

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

**S
e
e
d
s
o
f
P
e
a
c
e**

**'To give
is
to receive.'**

Issue 21: May 2021

quarterly newsletter

contents

Candles for the Four Directions cover photo from the Cave of Clay from Stella Longland.

The Teachings of Benito Rael and Carla Jo Rael-Robinson

recalled by Lukas Budimir. p.3

On Manuscripts of Musical Scores

a request from a reader. p.5

Greetings and Blessings for Images of Healing!

from David R. Kopacz co-author of books with Joseph Rael. p.6

Report on the Dance Community Zoom Meetings

a brief synopsis from editor Stella Longland. p.7

Advancements in Technology

from two friends talking. p.7

Sharing Joseph's Visions

from Lindsley Field. p.8

Celebrating Ula Rae Mynatt, One of Our Elder Elders

from Steve City of the Center For Peace Community. p.9

To Give is to Receive

from *House of Shattering Light: Life as an American Indian Mystic* by Joseph Rael. p.9

Stories from the Planting of the Visions of Beautiful Painted Arrow in Europe

recalled by Lisa Malin from Austria. p.10

Little Flames of Life Chamber History and New Date for the Opening Ceremony

from the Caretakers. p.13

The Changing Forms of the Long Dance

put together from various sources by Stella Longland. p.15

A Message from Mysterious Circles

as previous. p.18

Become a Granule of Sand

a recommendation before chanting from Grandfather Joseph. p.18

Receiving and Giving

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael. p.19



'Up and down are a metaphor for receiving something and giving back oneself. That is what is going on with ascending and descending light: giving and receiving at the same time. So what we have here is a new vibration given to the Earth. The Earth is a symbol of the Infinite Self, the Vast Self; that is what the soil is. And the grass is ancientness.'

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.30)



The Teachings of Benito Rael and Carla Jo Rael-Robinson

recalled by Lukas Budimir (formerly Lukas Weber)

I met Benito and his daughter Carla Jo in New Mexico at the first Sun Moon Dance in 1993, a new ceremony for all races, received in vision and led by First Chief Joseph Rael, Beautiful Painted Arrow. They were the drum team together with Steven, Joseph Rael's son. After the dance, in the evening, we sat around the drum and they taught us the songs. It got pretty late, we were pretty playful, and we were pretty loud. During a break we heard someone shouting from the camp and we figured that we had to keep the sound down. The next morning the same person asked us "Why did you stop singing?" "We thought people wanted to sleep" we said. "Oh no, no, we wanted you to continue singing!" he replied. The following year, Tayo, elder brother of Joseph and Benito, also joined the drum team adding his beautiful and very touching songs.



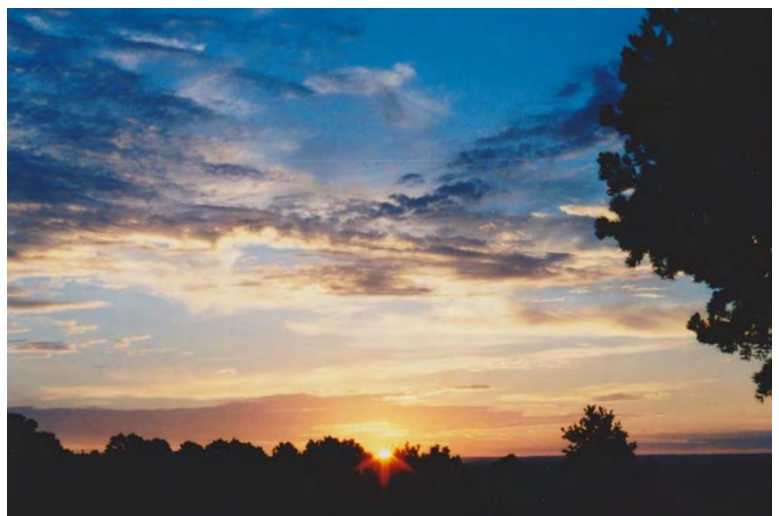
left to right: Benito, Carla Jo, Joseph, Tayo



left to right: Benito, Carla Jo, Tayo

New Mexico Sun Moon Dance 1995 or 1996

The songs directly touched my heart and so did Benito and Carla Jo. Meeting them and the songs felt like coming home. Being in the center and in the universe at the same time. Every cell of my body sucked them up and stored them. Trying to remember them with my rational mind is almost impossible; I remember Benito telling me that they are Spirit Songs, they are singing you, they come through you, they are vibrations, energy. The songs, or chants, honor certain beings, certain aspects of our life. I also came to realize that they express love for life, they represent moving energy and support you, when you are dancing, in finding your own power - sometimes you need steadiness to achieve something, sometimes you need to be lifted up, to become lighter in order to get going, and sometimes you just need to enjoy the moment and the songs help you to find what you need.



during the Dance, a special song, called the Sunrise Chant, is sung each day at dawn and the photo above is of a New Mexico sunrise.

As the Sun Moon Dance spread to different locations, Benito and Carla Jo accompanied Chief Joseph to Europe to teach and support the development of the Dance, the first being held in Germany in 1995. After Joseph's semi-retirement in 1998, they continued to travel to Europe, coming to Assisi in Italy to the Sun Moon Dance and holding several drum and singing workshops in Germany. In 1999 they brought the Sun Moon Dance to the UK with Benito Rael as Chief.



at the Sun Moon Dance in Germany 1996

They taught us:

'Place yourself in a still quiet pure place within yourself before preparing to chant or sing any song of the Spirit, especially in ceremony. For example, you can do this by chanting the vowels in your head or out loud, depending on the situation or silence requirements for the ceremony.

Before beginning, take a few extra large breathes by inhaling through your nose and exhaling through your mouth. This will clear any blocks you have and make you more receptive to the vibration coming through your body. This is very important for the support and energy the dancers and yourself may need.'

(text from the workshop material)

Here I would add that it is important not to stand in your own way, to put your personal issues to the side and be present in the moment.



blessings for the youngest Sun Moon Dance participant: Lukas' daughter, 4 months old, Assisi, Italy 1998

I once asked Benito how to make a drumstick. He told me he would use what he had and that the head of the drumstick he was holding used to be a working glove, that he had cut off the thumb to make the tip. He also said he had cut some rosebushes and stored the branches under his porch as that wood is very durable and flexible for the stick after it has dried for a year. "But this stick looks different Benito" I said. "Yeah, I wrecked a badminton bat, but it had a really nice handle, and the fiberglass is so strong and flexible. In the end, it just has to work for what it's needed."

These teachings were all new to me. Benito and Carla Jo put me in a new relationship with myself through their good example. Always going with the flow of energy in the moment of time, creating it and letting it flow in a certain direction where it was needed.



*One song we learned is about the power of the Buffalo.
Above is the European relative, called the Wisent, taken in the winter of 2020-2021.*

Text and photographs by Lukas Budimir, Germany.

Note: I sent this article in paper form to Benito and his wife for approval to publish it in this newsletter, which they kindly gave.



On Manuscripts of Musical Scores

a reader's feedback from Issue 20



'Thank you for Seeds of Peace, Marina,

Does anyone here know if 'Sound' or any of the other books, contain Joseph's music manuscripts for chanting?'

We replied:

'The two chants printed in issue 20 are the only manuscripts of Joseph Chants that we, personally, have ever seen! But maybe some more will come to light now.....'

So if anyone has, or knows of further musical scores, of Joseph's chants and songs,

please email Marina: marinabudimir@gmail.com



Greetings and Blessings for Images of Healing!

from David R. Kopacz co-author of books with Joseph Rael

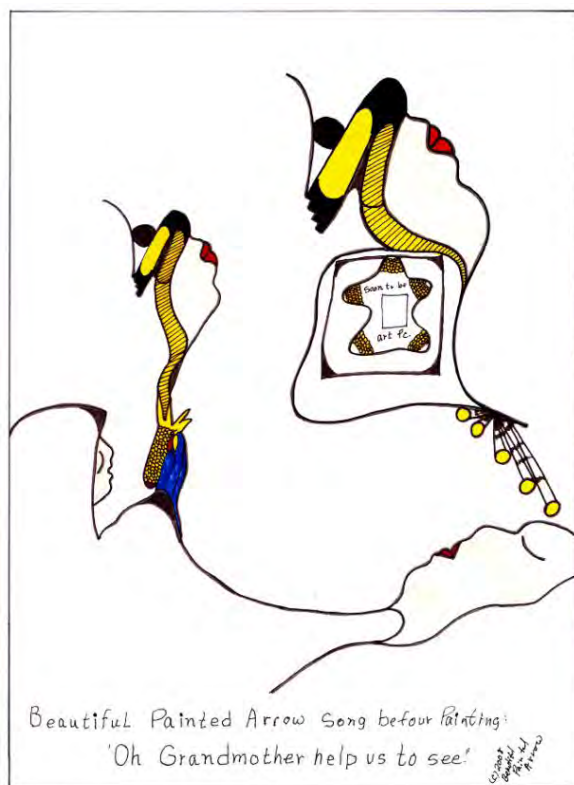
Joseph and I are continuing to work away on various writing projects. We are working on two children's books: *Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons* (for kids of ages 10-100) and *A Bowl Full of Ideas for Inventive Minds* (a younger kids book with how to count 1 - 10 in *Tiwa*).

We are also beginning to work on projects on the healing power of art. We are thinking of possibly two books, the first – something like Alex Grey's *Sacred Mirrors* – a large art book like that featuring just Joseph's work. The second, a book that traces art & healing through the ages, including Joseph's work as well as that of other artists. Both of these books will be full of art images!

We have a large archive of Joseph's artworks, both published & unpublished, but we know that Joseph is very generous with his work and that the majority of it is circulating out in the world.

To that end, we are putting out an invitation: If you have an artwork from Joseph that you do not think has been published (my blog has a list of published paintings: [The Art of Joseph Rael \(Beautiful Painted Arrow\) – Being Fully Human](#)) and if you feel comfortable sharing that with the world, please take a photo of it and send it to David Kopacz at davidkopacz369@gmail.com. For now, a phone photo is sufficient, we can then take a look through those lower quality photos and see if we would like to ask for a higher resolution image. We can talk about that process later and we would be happy to cover the cost of getting a high-resolution digital image of any of the artwork for the upcoming two books. If you know someone who has an unpublished artwork, but who might not regularly read the newsletter, please pass this invitation on to them. Please feel free to ask if you have any questions, just send an email to davidkopacz369@gmail.com.

May you find images of healing in these challenging times, David Kopacz



soon to be art Pc.

Beautiful Painted Arrow song before Painting
'Oh Grandmother help us to see!'

(copyright 2008 © Joseph Rael)

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.65)



Report on the Dance Community Zoom Meetings

a brief synopsis from editor Stella Longland

In January 2021 our Vision Dance Guardian, Geraldine Rael, eldest daughter, to coincide with the launch of her Dance website, <https://www.geraldinerael.com> and with the task her Father gave to her in 2018 in mind, initiated a series of Zoom meetings to discuss ways in which the Dance Community can introduce her Father's Dance Ceremonies to a wider audience.

Her website is the first where the Dances have a dedicated online presence, and Geraldine feels that the time is right to embrace the current trends in communication so that more and more people may find help and healing through connecting to the Beautiful Painted Arrow visions. These current meetings, following her remit from her Father, are focused on the three Dance Ceremonies, the Beautiful Painted Arrow Long Dance, the Drum Dance, and the Sun-Moon Dance.

Helped by Rick Cotroneo, who set up and chaired the meeting, and Jane Innmon, who emailed the information and fielded the replies, the invite to the first Zoom, scheduled for February 6, went out to the current list of Chiefs on the Annual Dance Schedule and others with a known interest. About 40 people sat in on that meeting and the thrill was to put faces to the names that one had known for so long over so many years. That first meeting was much taken up by introductions and that, in itself, was a wonderful lift for the community spirit.

Since then, two further Zooms have been held, March 28 and April 11, attend by 30 to 40 people, and some smaller groups have met on Zoom separately to discuss chosen topics in more detail. Topics for all groups have covered, among others, outreach to the younger generation, holding courses online, the various aspects of social media platforms, discussing resources for on the ground and online funding, etc.

If you would like to attend a Zoom meeting, email Geraldine Rael, geraldinerael382@gmail.com

Send contributions (photos or short testimonies) to the website to Coco Bastein, cocosolofficial@gmail.com

If you would like to write a related article for this newsletter, email Marina Budimir, marinabudimir@gmail.com



Advancements in Technology (Comedy Spot)

from Two Friends Talking

Two friends were discussing the benefits of modern technology when one of them wowed the other by showing them the fabulous I-pad version of the book *Sound, Native Teachings and Visionary Art*, by their favourite mystic, Joseph Rael. There followed an animated discussion of the differences between electronic books and paper books.

The one who owned the I-pad compared the difference to what had happened when books went from being hand-written on calf skin to being machine-printed on paper.

The less savvy one exclaimed:

Imagine if you presented a paper book to a Stone Age Ancestor.

Quick as a flash, the smart one replied:

They would say: "What a great firelighter!"

The two friends laughed a lot. Then they wondered:

But what would a Stone Age Ancestor make of an I-pad.....?



Sharing Joseph's Visions

from Lindsley Field, Long Dance and Drum Dance Chief, and Shamanic Counselor

I have been an active Teacher for some time, organising and running classes in various places. For example, here is a brief description of the weekend workshop that I taught in Bucksport, Maine, assisted by my dear friend Jeannette Micoleau, called *An Introduction to the Teachings of Beautiful Painted Arrow*.

I planned for as much experiential work as possible, knowing that giving those attending exercises, practices, partnerings up, talking stick sharings, and time outdoors would bring them insights and inspirations they would take home. I tried to keep our lecture time brief but potent. We taught about the Medicine Wheel using our knowledge from Joseph's books, giving an overview of the depth and value of the wisdom they contain. I also used audio and TV, so they listened to Beautiful Painted Arrow songs via the digitalized CD's and watched videos of him on YouTube and on the website www.josephrael.org. Choosing fundamental principles and information, I used a flip board with important quotes from Joseph's books. I also chose one of his books to pass around so each person could read aloud a passage pertinent to what was being taught. I taught them *WahMahChi*. We sang and toned together, later partnering up and giving each other a *WahMahChi Bath*, one receiving, one giving. An amazing experience for everyone!

When John and I lived in South Carolina, I was invited to Unity Surfside Church to speak to those interested in learning more about Beautiful Painted Arrow. I would bring his photo, books, CD's, my drum. I was humbled and thrilled so many people came! There were lots of questions and so much enthusiasm. Just before the Pandemic I was scheduled to return to Unity, to give more Beautiful Painted Arrow talks and Open Houses, in preparation for a Long Dance and lodge being built. We still hope one day it will be possible there! They are missing their Long Dances!

Before the current situation, where personal contact is restricted, I had already been active online. For several years, if I was asked to Chief a dance, I would offer group conference calls (recorded). These provided a forum to teach interested people about the dance, answer the myriad of questions and to help build excitement and confidence for the dancers who chose to commit. I also invited veteran dancers to come on the calls and share their experiences. On becoming organiser and Chief of the Birdsong Drum Dance in Pennsylvania, my passion to build community and a forum for those interested continued to develop and I created a private Facebook group: *Birdsong Drum Dancers*. The group has grown in membership and offers a place where the Beautiful Painted Arrow family can share, post photos or art, and comment. Feedback has been nothing but positive. Even if they don't comment, members say they enjoy the inspiration, photos and Teachings shared.

During the Winter of 2020-21, primarily due to the restrictions of the pandemic, I was inspired to offer an 8-session *Journey of Discovery* course via ZOOM. We are using Joseph's new edition of *Being & Vibration: Entering the New World*, and his visionary art cards *The Path of the Red Road*. I have been very moved by the powerful teachings others around the world have been giving this past year that have been extremely affordable. I followed suit, introducing a tuition fee with a sliding scale if that was a hardship. By demand, our sessions grew to 3 hours at a time, the time flies by and we have introduced a tiny break mid-way through each session.

For these sessions I was guided to share what has helped me on my mystic path, and how knowing Joseph, attending Mystery School, loving his perspectives and understandings, and being a dancer has empowered and transformed me and continues to do so. In the meetings, I give 'home explorations', as one of my students calls them, which give practical ways to understand and feel between sessions what we are talking about online. Here are a few examples:

*What is the New Earth and how can we help create it? *We are verbs, ever evolving. *What does Joseph mean by "A true human is a listener"? *We are pure potentiality, what does that mean?

Humbly and joyfully submitted to my Beautiful Painted Arrow Family and **those to come!**

Lindsley Pah Poh, Singing Water Woman, mysticheartdancer@gmail.com



Celebrating Ula Rae Mynatt, One of Our Precious Elder Elders

an appreciation by Steve Citty of the Center for Peace Community in Tennessee



Ula Rea photo from Steve Citty

Ula Rae Mynatt is approaching her 90th birthday. Originally from Tennessee, she is the caretaker for the sound chamber in Cosby, Tennessee. This beautiful small chamber hosts monthly Fire Ceremonies on the 7th of each month as well as other activities.



Cosby Chamber, Grandmother's Place, circa 2009

For the first few years that the SunMoon Dance was held at the Center For Peace, Ula Rae danced. She has also danced the Drum Dance, Long Dance and the Women's Web of Life Dance. She has served as Moon Mother in numerous dances, maybe you have had the opportunity to be with her in these ceremonies. Ula Rae has traveled around the world with several of the dances that have sprung from Joseph's work. Israel, Scotland, and Norway have been on her itinerary along with more that I am not sure of.

I first Met Ula Rae in 1988 at Unity Church. She remains a dear friend and sister to me. I have had the opportunity to be with her in many ceremonial situations and always have found her to be the calm sure voice of love and clarity.

~~~~~

The following is a message from Candy Barbee who is organising the collection of memories for a Big Birthday party for Ula Rae, aka Granny Rae, in September 2021 when she will be 90 years young! The party is to be held in Cosby, Sevier County, where Rae resides, and the Cosby Chamber is also nearby:



"To celebrate Ula Rae and to commemorate her life and contribution, I am compiling **stories** and **photos** by members of the Dance and Peace Sound Chamber community in addition to other groups in her circle of friends, as well as asking people to contribute **"one word"** to describe her! My hope is to compile the stories and photos into a "book" of some sort.

I am looking for stories of when you participated in an event, dance, workshop, fire ceremony or other occasion with Ula Rae. Where you were, the approximate date and what was Rae doing and what were you doing? Were you Dancing, and she was a Moon Mother: or was she dancing, and you were a Dog Soldier? Was there anything in particular that stands out for you at that event? If your heart was touched in some way by Ula Rae, please share your story.

Please send your contributions as soon possible to [candybarbee@gmail.com](mailto:candybarbee@gmail.com) "

Ula Rae at the Arizona Gathering in 2017 photo from Lisa Marie McGrath



## Giving and Receiving

'..... To give is to receive. In order to keep a thing, we have to give it away. When we keep something for too long and don't share it, the soul of the keeper begins to die because there's no movement. There's no emotional, physical, spiritual movement in the psyche of that moment for that person, for that tribe. Tribalism comes with a mandate, and that mandate is to give to the larger whole.

But when we share what we have, we begin to move energy in ourselves, and we begin to grow spiritually.'

**House of Shattering Light: Life as an American Indian Mystic** by Joseph Rael (p.147)



## ***Stories from the Planting of the Visions of Beautiful Painted Arrow in Europe***

**recalled by Lisa Malin from Austria and translated by Lukas Budimir**

Lukas asked Lisa Malin, who organized Joseph Rael's visits in Europe in the late 1980's and the 1990's, if she could share some memories of that time and here is her reply:

Dear Lukas, as promised, I now try to remember about working with Joseph.

In 1987 Franz Krejs, after spending time with Joseph in the US, invited him to come to Austria to give lectures in Vienna \*\*1. The very first Beautiful Painted Arrow dance in Europe, a Long Dance, was also held in the Waldviertel region of northern Lower Austria on that initial visit. It was danced through the night by a stream that froze during the ceremony, a wonderful experience of nature, but very cold.

After that first visit, I organized further trips for Joseph to hold dances in both Austria and Germany. In those years he led Drum Dances and Corn Dances in Vienna and a Drum Dance in the state of Burgenland. With the support of Hilde Kopeisko and organizational help from Maria Drath and Theodoro Klarama, Long Dances took place near Schwalmstadt in Germany. In the same region, Joseph also held healing ceremonies in the City of Marburg \*\*2 and gave lectures at the University there.

Joseph's travels took us to Wasserkoog on the North Sea coast of Germany where he was supported by Sophia Peters and introduced the Drum Dance there. From Wasserkoog, we drove to a healing center in Denmark and later visited various parts of Norway.

In Vienna, the Sound Chamber on the hill of Kahlenberg was inaugurated by Joseph on the Austrian national day in 1990. It is a former monastery area of Catholic hermits. It is also a place of pilgrimage as there is a copy of the Madonna of Czestochowa from Poland in a church nearby, named the Black Madonna because of the colour of her robes.

Joseph ascribed the quality of healing of the earth and the cosmos to this Chamber's sound space as well as the healing of everything that is unborn. The Chamber space contains the black light of the unborn, which the Black Madonna also embodies.

picture from <https://albertinesisters.org/our-lady-of-czestochowa/>



In 1994, we drove to Angerbach, in Lower Bavaria, Germany where Joseph inaugurated the Sound Chamber, '*God Wanders as Light*', built by Monica and Uwe Graf and planted a Corn Dance there. After Joseph's part-retirement, this annual dance was continued by Moni and Uwe Graf and myself. Since that time there have been 22 corn dances held there \*\*3.

Joseph also trained people to lead sweat lodges as a purification lodge is always held before his Dance ceremonies.

*photo of Lisa with Joseph Rael, in 1994, at the blessing of the 'Sound Chamber Taah Laah - which means listening: One Side of God is Singing, the Other is Listening', in Wolfhagen, also in Germany*

When he was in Vienna Joseph stayed in my apartment. There is a nice story: Joseph came to breakfast and said that he had had a special dream of an underground room with many souls in it. He had the task of opening the stone that closed off this space to free those souls and he had accomplished that task in his dream. I had not yet told him



that on that day I planned to take him to the catacombs that lie beneath the city. Underneath St. Stephen's Cathedral, radiating out and extending over a vast area there are vaulted caverns full of the disarticulated skeletons of thousands upon thousands of people. The caverns have been in use for burials since the 14<sup>th</sup> century. We entered the caverns through the entrance at the Cathedral.

All the best, Lisa

**Footnotes:** other articles on Joseph's travels in Austria and Germany from previous newsletters are available on <https://seedsofpeace.news>

**\*\*1** *Expanding the Austrian Connection* (Issue 18).

**\*\*2** *Beautiful Painted Arrow's time in Germany* (Issue 20)

~~~~~

****3** *Corn Dance*, we hope to include something about this little known dance in a future issue.

From the editors: We would like to encourage you to share any stories from these early times. We know that Joseph also travelled to France and the Netherlands in the 80's and 90's. Does anyone have knowledge about these travels? If so, please write to the editors.

Postscript:

As well as the seeding of Dances, Sound Chambers sprang up in many places that Joseph visited.

Here we celebrate the first Sound Space Chamber, as they were often called in Europe then, to be built outside of the US in the region of Styria in Austria in 1988 or 1989. The Chamber was named: *'One Who is Speaking'*



the foundation shape, photo from Doris Dreier



the completed chamber, photo from Doris Dreier



*Franz Krejs, Joseph Rael, Lisa Malin and Doris Dreier
on the roof of the newly finished chamber, photo from Doris Dreier*



Here are some photos of that early crop of Sound Space Chambers in places mentioned in Lisa Malin's article with their initiation date:



'Light from the Heavens', Wasserkoog, Germany 1994



'House of Ancient Voices', Oslo, Norway 1995



Kahlenberg Chamber, Vienna, Austria, 1990



'God Wanders as Light', Gangkofen, Germany, 1994



'Listening', Wolfhagen, 1994



and also built in Germany at that time 'Beautiful Flower', Grossropperhausen

Joseph Rael received the vision of the Sound Chambers in July 1983. In the following months he travelled, looking for the place to build the Chamber. During those months he came to Europe in his search. On his return home, in October, Spirit made it clear that the first Chamber was to be built in his own backyard. The building of that Chamber, in Bernalillo, was completed within a few months.

On his travels he had realized that many people were hungry for direct experience of Spirit and people, like Franz Krejs and Lisa Malin, made it possible for him to come back to Europe to introduce the visions that had been given to him, namely, the Beautiful Painted Arrow Dance ceremonies and the Sound Space Chambers where people sing together to create a grid of peaceful energy over the earth.

for more details see: *House of Shattering Light: Life as an American Indian Mystic* (p.129)

Note from the editors: There are two editions of this book. In *The House of Shattering Light: The Life and Teachings of a Native American Mystic*, printed in 2002, a private limited edition for Joseph's students, and *House of Shattering Light: Life as an American Indian Mystic*, published in 2003 and available from www.millichapbooks.com.

There are differences between the two editions, we usually quote from the 2003 edition, but, as the page numbers relate to the particular edition, the clue to which edition we are quoting from is in the title of the book.



The Story of the Peacechamber “Fii-aa-ooh”, Little Flames of Life

from the caretakers Theodoro Klarama, Michael Gieske and Brigitte Becker



For many years a group of people had been taking care of a piece of land in Denmark near the German border. In 2004 a Peacechamber was built there. The Peacechamber was called “Waa-Loh-Leh-Ney”, *Ancient Wind and House of Singing Light*.

When this land in Denmark was going to be sold - that was in 2012 - the caretakers of a Retreat Center in the North of Germany had the impulse to build a Peacechamber there. Thanks to the blessings of Beautiful Painted Arrow, it came into life as “Fii-aa-ooh”, *Little Flames of Life* and the first caretakers of the Peacechamber were Theodoro Klarama and Ananda and later on Brigitte joined them.

Above: the Denmark Chamber in 2013 photo from Francis Rico

In Autumn 2013 Lukas Budimir (his surname still was Weber then) and Francis Rico from the USA were travelling around in Europe to visit the Peacechambers. At that time the building of “Fii-aa-ooh” already had started. Lukas and Francis brought an Amethyst to each of the ten Peacechambers they visited to strengthen the connection between them and to connect them all with the Source of the Vision. They sent the eleventh one to the visionary, Grandfather Beautiful Painted Arrow, which he gave to the other crystals living in his Peacechamber, *Where God Walks and Talks*, in Colorado. The Ceremonial Blessing of “Fii-aa-ooh” was on the 2nd of November 2014.



Above: the crystal in the unfinished “Fii aa ooh” in 2013 photo from the caretakers

The Retreat Center and its land went through changes in the following years. The plan was for the Retreat Centre to become a holiday house and because of this a new piece of land for “Fii-aa-ooh” was needed.



Luckily in 2020 it was possible to build “Fii-aa-ooh” with a new shape on Michael’s land, which is also in the North of Germany, just a few minutes walk from the Baltic Sea. From his house in wintertime, you can see Her through the trees. The caretakers now are Theodoro Klarama, Michael and Brigitte.

~~~~~

### **Dear Readers of the Newsletter,**

At the last minute, we had to cancel our Ceremonial Blessing of “Fii-aa-ooh”, which was to have taken place on Sunday, February 14<sup>th</sup>, because of the corona pandemic. We hope that this will be possible in May and we have chosen Monday, the 24<sup>th</sup> of May, which is Pentecost. We would like to invite you to be with us by Spirit or physically. We will begin at 10 a.m. our time.

*Left: the new “Fii aa ooh” on Michael’s land, the new home of the crystal, photo from the caretakers*

## Here is a little bit about us caretakers:

### Theodoro Klarama

When Beautiful Painted Arrow became my teacher at the end of the 1980ties, the Dance, I was looking for since I was little, began. This child just wanted to dance. After the first Drum Dance in Vienna, Beautiful Painted Arrow gave me the feedback: "You don't dance. You are Dance. Become a Dancer." So, I became a Dancer and a dance therapist. I have danced the Long-Dance, the Corn-Dance, the Drum-Dance and the Sun-Moon-Dance. Some of them also as first Dances in Germany, Austria, England and Italy. And I was allowed to lead all the Dances in the tradition of Beautiful Painted Arrow and to own Dances, which I received in visions, too.

I once was known as Dorothea. The name Theodoro is one of three names, which I was given by Beautiful Painted Arrow. In the 1990ties in one of his workshops in his Peacechamber he gave me the teaching / the task: "Bring the front to the back and the back to the front in your life and start to do so with your name." So me and my life was keeping on turning.

It is a big gift to be the Peacechamber and to be a caretaker. Lingering in this awareness I also sound in silence; I am a hermit for ten years now. May the little flames of life in the hearts of the human beings never be extinguished. Thanks from my heart, Grandfather Joseph. In spiritual affinity and love.

### Michael

My way with Beautiful Painted Arrow began in the 90ties. I allowed myself to get touched by the sweat lodges and I was guided by Klarama (Light-Shaman). This way I continued to follow and in 2002 I organized the first Sun-Moon-Dance in the South of Denmark. Dance Chief Klarama taught me in this, and later on she also taught me to lead sweat lodges. Over the years, the different Dances in the tradition of Beautiful Painted Arrow followed. About two years ago I took over the caretaking of the Dance-Arbor in the South of Denmark.

The building of the Peacechamber "Waa-Loh-Leh-Ney" was realized on the Shamanic Visionland in Denmark. I was caretaker there. Today once again I am a caretaker of the Peacechamber "Fii-aa-oooh", which is on my piece of land in Westerholz, near Flensburg in the North of Germany.

*Left: photo from the caretakers*

### Brigitte

1998 was the first time that I came to the Dances in the tradition of Beautiful Painted Arrow. Up to 2010 I danced the Drum Dance every year and from 2004 I was with the Sun-Moon-Dances as well, either dancing, drumming or learning to be a Moonmother. I went to dance in Scotland and in Brazil, and all the other Dances I have been dancing with my group here in the North of Germany and with my Dance Chief and Elder Theodoro Klarama.

For some years I was one of the caretakers of "Waa-Loh-Leh-Ney" and I am very happy about taking care of "Fii-aa-oooh" now. What a bliss to have a physical Peacechamber again!

May all beings be well, healthy, happy, and free. To all of you and to all our relations with love, Brigitte

For questions or further information please contact Brigitte Becker, [brigittebecker@gmx.de](mailto:brigittebecker@gmx.de)

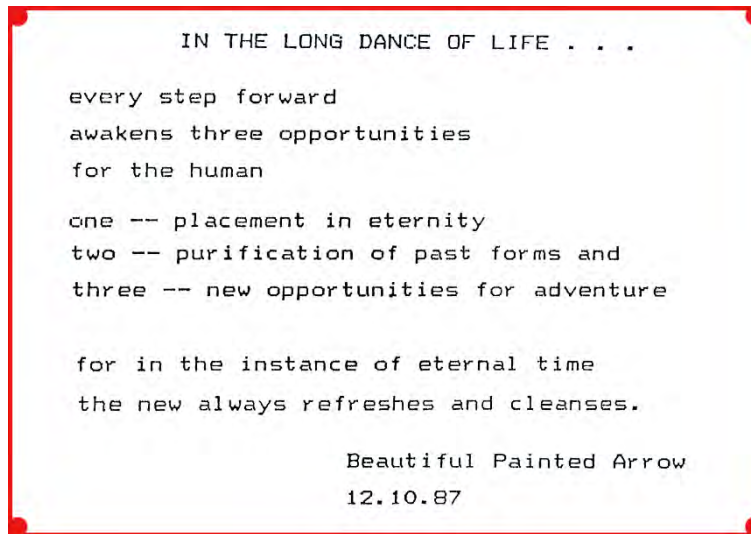




## ***The Changing Forms of the Long Dance***

**put together by Stella Longland from various sources**

Recently a document came to light which gives instructions for holding a Long Dance. This document, dated 1987, contains an oft-used Long Dance quote:



*picture adapted from the 1987 document*

It may have been forgotten where this quote originated, as it is not found in any of Joseph's publications, but now it is established that it does come from the First Chief of the Beautiful Painted Arrow Long Dance, Joseph Rael. A .pdf of the 1987 Long Dance Instructions document can be found on our website, where past newsletters are also available, at <https://seedsofpeace.news/connections-to-the-source/>.

In these instructions, the dance area is within a circle of poles connected by twine on which the medicine shield banners, made by the dancers, are hung. At the centre of the circle there is a larger pole around which the participants dance in a circle. When Joseph brought the Long Dance to the shores of the UK in 1991, changes to the form were introduced, and a fire became the central point. Not a change of the underlying metaphor but an extension, as fire is wood in transformation. By 2008 in Scotland, the area of the dance ground had become a square delineated by 8 posts connected by the banner twine. Within this square, the dancers circled around the central fire and the metaphor was that the fire represented the energy of transformation, the square arbour was the containing form, and the moving circle of dancers was inspiration in action. Outside the square was the black light of potential; in the centre, the white light of things visible; and the dancers embodied the connection between the two. The painting on each banner was of a personal vision that the artist, through the night-time hours of purification, would dance into manifestation.

At the Center for Peace, in Tennessee, there is a long-established form as described in this excerpt from the November 2011 issue of their newsletter, *Peace Talk*:

'The Long Dance takes place inside the Peace Sound Chamber at night, a fertile time to bring forth associations and receive guidance from the subconscious. The dancers begin by moving sunward in a



circle around the chamber as the drummers drum in the sacred center, continuing to drum in one long round throughout the dance. As the beat of the drum reverberates against the walls, the chamber itself becomes a drum, and the dancers' feet the drumbeaters. As the dance continues into the night, the dancers go deeper and deeper into a meditative state, dancing their intentions for the future while reflecting on their past.'

*photo of the Chamber in 2003 taken by Stella Longland*

'The sacred fire that continuously burns outside the chamber during the ceremony is energetically connected to the heart of each dancer. The fire not only transmutes whatever the dancers energetically discard that no longer serves them, but it also transmutes the present moment into the next moment, a split of a split of a split of a second at a time.'

visit the website: <https://www.centerforpeace.us>

In Scotland in 2010, the organisers were unaware of this form but were compelled to dance inside the chamber because of the weather! The floor of The Light House chamber was the grass of the field and the fire was in a brazier in the centre of the dodecahedral space.



*The Light House*



*preparing for the ceremony      photos from Simon Longland*

visit the website page: [www.peacechamber.co.uk/chambers/the-light-house](http://www.peacechamber.co.uk/chambers/the-light-house)

The 1987 instructions describe the Long Dance as being 'done at night because "no-wia" means the night time.' This *Tiwa* word is not to be found in any of Joseph's books but there are records from the 2002 and 2006 Mystery Schools of Teachings that he gave on its meaning, saying that held in the metaphor of 'night time' are 'searching', 'hunting for', and 'calling to find'. The 1987 instructions also contain teachings on the 5 vowels sounds, which, there being no singing or chanting during the Long Dance, are not generally associated with it, but the document reveals that they are active as principal ideas in all the dance ceremonies that come from the visions of Beautiful Painted Arrow, Joseph Rael.

Here is a further Teaching from Beautiful Painted Arrow about the Long Dance:

'.... the long dance is performed at night because the dark spaces between the stars are our origin, our symbol of birth into this life. And as the dancers look into the night sky they know intuitively, through their genetic makeup, that this is true. The black light is how matter and the breath are together in the act of materializing different shades of light (dark to light).

Matter is black light that has been changed into white light so it can be seen as lighted stars or as materialized forms on this planet. The movement part of breath, matter, and movement is the slowing down, the cooling, of the blowing blackness into physical crystallized solids that make up the starry night.'

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.112)

~~~~~

Note from the editors: As well as accessing the 1987 Long Dance Instructions, you can find articles on the Long Dance in past issues of the newsletter at <https://seedspeace.news>:

Seeds of Peace, issue 13: The Long Dance in Arizona

Seeds of Peace, issue 16: The first Long Dance in Portugal

Seeds of Peace, issue 18: A release from lockdown Long Dance in England

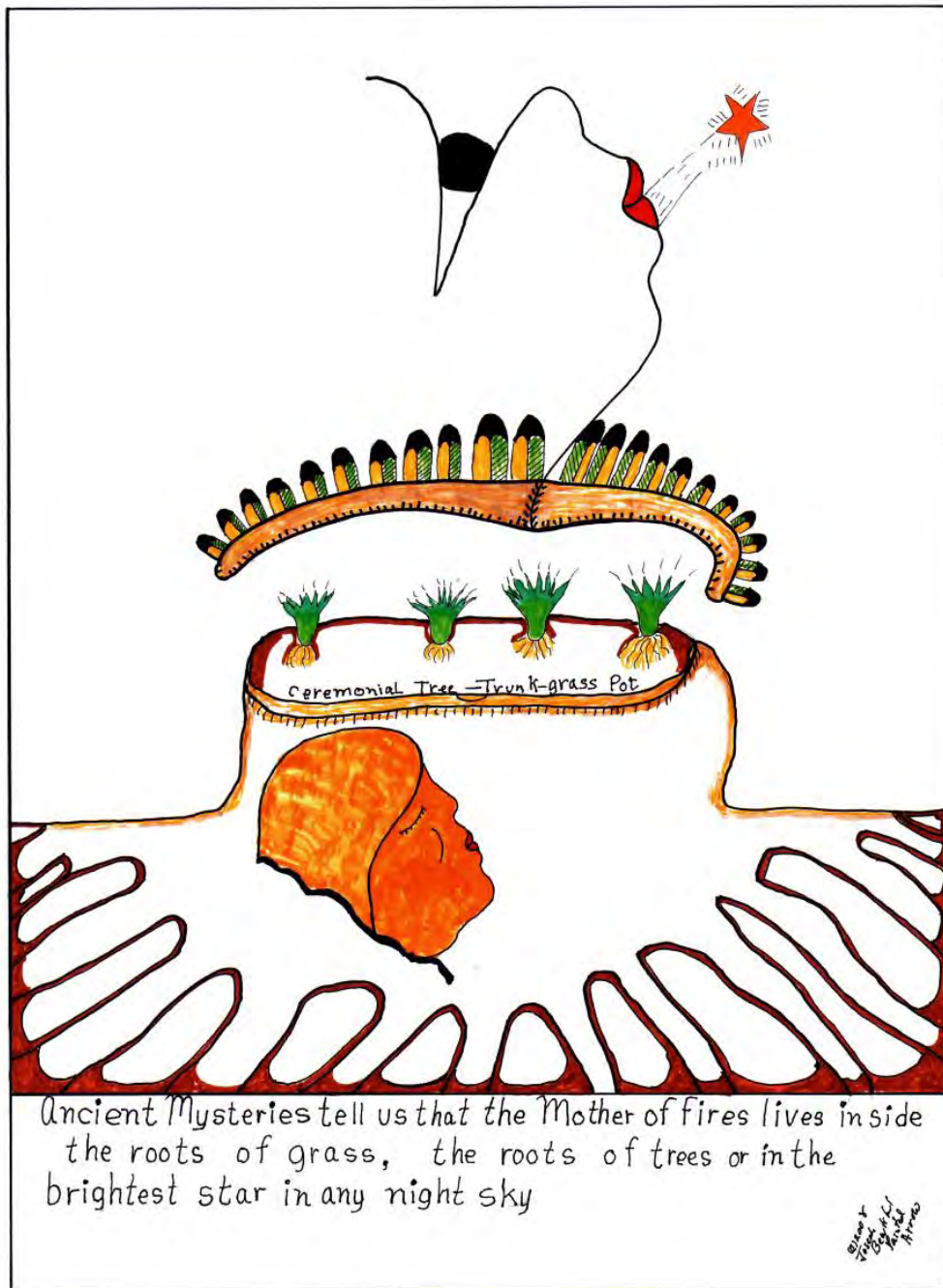
And from the *Selections from Issues 1-9* page: A Long Dance Experience

To share your experiences of the Long Dance, please write to the editors.



Artwork: The Mother of Fires Lives Inside the Roots and Stars

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.69)



(copyright © Joseph Rael)

upper text:

ceremonial Tree-Trunk-grass Pot

lower text:

Ancient Mysteries tell us that the Mother of Fire lives inside
the roots of grass, the roots of trees or in the
brightest star in any night sky



A Message from Mysterious Circles

After the Long Dance in Scotland in 2010 circles were visible in the snow that covered the area of the Sun Moon Dance arbour which, as is seen in the photo, was located close by the Light House chamber:



There had been snow and there had been wind from the South West but how the circles came to be there so perfectly formed around the Tree was a mystery. We could not find an explanation, so we sent a copy of the photo to Joseph as we knew that he loves a mystery!

This was his reply:

“Here is my take on what the circles may represent. Now what do I know, right?

There has been more than one Big Bang in the Universe; in fact, there have been many in the past history of the cosmos. The message is that our ancient ancestors are acknowledging us here on Planet Earth, i.e., Mother Earth, because they represent our next of kin.

In 2011 forward in time we will visit other universes going back in time, with loving blessings, Joseph”



Become a Granule of Sand

a recommended preparation before chanting from Grandfather Joseph



“Imagine that you become as small as a granule of sand, then go into a sand granule of the same size as you. Imagine that you, and the sand you are in, get even smaller, becoming microscopic and beyond that.

Imagine that you are a swimming pool full of water that is made of the a-e-i-o-u sounds but looks, feels like water. Walk into it and become the chanting sounds of a-e-i-o-u or the 'om' sound and return to your standard size. Now you are ready to start chanting the sounds.”

Sent in an email from Brenda Sue Whitmire, in March 2004, accompanied by these words:

‘We received this remarkable new vision from Grandfather Joseph with the request that we share it among all the Peace Chambers and everyone who is working with chanting. Please share the following with everyone you know who is working to create World Peace through sound.’



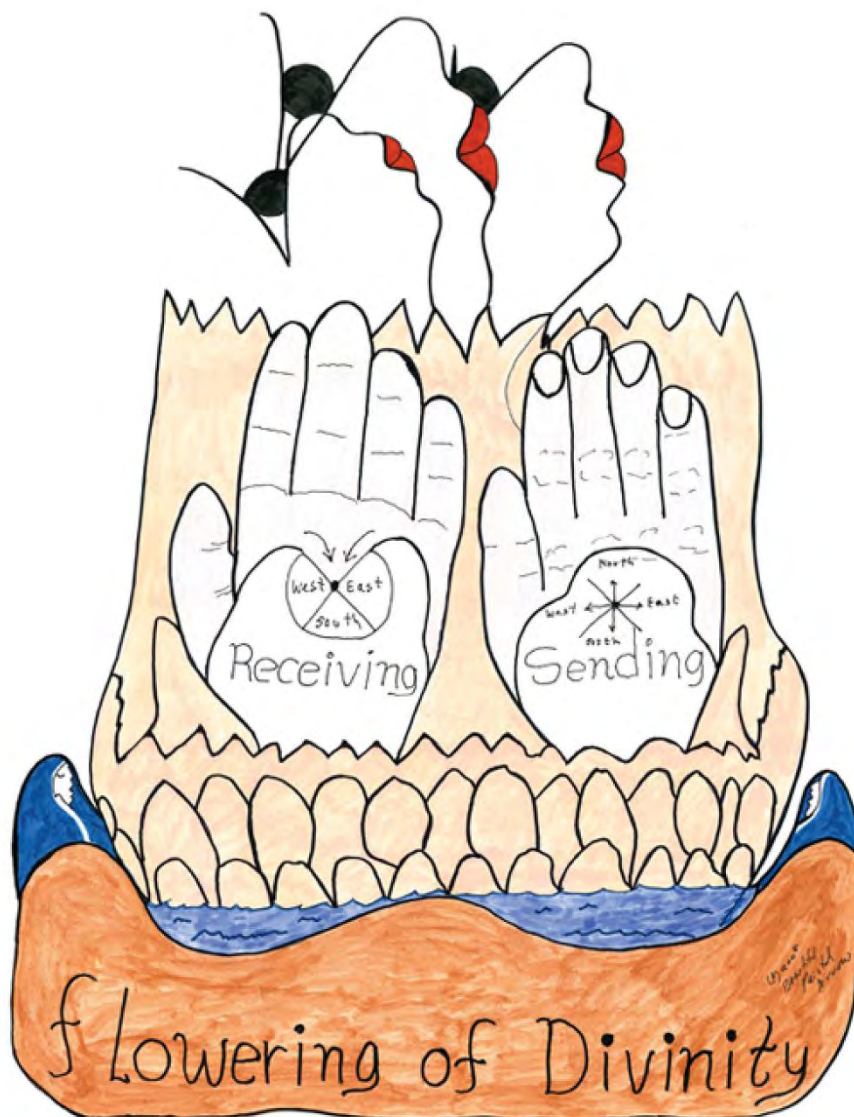
Receiving and Giving

'When anything is occurring, in any moment in time, it is occurring not only to the individual, but it is also occurring to that geography - to that physical geography. What is happening to me is also happening to this place, this continent, this Planet Earth, this galaxy. I am giving and I am receiving energy back from the Earth, and so are we all. We are receiving it, each according to what he needs and translating the energies we are receiving according to what we think is happening right now.'

At the center of our spiral galaxy is a black hole. It is from this black hole in our galaxy that we are given mental, emotional, physical and spiritual consciousness. All two-leggeds are little medicine wheels walking around giving and receiving constantly from birth to death.

We are the seeds. We are the manifesters. We are the presence of God. We are the reverence. We are the blessed ones. We are the sacred, we are the holy ones. We are everything.'

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.177-8)



(copyright 2008 © Joseph Rael)

first sent to the Peace Group in 2008 this artwork can be found
in *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.181)

~~~~~  
A question this artwork poses is: Whose are the hands that the viewer is looking at?



There is a new page on <https://seedsofpeace.news> called **Connections to the Source**.

In addition to the **1987 Long Dance** document mentioned on page 15 of this issue, you can access lists of Joseph's published work in various genres in the following .pdfs:

**Audio Recordings by Beautiful Painted Arrow, Joseph Rael.pdf**

**Published Books by Joseph Rael and his co-authors.pdf**

**Videos and DVDs featuring Joseph Rael, Beautiful Painted Arrow.pdf**

If you see any omissions from or errors in the lists,

please contact the editors on the website email: [editor@seedsofpeace.news](mailto:editor@seedsofpeace.news)

~~~~~

NEXT ISSUE *Seeds of Peace* Issue 22

publication target date: August 5th 2021

please email submissions before July 5th

to stellalongland@btinternet.com or marinabudimir@gmail.com

The subject matter can be wide ranging but should have a palpable connection to Joseph's Teachings.

about submitting articles: Anyone who is studying Joseph's Teachings 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: Stella Longland: *email as above*; Marina Budimir: *email as above*;

Rick Cotroneo: homica@nycap.rr.com; Jane Innmon: peoplegardener@gmail.com;

Tom Bissinger: tomasbiss@gmail.com; Kristen Bissinger: krisbiss601@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, creating an archive for future generations.

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.

copyright notices: Copyrights apply to all the text, images and photographs in this issue of *Seeds of Peace*, both as a publication and also through existing copyrights held by individuals and organisations.

For permission requests and queries contact: stellalongland@btinternet.com

website addresses: Millichap Books: www.millichapbooks.com and their Joseph Rael pages: www.josephrael.org. More about the manifestations of Beautiful Painted Arrow's Sound Peace Chambers on: www.peacechamber.co.uk and the three Beautiful Painted Arrow Vision Dances at: <https://www.geraldinerael.com>

To entice readers and writers to contribute to the newsletter,

here is a list of ongoing topics which people can contribute at any time they feel inspired!

Some feature in this issue, such as,

Features on individuals who have greatly contributed to the spread of Joseph's Visions. Memories of and Teachings given in seminars, lectures, mystery schools and other events. The seeding of Sound Peace Chambers. Current events and developments. Taking the Visions forwards. And the comedy spot.

And others which are always of interest, such as,

Chanting practices, Chamber updates, and all aspects of chamber keeping. The history of Joseph's travels in the US and abroad. The paths of the 3 Vision Dance ceremonies and all aspects of their continuing manifestations. Requests, news of events, and original works inspired by the Visions of Beautiful Painted Arrow.

In the next issue we would particularly like to print an article on the Corn Dance, which Joseph introduced in many places, but which is rarely danced today.

A date, a few sentences, or a full-blown article, all contributions are welcome.

