehearttrex@earthlink.net)





## The Long Dance in Portugal

attended and recorded by Andrew Macdonald



A ceremony, like the Long Dance, on a site protected by Olive trees estimated to be over 1000 years old, must surely be an uplifting experience, and so it was. Celebrated during the last weekend of October 2019, the setting, surrounded by rolling hills covered with fields and trees, was truly remarkable. The site, situated south of the capital, Lisbon, and about 8 miles east of the town of Palmela in the Arrabida Natural Park, was on the land of a sustainable-living Cooperative called 'Biovilla Sustentabilidade'. And, as with many Dances, the site, located on earth roads where the GPS was of little use, was a challenge for us to find.

This was the first ever dance ceremony from Joseph Rael to be held in Portugal. It was organised by Samarone Gonsalves, now living in Lisbon, and encouraged and chiefed by my wife, Felicity. Samarone, for many years a dancer of both the Long and the Sun Moon Dances in Brazil where Felicity is the Dance Chief, had also danced in the Arizona Sun Moon Dance 2017, the weekend after the 9<sup>th</sup> Chamber Gathering was hosted there. For this Long Dance in Portugal, he was assisted by Christiane Fernandes, a young Brazilian lady also resident in Lisbon.



However, being the first dance they had ever organised, their first surprise was what a lot of work was involved, not only in finding a suitable location, but also encouraging people to take part, to feel, and to experience the energy and power of the Long Dance. So, when the Chief, Felicity, arrived, the day before the dance would take place, there was still much work to be done, though Samarone and Christiane

had had an inspiration, identifying an unusual but suitable location for the sweat lodge by placing it on a flat area surrounded by circular shelves for holding nursery plant pots.

The choice of area for the Dance itself was not so easy, but close by, under the branches of the olive trees, there was an area more or less flat which was cleared of dead branches and long grass, thereby making enough room, about 20 feet across, to accommodate the 9 dancers who had answered the call.





Bamboo poles were erected to mark the circle and to hang the dancers' banners. The rest of the preparations followed, fire pits, and collection of fire wood, with special preparations due to the fire hazard, as it had not rained for many weeks and the grass was very dry, though rain was predicted to arrive within the next 24 hours.

Many of the Dancers had never taken part in a sweat lodge before, let alone a Dance, so it was teachings from the very start. Even though we all spoke English, Portuguese was a common language for us and the group responded with enthusiasm as Felicity explained the traditions of the Sweat Lodge, grandmothers, grandfathers and guardians of the four directions, and so on, and also presented information and instructions about the Dance itself. Christiane and I were the firekeepers using dried olive branches as firewood.

As the sun went down, the temperature dropped sharply and out came the winter woollies as the Dance commenced. It was very dark as the new moon offered no light, and the candles placed round the circle soon blew out, so the dancers relied almost entirely on the flames from the fire to see their way round. Christiane and I, changing places every so often, doubled up as drummers and fire keepers. The drummers were using handheld drums and the sound varied in pitch and resonance, but they kept up a steady beat.

When the Dance ended, not one Dancer had asked to leave, though, at the sharing afterwards, they all admitted that it was a challenge, but that it had been a great experience despite their aching legs and backs. The sharing and Give Away were joyful and, together with the brunch, was celebrated not far from the site, in the open air, under the olive trees.

The property has in fact two houses used for other events, but the budget did not stretch to renting the space. The Dancers had slept in very large domed tent.



It was a truly remarkable Dance, and Samarone must be congratulated on his perseverance which, together with the long-range guidance of Chief Felicity, ensured without exception that the experience was appreciated by all, and the 9 Dancers promised to return next year.



*all photographs courtesy of Andrew Macdonald*



## Becoming Medicine: Pathways of Initiation into a Living Spirituality

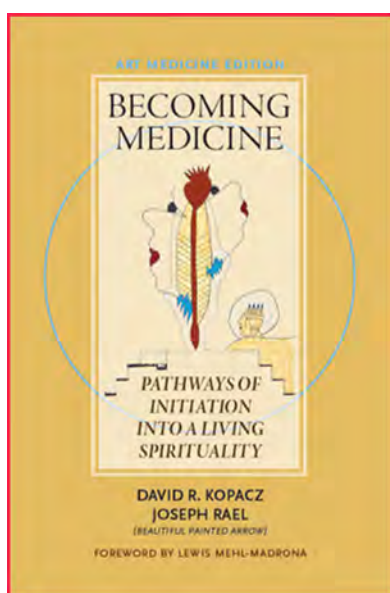
David R. Kopacz MD & Joseph Rael (Beautiful Painted Arrow)

Coming Soon – Spring 2020!

Full-color Art Medicine Edition ISBN 978-1-7342800-3-6 (\$75)

Standard Edition in black & white ISBN 978-1-7342800-1-2 (\$25)

*Becoming Medicine* is the second collaboration of holistic psychiatrist, David Kopacz, and Native American Visionary, Joseph Rael (Beautiful Painted Arrow), with a foreword by Lewis Mehl-Madrona. It is a journey of heroism and healing through *seeking, finding/receiving wisdom, and giving back* to the world. Drawing on their own stories, as well as those of contemporary & ancient mystics, visionaries, and shamans, this book plots out a course of initiation into a living spirituality where we become the medicine that our world so desperately needs.



[W]ritten from the heart like a prayer, if you are a seeker of a living spirituality and want to magnify your power to heal, read this book. - CARL HAMMERSCHLAG MD, author of *The Dancing Healers* and *The Theft of the Spirit*.

[A] remarkable and deeply engaging account in which a Native American shaman and his psychiatrist apprentice plunge deep into the heart centre of a living wisdom . . . here is a genuine watering-hole at which seekers of all persuasions can pause and “drink the light.” - ARUNDHATHI SUBRAMANIAM, author of *When God is a Traveller*, *Sadhguru: More Than A Life*, and *Adiyogi: The Source of Yoga* (with Sadhguru).

[A] truly remarkable book. . . Each discovery leads to a deeper personal and social healing. - GERALD A. ARBUCKLE PhD, author of *Fundamentalism at Home and Abroad*, *Loneliness: Insights for Healing in Fragmented World*, and *Humanizing Healthcare Reforms*.

[A] fabulous book for our times. — HANK WESSELMAN PhD, author of *The Re-Enchantment: A Shamanic Path to a Life of Wonder*, *The Bowl of Light*, and the *Spiritwalker* trilogy.

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distribution: <https://itascabooks.com/>





## Monica the Monarch Butterfly

a Dance story from Vision Dance Guardian, Geraldine Rael

In the Fall of 2019, I attended the SunMoon Dance in Richmond, Virginia, at Joan Kruzicki & Angie Whittaker's place. The arbor was BEAUTIFUL, and the hostesses were lovely! Our new Moon Mother, Mary Morani, brought with her a Monarch butterfly cocoon, for whatever reason she felt she could not leave it at home, alone. Daily, in the warm kitchen, we'd open the box and look in on 'her' to see her progress and, during the Dance, Monica hatched!

On Monday morning, the last day, we decided to release her. I gently placed my hand inside the box, and she flew out. I'd thought she might've moved onto my hand and then I could gently place her on a milk thistle bush. That didn't happen. We watched her as she moved from place to place. We were so happy for her! Soon, we had to leave and go back to the arbor to begin the next round.

Back in the arbor, I found myself staring at the Tree which, at this Dance, is a living, growing, tree. I was in deep prayer when a flying creature, which I thought must be a hummingbird, almost hit my face! Upon looking closer, I realized it was Monica, the Monarch butterfly! I looked again in disbelief, maybe I was seeing things, but no, it WAS Monica! She had followed us to the Dance arbor!!

I tried to quietly and discreetly get Mary's attention and when she did turn towards me, she had tears running down her face. She too had seen her Monarch Butterfly. When we shared after the Dance, someone said that, prior to leaving the arbor, Monica had stopped briefly in the vicinity of each Dancer. That sure was something! Something very special seems to happen when like-minded people get together!



This is a link to a website I found:

<https://greattransitionstories.org/patterns-of-change/the-metaphor-of-metamorphosis/>

It is an interesting read, and I found it relevant and worth sharing. It begins:

'The story of how the caterpillar transforms into the butterfly has long been used as a metaphor for the process of transforming states of consciousness from one dimension to another, from knowing something on the surface, then undergoing a deep experience that leads to a whole new capacity and perception.'

Sounds something like the Dance process, huh?

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**Footnotes from the editors:** the two photographs in this story are from <https://commons.wikipedia.org/wiki/>, under certain licences restrictions, they are free to use, and I hope we, the editors, have managed to cover all the requirements.

The photo of a *Monarch Butterfly emerging from the chrysalis* is courtesy of (copyright © Captain-tucker/Nature).

The photo of a *Monarch Butterfly in May* is courtesy of (copyright © Kenneth Dwain Harrelson).

Both are protected with a *GNV Free documentation Licence*.

And while searching Wikipedia, one of us came across an interesting fact:

Monarch Butterflies are astronauts; they have been reared in the International Space Station.....



## ***Some Reasons to Attend Dances in Different Locations***

**Offered by Jane Innmon from her experience in Sun-Moon Dancing**

I would like to share a little bit with you about the importance of showing up at different dances in different locations from your home community.

There is wisdom in the teaching that for your first four Sun-Moon dances you should dance in your home community or rather in the one in which you started. It helps you to get grounded in the beauty of the dance. When I first started dancing, no one told me about that teaching so, of course, I started wandering right away. I'm not sure why, I just felt the need to experience different places and different chiefs.

Perhaps it was because one day I would become a Sun-Moon dance Chief. Over the years I've learned so much from going to different dances and experiencing different chiefs. I learned that the core of a Sun-Moon dance is the same no matter where you dance but there can be, and are, a lot of differences depending on the chief.

You get shaken out of your crystalized ideas of what is the 'right' way to do a dance, and that is a good thing. Sometimes it's a pleasant experience and sometimes it isn't but it's always valuable if you give yourself the gift of time. There are some principle ideas that I think are very very important, like the opening ceremony we do, the reverence with which we enter and leave the arbor, the way dancers are protected from any interference or distractions. The energy with which we approach the arbor and the dancers is surly felt by all and can deeply affect each person. There should be the highest integrity possible from everyone who is there.

My first dance was with a chief who in most eyes would have been considered 'strict' or 'tough' but who suited me to a T. I wanted and needed to be pushed beyond my limits on every level and it was a totally amazing first dance. My second one was in another country and another language and there was a lot of 'love' given to the dancers in the form of breaks from the heat, and concern showered on us verbally by the chief. I thought I would lose my mind because, you see, ..... I had already formed an idea of what a dance was supposed to be like! I still laugh about it, and in looking back am so very grateful for the lessons learned.

It's like that every single time. There is almost always something or someone who 'bothers' us in a dance but it's really just our own stuff that is bothering us and this is what we learn over and over in the preciousness of the dance, .... how to let go of that stuff and to just be in the Divine.

When you dance only in one place, you can get comfortable in knowing what will happen – how things will go and what you can expect based on past experiences and that might not help you to grow in the way the Sun-Moon dance is intended to help us grow. The Dance is a divine experience and it's a good thing to seek out the divine in other dances and other places.

In this article I have talked about the Sun-Moon dance, but the points I make are equally applicable to the other two ceremonial dances that Joseph Rael, Beautiful Painted Arrow, has given to us, the Long Dance and the Drum Dance.



**Note from the editor:** Jane Innmon collates the annual **Dance Schedule**, and the list for 2020 is now available. Listed are the dates for the three Vision Dances of Beautiful Painted Arrow, Joseph Rael, mentioned above, that are planned to take place this year. Contact details for the organizers are included.

If you are interested in attending dances, as a dancer or a crew member, and wish to receive the schedule, contact Jane via: [peoplegardener@gmail.com](mailto:peoplegardener@gmail.com).

Countries where dances are listed to be held include Brazil, Bolivia, Croatia, Australia, South Africa, Scotland, Germany and the United States of America. In the US there are listed dances in Colorado, Pennsylvania, Tennessee, New York State, West Virginia, Virginia, Arizona, South Carolina and California.





## ***Tell Them (About Adam, Elves and Space)***

**recollections of moments with Joseph and Carolyn in 2019 from Stella Longland**

Once upon a time, in a mystery school that I attended, Joseph instructed us all to “look for spirited answers”. In May 2019 I was able to experience first-hand the master at work and, during our conversation, when he addressed me, he often began with “Tell them .....”, so, I do my best to tell you now.

Before the Pagosa Dance, he had talked to Geraldine and he had referenced the familiar Apple story, not the I-phone story, not that one. The story, set in the Garden of Eden, of eating the fruit of the Tree of the knowledge of good and evil, a very old story. He spoke of ‘the Adam event’ and then he talked about Adam’s sin. Adam’s sin? Surely Eve was responsible?

But from what Joseph said, as I understand it, Adam’s sin was that he went along with Eve’s suggestion to eat the fruit, in doing so he gave away his personal responsibility and, as a result, lost his connection to greatness. Sin = a moment’s diversion from seeking Highest Potential.

When I spent time with Joseph and Carolyn, he returned to this topic, and he again mentioned the ‘Adam event’. I couldn’t help giggling because, as a woman, it was so tickling to hear that Adam, with no wriggle room, was entirely responsible for his own downfall! We all laughed, weakening the foundations of a too-long held and unhelpful interpretation of a metaphor.

Joseph and Carolyn showed me a big painting they had recently purchased, by another artist from Picuris. It depicted the landscape of the Picuris creation myth. He pointed out the various elements to me, the arrival of the Kachinas, with their transformation into the Blue-stone people also included in the picture, the Mountain of the annual race and other details including the mountain spring, cascading down, bringing streams of pure water to the Pueblo. They had not yet decided where it should be hung and, propped up against the wall, it was standing on the floor. As the viewer, I was standing high up a hillside at the source of the spring which, pouring out of the bottom edge of the picture, was sending the water tumbling down into the valley. If you can imagine that, it was like falling into a scene from above but from below! The painting played with Time and disorientated Space.

He talked about the present problems of our time, especially the plight of refugees. Speaking about how there is no empty land anymore for displaced people to move to, he said: “Tell them that it won’t be long before people go to live on the Moon and on Mars.” He continued: “But, the Elves need to go there first. You know what an Elf is?” I wasn’t sure, but I said, tentatively, that I did. He told me that when the Old People were thinking of moving to a new place, they would ask the Elf energies to go there first to prepare the land. He said that once an Elf had come to him and asked permission to go to another place. Being who he is, Joseph told me: “I answered in the Native American way, I said Yes.”

When I got home, I remembered the story of Joseph’s childhood encounter with Elf Boy and reread it\*\*. I recalled that in Iceland they still honour and communicate with Elves and I read up on that tradition, finding news stories such as: *Road Project in Iceland held up by hidden Elves*. I also chanted the word ‘Elf’. It is composed of E / -eh: placement, and L: light (two sounds that make EL: the light in placement), and finally, F which, at that chanting moment, was the vibration of breathing out. Then a meditation vision came to my memory of a Nature World that lies behind the world of Nature that we experience. A fabulous semi-transparent landscape of vertical drops into a bright blue sky and vertical cliff walls with luminous plants and great trees growing on them, all illuminated by an especially clear and coolly brilliant, shining crystal light. That would be the realm of Elves!

Feeling that I knew more about Elf-ness than I had previously realized, I concluded that Elf Beings are transparent light Beings that support placement on its journey in form. Close to the Sound Peace Chamber in my garden, there is a standing stone. At 2’ 6” tall, it is the largest stone that we found when digging the hole for the foundations. I made an altar on it for the Elf of the Place and, when I pass by, I speak to the Elf and doing that strengthens my connection to the invisible worlds.

At one point, Joseph said: "Tell them that there is no more privacy. Accept it!" He tapped the left-hand side of his chest and said: "You know, that watch in pocket?" I did not know what he meant, and I looked to Carolyn for help. She said: "He means the mobile phone." There was a double meaning in that use of the word 'watch'.

No more privacy is hard for me to accept, and, looking for a way out of a tight spot, I console myself with this: he did not say there are no more secrets! He did not say there is no more mystery!

There is a post-script to my visit: I was sitting in La Plata airport, waiting for my flight home, when I saw two boys sitting at the video game machines in the corner of the coffee bar. They were intent upon the screens, hardly looking up when their Dad came to check on them. Whatever worries, being a Grandmother, I might have had previously about the consequences of their 'obsession', after my time with Joseph, I just thought: "Well, they are in training for space travel."

Thank you so much, Joseph and Carolyn, for so much kindness and so much inspiration.

\*\*\*\*\*

\*\*The story of Elf Boy can be found in *House of Shattering Light* (p.33-37)



text with  
horizontal arrow:  
'Building blocks for all Life'

text with  
vertical arrows:  
**'Invisible**  
of Crystall  
of awareness  
of matter  
**Realities'**

'Story Tellers say that  
Ancient ancestors traveled through time looking for  
new places to Live and were known as  
"Those that fly like blowing wind."

(copyright 2009 © Joseph Rael)  
from *Sound, native teachings and visionary art*, (p.113)



## **Earth Changes, Trauma and the Vast Self**

### **Introducing a New Dance Ceremony, Rick Cotroneo**

We are sitting in a circle around Joseph on the Drum Dance field in Pennsylvania. I think the year is 1988. He holds up his open hand and says, "Listen closely". He taps the earth with his open hand. Once, twice, then a few times in quick succession. He says, "Did you hear that?" He goes on, "Na. Na. If you listen closely, when you pat the earth with your hand you hear the sound Na. That's the sound of the earth. Now take your hand and pat your chest. What do you hear? It's the same sound – the sound of Na. It's the same. Listen for yourself". With this teaching, we begin to glimpse the intimate connection between us, as humans, and the earth.

I am holding four concepts in my heart: 1) each day we are witnessing earth changes that may be taking us to the edge of ecological disaster. The situation is serious. Some say we could be approaching "end times". 2) As a chamber caretaker, I hold sacred space for people who are concerned about the earth. They are earth stewards who are witnessing what is happening. Folks are experiencing trauma around the fires, the floods, the loss of rain forest, and the list goes on. 3) What is my vision for the future of humanity? How does that vision relate to the earth, to space, to the cosmos? 4) We are the Vast Self. We do not exist as we think we exist. It is time to step beyond perceptual reality into the truth of our nature as the Vast Self.

As chamber caretakers, I feel we have an important role ministering to people who are experiencing trauma around earth changes. As spiritual centers, our most important role is to help people experience themselves as the Vast Self, beyond perceptual reality. As humans living at this time, we have to find the balance between speaking out about the crisis we are witnessing with global change while staying centered in a positive vision of the future for humanity.

With all this in our hearts, the House of Mica Peace Chamber is stepping up to follow guidance that Joseph offered to us two years ago. We are offering a new ceremony called ***Dance of the Cosmic Dreamer***. This ceremony is about remembering that we come from the stars and planting new seeds for our eventual peaceful return to the stars. It is about remembering the importance of being earth stewards and taking care of each other here and now. It's about waking from the dream of perceptual reality into awareness of ourselves as the Vast Self.

The dance will be held in Abiquiu, New Mexico on sacred land referred to as the Plaza Blanco or the White Place. It is a very special ancient site with a living presence. The dance will be held on April 24-26. For more information, visit <http://www.houseofmica.org/cosmic-dreamer-dance.html> or email us at [homica@nycap.rr.com](mailto:homica@nycap.rr.com).

P.S. On that same Pennsylvania Drum Dance field in 1988, Joseph encouraged us to complete a full round of any dance we took up. That's 4 years of Sun-Moon Dancing, or if you do four rounds, it's 16 years. We encourage folks to keep dancing Joseph's Sun-Moon, Drum and Long Dances. If you feel inspired to do this dance as well, cool, but please keep dancing your dance.



## **Now We Go to Ten**

**from *Way of Inspiration in Sound, Native Teachings and Visionary Art* by Joseph Rael p.190**

### **Tehn ku teh - 10 - Completion ~**

Now we go to ten and ten is to stop. *Tehn-ku-teh*. *Teh* is completion, stopping. *Teh* is "amen". *Teh* means to stop. *Ku* means 'it is enough', completion.. And that means the energy stops, because to stop is also holy. And we go back to the one.

Movement is holy, and to stop is also holy.

One-two-three-four-five-six-seven-eight-nine-ten. This process is going fast:  
onetwothreefourfivesixseveneightnineten. In one moment, it has happened, but we have to go through all those

seeds in perpetual reality. That is why life is so valuable here, because we have the powers of endowment that we have. We have *weh-mu, weh-seh, pah-chu, Wiii, pah-nu, mah-tschlay, cho-oh, wheh-leh, whiii, tehn-ku-teh*, which we don't have if we are not life in a form.

The purpose of human beings is to manifest. That is why we come into material form. Through manifesting we push things upward. That is why we have hands.

We are given life. We can't make life. We can't generate life. We can use life because we are manifesters, but first we have to receive it. Otherwise we can't make something out of it.

We have the power to destroy life, but we can't make it. I don't think we've gotten that straight; not at the really deep levels. We haven't really understood the reverence for life. We don't even know what reverence is. Too many things get in the way of a reverence for life: pride, jealousy, attachment, anger, mental obscuration (lying), greed, gluttony .... We have to remember that life is precious and we cannot create it.

We are not God. We are but God's echo: *iii-toh-che-loh*.

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**Footnote:** you can find mp3s of Joseph Rael pronouncing the names of the numbers in *Tiwa* and other mp3s of his teachings by going to [https://www.josephrael.org/?page\\_id=243](https://www.josephrael.org/?page_id=243)



### **NEXT ISSUE** *Seeds of Peace Issue 17,*

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If you feel inspired to contribute an article, please email submissions before April 5<sup>th</sup>

to [stellalongland@btinternet.com](mailto:stellalongland@btinternet.com) or [marinabudimir61@gmail.com](mailto:marinabudimir61@gmail.com)

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You can also apply to join her closed Facebook group, dedicated to the Beautiful Painted Arrow Dances and related work, via the same email address.

