

Seeds of Peace

**from the Visions
of Beautiful
Painted
Arrow,
Joseph
Rael**

**‘become
the living,
beating
heart
of peace.
A-Ho!’**

contents

Dawn Sky, cover photo from Stella Longland

My Gratitude

from Debby Diserens, Sun Moon Dance Chief, West Virginia p.3

Tributes to Andrew Macdonald

from friends around the World p.6

Chamber and Chanting Ceremonies for Peace in 2022

group actions from Sound Peace Chambers Worldwide p.10

The Purpose of Sound Chambers for Peace

from the words of Joseph Rael p.12

Stories of Thundersong Chamber, Gold Hill, Colorado, part 2

related by storyteller Jeff Combelic p.14

How to Draw an Oval

from *Chamber Notes 1998* edited by Brenda Sue Whitmire p.15

An Event in a Bookshop

from Martha Boose p.16

Electromagnetics and the Sun Moon Dance

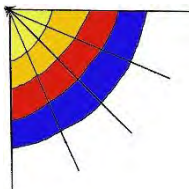
from Donnalee Forbes p.18

Some Handy Advice

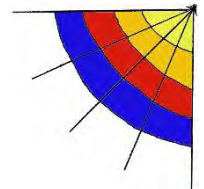
a bit of serious fun from Lukas Budimir p.20

In Memory of Sammye Jo Harvey

from the Center for Peace in the USA and from Nick Hurn in the UK p.20



* * * * *



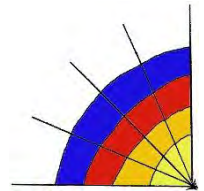
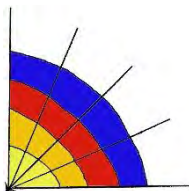
'I send a blessing to each one of you who has been called to create a Sound Chamber and to everyone who lights a fire in the Sound Chamber on the 7th of each month. I send a blessing to the Dancers, to the Drummers, and to everyone who chants in a Sound Chamber and who comes together in community.

I give this book, *being & vibration: entering the new world*, as a blessing to each of you who read it. May we enter the new circle of light, the New World, together and become the living, beating heart of peace.

A -Ho!

JOSEPH RAEL June 2, 2015'

* * * * *



cover text context from *Being and Vibration: Entering the New World*, by Joseph Rael (from the page of acknowledgements)

My Gratitude to Joseph Rael, Beautiful Painted Arrow

from Debby Diserens, Sun Moon Dance Chief, West Virginia

When Desmond Tutu died recently, I sent a message of condolence to a high school friend of mine who, I had learned at our 50th reunion, considered him one of her life teachers and had had the good fortune to get to know him personally. When she responded to my message, she shared with me one of his favorite prayers:

“Dear God, please disturb me when I think I’m doing a good job.”

In considering my gratitude for Joseph Rael as a teacher, I have realized that much of his teaching that I feel grateful for is for moments that are as if I had said that prayer to him and he were responding. My response in the teaching moments being mostly, “Ouch!” He has always zeroed right in on the exact words to deflate my pride. I remain grateful across time for these painful spiritual pinches ... and the gratitude doesn’t fade, but rather returns again and again when I fall again into my misguided ruts.

When I say “misguided ruts” I am referring primarily to habits of thought I learned from my mother, whom I loved dearly and am not criticizing here, but my point is the ruts were deep. My mother was a scientist (chemist) and I have noted over the years that Joseph’s pinches have come most often when I have stubbornly persisted in patterns of thought that seem to me logical in a clearcut way. My mother did not tolerate well in my thoughts what seemed to her less than universally generalizable ideas. She was uneasy with my fantasies and the images available only to my mind’s eye.

I wondered through most of my early education why I didn’t seem to “get” literature the way that most of my classmates did. It took well into my adulthood before I got that it was the scientist mother in me that could not enjoy my nightmares or appreciate the metaphor in them.

Spending time in the Peace Chamber in Philadelphia in the 1980s with Joseph during those years when we were so lucky that he lived here nearby in the Philadelphia area and was willing to share the stories of his childhood with us, including Magpietail Boy and his wife, Yellow Corn Woman, a story which included descriptions of the tossing of body parts back and forth across the tribal kiva, a much scarier image than even the witch who lived under the bed in my childhood dreams. And then the discussions guided by Joseph where we as a group explored the metaphors in the stories and I could drink in the guidance of this gentle, wise teacher about how to listen to others speak their meaning of the pictures in their minds that came to them when we chanted and I could witness the racket of self-doubt inside my mind’s sound chamber, as I wondered why all I saw was a polar bear rising up through water and had no idea what it meant even to me, except for the treasured meanings that would come days later after we’d been together.

So it was in these gatherings that we each received years of psychoanalysis and that doors of college-level literature appreciation opened. I had never had a teacher like him before and haven’t had one since. And over the years the “Ouch!” lessons have continued to come. During my first Sun Moon Dance I had a big one. It was Saturday morning and I felt like I was at the Sun Moon Dance spa, loving every step of dancing, feeling joyful. Joseph began abruptly cutting off the drums and chanting, expecting us to stop suddenly too, to receive the teaching of “where was my attention just then?” He cut the sounds off again and again and each time afterward told all of us dancers: “No you’re doing it wrong!” Each time he did it again, I thought I was savvy to where he was going. In previous years I had participated in a Fourth Way Group and their Stop exercises, which included the teaching of learning to notice exactly where you were when someone shouted “Stop.” This included stopping in the precise moment stop was shouted, even if you were halfway down a ladder, the point was to stop instantly and accept the subsequent fall from your foot missing the next rung. Smarty-pants me, I thought I understood why Joseph told us we were doing it wrong, and in the next round of dancing when the drums stopped, I stopped instantly mid-air mid-dance step, and fell right to the ground. Next thing I knew I was being carried out of the arbor in a white sheet. One of my carriers told me that these were the instructions; if a person touched the ground their

dance was finished. Well, I was, as they say, mad as a wet hen. Here I was at my first Sun Moon Dance, having spent all that money for the dance and on the airfare, and I was taken out without the chance to experience the whole thing. After preparing for weeks and months, no one had told ME the rule about touching the ground!

“Dear God, please disturb me when I think I’m doing a good job.”

Acceptance, that’s what I was forced to learn, Thank you teacher.

During the years Joseph lived in the Philadelphia area I had a work exchange arrangement with him wherein I could attend his classes at the Sound Chamber for the give-away of doing various jobs for him. These jobs included typing (I had the learning opportunity of typing the manuscript of his first book, *Beautiful Painted Arrow: Stories and Teachings from the Native American Tradition*), another job was telephoning.

One of my jobs was to call everyone, on the list of those interested in attending his classes in the Chamber, to let them know the time and date of the next class. Time after time those I called, simply because I was making phone calls for Joseph, mistakenly thought I knew things that I knew nothing about, questions like: “What is the right way to care for a drum? or “I saw a Butterfly, what is the meaning for me?” So I received the teaching of the nature the questions that Joseph’s students have, and I have remembered the answers that he gave them.

Another scrap of memory has just come up. One time, at the end of one of the classes in the Sound Chamber, Joseph announced to the group that he was having a workday at his house the following weekend. I went. He had cut down a lot of brush and the work he wanted done was the cutting up and moving of the brush over to a place where he wanted to build a fire. When the brush had been all cut up and mostly moved, I busied myself with picking up all the remaining small pieces, thinking I was doing good, protecting the blades of the lawnmower. Joseph walked by me and uttered under his breath, “You don’t have to be perfect.” “Ouch!”

And now another memory comes back, I was sitting on a log by the sweat lodge fire at Birdsong, Joseph came and sat on the other end of the log. We sat watching the fire and at one point he turned and said to me, “You should stop weeding.” Well, I was deflated, for a gardener like myself that advice was a bit like saying, “Stop gardening.” For years after that day, I wrestled with thoughts about what he was trying to teach me, trying to figure out what the metaphor was. And for years I was conscious of the fact that I had done nothing to implement his teaching, whatever it was. A few summers ago, I had gotten behind in the garden and the “weeds” were going wild all over my original intentions for the garden and I thought, “Well maybe now is the time to stop weeding” and I did. It was the worst summer ever in my garden, everywhere I looked I saw ugliness in my mind image, my mother’s picture, this time of a garden, was again being violated. This time I let the vigorous, invasive plants taking over and overwhelming every plant in their way continue.

In the end, I learnt many things: 1): I am not the boss of the garden. It is we, the plants and I, that decide together what belongs best where. 2): They, the plants, usually know much better than I where they will grow best, but it is better if we work as a team. 3): Just see what’s happening and follow. 4:) All plants respond to love. Even the originally unwanted ones did not thrive when I was thinking bad thoughts about them.

It was hard work sustaining my commitment to following through with Joseph’s recommendation to stop weeding and, amazingly, as I am writing this, I have just figured out what he was telling me to do. Some people reading this may not know that I had a stroke in December 2020 and just now, as unbelievable as it might seem, I got it! He was telling me to stop smoking! He was using using the term “weeding” as a verb for cigarette smoking, which I had heard used but it was not in my usual vocabulary.

Sometimes we defer a teaching from our teachers and learn things anyway, sometimes we regret greatly not having heard and heeded the lesson in the first place, and sometimes the lesson is available everywhere, certainly I knew all the time that it was better not to smoke. In fact, I had quit smoking on January 1, 2020, but had a stroke that year anyway.

I believe that the teacher-student relationship is a sacred connection, I consider myself blessed in life to know and to have been guided by Joseph Rael, and I am grateful even for, maybe especially for, the painful times. And I just want to say,

“I get it Joseph, I know I haven’t been easy, but am grateful every day for your patience.

I am also forever grateful for the many kindnesses you have shown me.

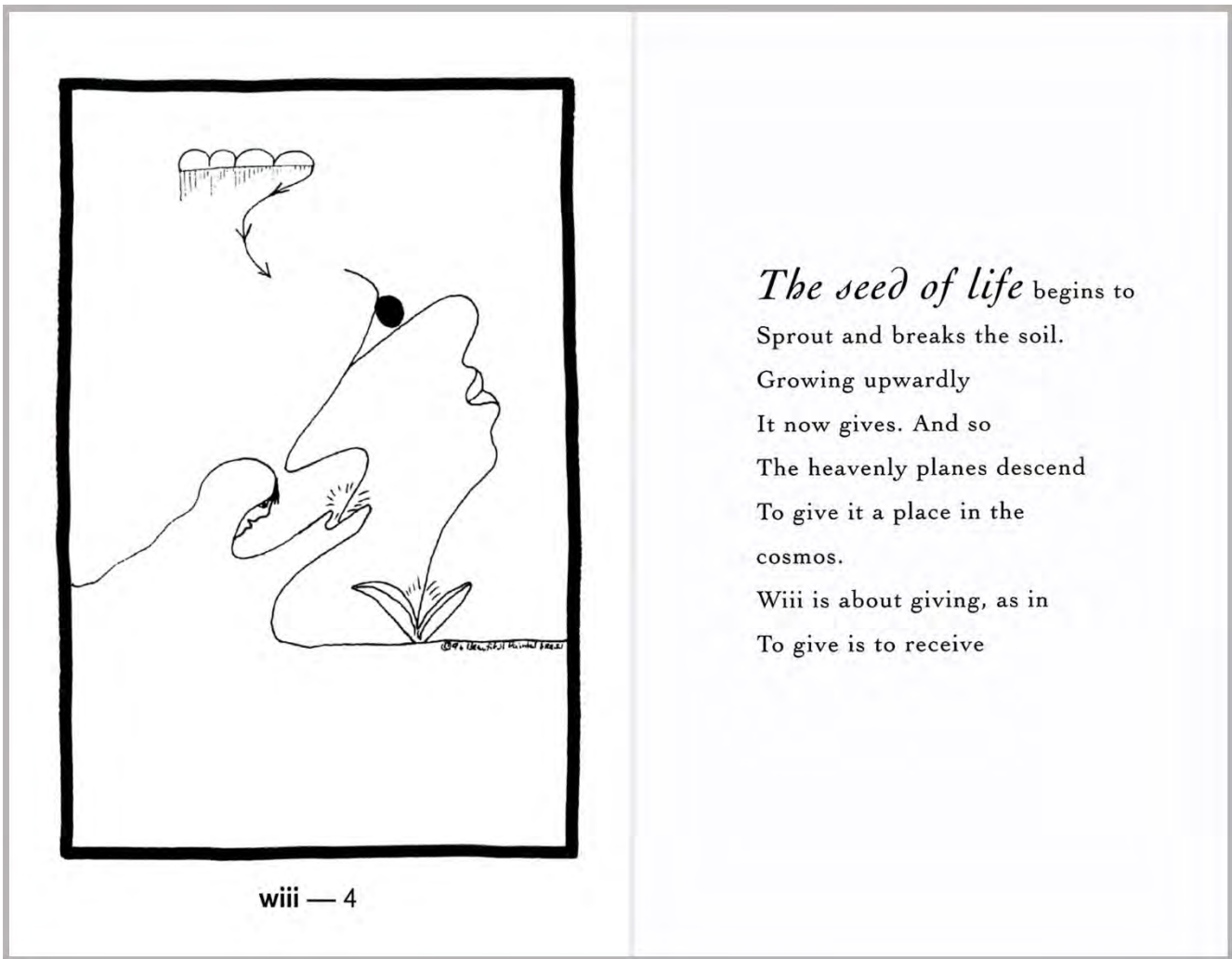
As always, with love, Debby”

One of my favorite things to express is gratitude. I would like to express my gratitude here to the *Seeds of Peace* newsletter editors for their kind invitation to me to write about my gratitude to Joseph and what he has meant to me as a teacher, and for this opportunity to sort through the box of memories in my life attic.

Here, in my own words, are the teachings from Joseph for which I am very grateful, I call them my *Beautiful Painted Arrow toolbox*:

- * Work is worship *
- * Don’t get stuck in the form *
- * When dancing, effort is the key *
- * The perfect human is a good listener *

* * * * *



The seed of life begins to
Sprout and breaks the soil.
Growing upwardly
It now gives. And so
The heavenly planes descend
To give it a place in the
cosmos.
Wiii is about giving, as in
To give is to receive

text and picture (copyright © Joseph Rael)

artwork and text from *The Way of Inspiration* by Joseph Rael (p.60-61),
also to be found in *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.202)

* * * * *

Tributes to Andrew Macdonald

from friends around the World, gathered by Marina Budimir



ANDREW MACDONALD, OBE

1941 - 2022

Life is but a breath
But the memories a constant wind
Some days mild summer breeze
In others wind of storms
In others yet, hair-messy winds

Yedda Raynsford Macdonald

Andrew was born in Falmouth, England, on 1 October 1941. His family had just come over from France, where they had walked from Paris to Cherbourg, pushing a pram with his older brother in it and having survived the bombardment of their evacuation ship crossing the channel.

When Andrew's mother woke on the morning of his birth, she packed a small bag, put his 2-year-old brother in a bottom drawer of a chest of drawers leaving a small gap for breathing, and a note to the cleaner to rescue him from there and give him something to eat until she got home. And then she walked to the hospital with her bag.

The family later moved to London where Andrew had a happy childhood in an extremely close and united family filled with biking, ping-pong and stamp collecting.

Later diagnosed with dyslexia, Andrew did not achieve results deemed good enough for university and instead he worked as an "office boy" at the London office of an international company, making tea for the managers and taking messages from them to their counterparts and customers around the city of London.

Andrew was considered, in a famous family phrase, to be a "very nice and young man", he was trusted with more and more valuable and important information and his dedication to his job led to him to understand that time is money and his purchase, with his own money, of a bicycle with which to speed up communications before telex, faxes and WhatsApp, he gained an advantage for his employer and was therefore, selected for in-house training.

Andrew worked for the same company for over forty years, passing through countries such as India, Pakistan, Bangladesh, Argentina, United States, and finally Brazil. While on assignment in Buenos Aires to learn about inflation, he met his wife Felicity and in 1973 they moved to Sao Paolo. In Brazil, Andrew found his niche in the cotton business. Wherever he went Andrew drew people to him with a true diplomat's skill that resulted in teamwork and harmony, he also supported the British Community in Brazil for which he was awarded the Order of the British Empire for service to the British Community of Sao Paolo in 2001.

Around the turn of this century, Felicity heard of and met Joseph Rael and this is how the Teachings and Visions of Beautiful Painted Arrow came to be planted in Brazil. Andrew wholeheartedly supported Felicity's work. In 2014 an idea put forward at the 8th International Sound Chamber Gathering in South Africa resulted in the founding of the Council of Elders which would serve to better connect chambers and dances around the world through regional representatives. Andrew was integral to the COE by preparing agendas for the meetings, setting up Skype calls, and facilitating the meetings. He also compiled the first nine issues of this Seeds of Peace newsletter.

* * * * *

A Tribute from Heidi Baur

For the past 20 years, I have been participating in the three dances (Long Dance, Drum Dance and SunMoon Dance) in Brazil, as a dancer, a Moon Mother and as a drummer. I can't imagine a dance without Andrew's tireless work and active presence. He was always the forward-thinking organizer and extremely handy helper who also nurtured and took care of the dance arbors. The arbors in Brazil are 5-star quality thanks to Andrew's devotion and dedication. With Andrew and Felicity, I have traveled to dances in the USA, England, and South Africa, and who helped to set up the arbors there? Andrew, of course, with assistance from the Brazilian crew.

A Scottish man, generous and frugal at the same time. I think the Brazilians often didn't understand his dry Scottish-English humor, because as a Swiss I know that the direct European way here in Brazil is often experienced as too pushy and forceful. I like to think back to the evenings during our trips when we had a good chat over a small drink and laughed a lot. Thank you, Andrew! It's good to have had Sir Andrew as a friend.

* * * * *



South Africa SunMoon Dance, 2016, left-right, Curt Leeson, Andrew, Dennis Rojas, Heidi, and Rutendo Ngara

* * * * *

Tribute to Sir Andrew Mcdonald by Rutendo Ngara, South Africa

Our encounters were never more than 6 days long. Our language had many tongues - peals of silent Laughter, undergirded by the solid rhythm of the Drum. We sang in words my rational mind did not comprehend, but my spirit mind knew united us from aeons past.

We followed the Dance of the Sun and the Moon - relatives orbiting the celestial sky, relatives harnessing light we could not defy. Your eyes glinted with the shimmering riverine song of the Fish. Your feet galloped with the galloping beat of the Horse. Your voice bellowed through the breath of the Buffalo.

You glowed with delight as the Tobacco dancers pulsed their journey from the Drum centre, before giving themselves in offering to the ground beneath our feet. And like their collective sacrifice, you too rose to action at every conundrum, every hiccup, every mystery. Yours was a spirit of Eternal Service - in your words, your deeds, your doing and your being. Such was the sacred time in the Arbor.

I am privileged to have shared in being a child of the Drum with you. May the Sun forever reflect the radiance of your smile. May the Moon forever hearten your heart. May you rest in peace, as we dance in your memory.

My deepest condolences to Felicity, your family, friends and all relations.

* * * * *

A Global 'Starling' Now Works on the Other Side, with love and appreciation, Lukas Budimir

I met Andrew at the gate to Jennie and Michael's place, Maldon, Australia in 2006. He asked, "Is this the Seven Circles?" I answered that I didn't know, but if they were coming for the SunMoon Dance it was the right place. We connected instantly. I did the sweat lodge for the staff and as a dog soldier he was in it. The sweat lodge was about the importance of breathing and that we would all get into trouble if we didn't. Andrew said afterwards that I didn't do a proper lodge like he knew it but appreciated it very much. We found a term for this special energy around ceremonies and called it "serious fun".

He always worked a lot, whenever he was needed, he was there and most other times too. "I'm not a spiritual person like you", he used to say, perhaps not realizing but embodying that work is worship.

Coming from the business world, he was very efficient and organised the Council of Elders (COE) so that we would regularly work together worldwide for the first time.



Andrew arriving on site in Brazil with his mobile workshop

The following year Andrew and Felicity invited me to come their home in Sao Paulo, Brazil. The dance site was beyond imagination, Toucans flying over it and Monkeys in the trees around, with a lawn that was cut like a golf course. We always teased that Andrew was cutting it with nail scissors. He replied that all these strange people from around the world only come to mess up his lawn every year and that he loved it.



before the ceremony



and after

Andrew noticed that I took a lot of pictures and wanted to see them. "Oh, that looks great, what an interesting perspective you find!" "Yeah, I try to tell a story with them, so people who haven't been here can see what happened, as what we are doing is for us and everyone."



Next time I see him, he is taking pictures.

So we met through the years in all different places where he was pretending just to support Felicity, which he did really well in all different ways, saying, "I'm just the driver." Yes, I remember Joseph saying: "I just work here - since I'm just doing what I've been told." I really enjoyed that because, in my life, I had met many people who just wanted to be important.

Andrew also was a fantastic host. He hated the beach but took us there every time we visited. After some years where he had even picked us up from the airport, I rented a car. He said

that that would be much too dangerous with 12 lanes of traffic in each direction. I said that there are so few challenges nowadays to prove yourself a real man, that I just had to do it. Most of the time I drove behind him, but when we stopped for a break, he said he was surprised I could drive so aggressively: “You even blocked the traffic so I could overtake!”

After I had seen a picture in Andrew’s office where he was personally honoured by Her Majesty the Queen of England for his business achievements for the common good, I started to call him Sir Andrew. He sure was a star in our world community and everybody’s darling. He now lives on as Starling Andrew.

* * * * *

Andrew Macdonald - A Remembrance from Tom Bissinger

It’s hard to separate Andrew and Felicity Macdonald. They are known and loved by many who have attended gatherings that were led or inspired by Joseph Rael, Beautiful Painted Arrow in Europe, British Isles, South Africa, South America, USA, and Australia. She led the way and he jumped in to support with relish and expertise. The Macs came as dancer, drummer, alpha dog, dog soldier, chief, attendee, sponsor, moon mother, skyper ... and friends. The list goes on and on, they have played many roles in furthering Joseph’s vision: raising the banner of peace, championing diversity, funding new dances, welcoming into their home countless numbers of Brazilians as well as Americans and Europeans.

And now Andrew is no more, succumbing to cancer in February, 2022. We have lost “Sir,” as I also called him. He was a loyal son of Scotland, bearing the distinguished name of Clan Macdonald but he preferred southern climes. He and Felicity raised three sons in Brazil. He was honorable and honored. Yet Sir Andrew referred to himself as merely, “your Driver” with an infectious, impish grin. In that phrase, he was both humble and no fool. He understood that work is worship, and he worked, not only at the office of the cotton business but serving in later years on an international board settling cotton disputes between nations.

And in every way Andrew worked to make the Dances, Sweat Lodges and Fire Ceremonies flourish. He built two arbors in the countryside. And that meant everything from kitchens, showers, porta-potties, campsites, drums, as well as the arbor itself. At the Long and Drum Dances he applied himself to making, rigging, and aiding any endeavor. As manager trained, he managed very well. He served with vision, wit, ease, charm, decorum, and love.

For he was a lover. He called himself a driver, but if you looked at him closely, you could see the light in his eyes, the merriment, the fellowship, and someone you could trust who would go with you the last mile to get it done. In that way, Andrew was a devotee, not of any religion or person, but of the pilgrim’s path, where service and looking after the other are bedrock principles, the Path of Love.

* * * * *



Felicity and Andrew at a Drum Dance in Brazil, 2014

* * * * *

Chamber and Chanting Ceremonies for Peace in 2022

initiated through the inspiration of Geraldine Rael

Organizing the Zoom meeting of Chamber Keepers

On February 27th Geraldine Rael reached out to several of the Chamber Keepers with a request and a suggestion:

'I need your input and your help.

As you know, Russia has invaded Ukraine. People are dying, they are being misplaced from their homes and way of life. I'm feeling we need to do OUR part, as the Joseph Rael, Beautiful Painted Arrow community. I realize other Spiritual communities are doing their part since this invasion began. I also am aware it takes us ALL as a people to bring Unity.

Therefore, I very much would like to know if you have the time to set up a zoom meeting with the current and former Sound/Peace Chamber Keepers. This meeting would be to talk through what needs must be met to activate the sacred Chambers. After all, this is what the Sound/Peace Chambers are meant to do, they form a grid over the Mother Earth for a reason, we reverberate Sound from each Chamber to encircle our Mother to bring PEACE!

I feel it is necessary to activate, the Sound/Peace Chambers in unison. I want them to hear from me because this is extremely important.

Blessings, Geraldine, Eldest daughter of Joseph Rael, Beautiful Painted Arrow.'

* * * * *

As a result of Geraldine's request, Rick Cotroneo from the House of Mica community offered to set up the zoom meeting while Lukas, Marina and Stella worked on the agenda.

Rick sent out this message to the current list of Chamber Keepers containing the meeting link:

'Dear Peace Chamber Caretakers – present and past:

I am writing on behalf of Geraldine, Lukas and Stella to share with you information about a meeting of peace chamber caretakers to discuss coordinated activation of the peace chambers to chant for peace in Ukraine and resolution of the current conflict. In accordance with Geraldine's wishes, this meeting is intended for chamber caretakers at this time. Others may be involved as this unfolds but the intent of this meeting is to honor the chamber caretakers and make this plan in unison to activate the chambers.

Blessings and peace, Rick Cotroneo, House of Mica Peace Chamber'

* * * * *

The outline of a 1-hour ceremony to be held in all participating Chambers on the next day, Sunday, was ratified during the Meeting and the zoom call ended with listening to Joseph singing the *Seeds of Peace* song. A song that Joseph recommended some years ago that we all learn and share whenever appropriate with others. The recording can be found at this link: [Seeds of Peace Chant - YouTube](#) .

The Meeting was a perfect preparation for the Ceremony. It was wonderful to see everyone who could attend. We were united in our intent and the web of light already quivered in the air. We were ready, it was a powerful preparation for the Synchronized Ceremony that we and our communities would hold as One on the following day.

* * * * *

The Synchronized Ceremony of Sound Peace Chambers

Sunday March 6th 2022, at 5 pm [17.00] GMT, was a unique moment in our Chamber history, an hour of Ceremony when we, in our diverse locations, chanted together and flooded the Web (created and maintained by Chambers and Chanters inspired by Beautiful Painted Arrow, Joseph Rael), encircling the World with the sound vibration of Peace.

You can find a description of the form of this ceremony, *Spirit of World Peace Ceremony.pdf*, on our website, <https://seedsofpeace.news> on the new page titled, **Ceremonies for Love and Peace**. A .pdf of the *Two-Heart Meditation*, from text given by Joseph in *Being and Vibration, Entering the New World*, can also be found there.

After the March 6th Ceremony, many participants sent in feedback and, in response, the organizers sent this message out to them:

'Dear All,

We, as organizers of the synchronized chanting for World Peace, have agreed that we would like to continue chanting with as many as possible in the way we started. Sundays at the same location and time, until when? -- That we don't know yet.

Please feel free to join us on Sundays and also to hold this ceremony at any time that you are inspired to chant for a peaceful human world.'

* * * * *

We would like to share with our readers the following feedback from the first Synchronized Chanting:

from Croatia, Luka Hodak wrote:

'Dear brothers and sisters,

Last Sunday we were five dancers in prayer. It was transcendental with love.

The day after we prayed, a tree was set on fire in deep snow (which is amazing). That tree is in front of my house on the edge of my and a neighbor's land, but more is on his part. That neighbor is an old communist and Russophile. The three of us put out the fire for 3 hours.

We will pray again at the same time on Sunday at my place. With love, Luka'

* * * * *

In reply to Luka's feedback Geraldine Rael answered:

'Brother Luka,

It is a sign that this tree caught on fire closer to the old communists' property, even if it was on the day after.

That is so ironic that something like that happens in the deep snow Our work, in UNITY is a working! I see that Thank you for sharing my brother, much love to you and your wife, Geraldine.'

* * * * *

In addition to the decision to continue the 1-hour Synchronized Ceremony, the representatives of several Chamber Groups put forward the suggestion to hold a 24-hour chant. So it was that, a fortnight later, organised by Rick and Elisa Cotroneo of the House of Mica, there was

A 24-hour Ceremony Focused on Peace on the Spring Equinox

Rick emailed the current list that he has of groups and individuals who, inspired by the Teachings of Beautiful Painted Arrow, Joseph Rael, chant for Peace, it included these words:

'Greetings all,

In addition to chanting at the designated time on Sundays, there seems to be interest in coordinating our efforts for 24 hours on the Spring Equinox (March 20th). In the past when we have done this for the solstice, we have all been chanting for one hour but this time, in honor of diversity and unity, I'd like to open this up so that individuals and groups may choose to chant for an hour, or might choose to walk for peace, or hold a sweat lodge for peace, or a dance, or make a medicine wheel, etc. In some cases, this will be for an hour and in other cases you may be in ceremony for longer than an hour. I would ask that at some point in your ceremony or walk or sweat lodge, etc. that you include chanting each of the vowel sounds for a couple of minutes.

Attached is a chart. If you would like to participate in this 24 hour effort, please add your details to the chart including the time, name, location and what you will be doing. Please feel free to share this notice with others who may be interested. Blessings and peace, Rick and Elisa'

Spring Equinox 2022 Ceremony and Chanting Schedule

THEME:

We pray for peaceful resolution of conflict between Russia, Ukraine and all nations.

People and Groups signed up, and the 24-hours of the schedule were filled with ceremonies of varying lengths. These are some of the ways that participants chose to honor Diversity and Unity and to pray for Peace:

chanting, chanting and ceremony, chanting by the Ocean, healing gong puja, drumming and singing, walking and chanting, prayer and meditation, chanting and prayer, sweat lodge, drumming and chanting, walking and praying, drumming and praying, singing and praying.

* * * * *

Dear Reader, if you too love and are inspired by the Teachings and Visions of Beautiful Painted Arrow, Joseph Rael, and would like to have the opportunity to be included on the mailing list for events like these please contact: Rick and Elisa Cotroneo of The House of Mica: homica@nycap.rr.com.

(article put together by editor Stella Longland)

* * * * *

Geraldine Talks to Joseph Rael, about the Purpose of the Chambers

In the days following the Synchronised Ceremony, Geraldine shared a conversation she had with her Father, the Father of the Chambers, Joseph Rael, saying:

'I spoke to my father this morning. He said, "I was told to build a Sound Chamber, I did as I was told."

He explained, he wasn't told what they were to be used for. He said, "Maybe they were meant to bring peace to Ukraine, I don't know."

He went on to say, "I can speak to how I was guided to use them."

He went on to say, "If people are guided to build a Chamber, it is up to them to find for themselves how their use is best served. It belongs to them."

He agreed with me that, a Sound Chamber is like a church (your reason for being there is a sacred space to connect with God, full of love in your heart and with much respect.)

During our conversation he went on to say, "If it is done with ego, it goes nowhere."

He oftentimes speaks in parables; his students know what I mean.'

To read about the Chamber vision online, please follow this link: [Peace Chambers | Joseph Rael](#)

* * * * *

The Purpose of Sound Chambers for Peace

from *Being and Vibration: Entering the New World* by Joseph Rael, Beautiful Painted Arrow (p.5)

To date many Sound Chambers have been completed around the globe, including in areas as widespread as Australia, Austria, Canada, Germany, Norway, South Africa, Scotland, South America, and the United States; others continue to be built. Each of these chambers has its own integrity, purpose, and particular qualities. Each is the result of the committed efforts of a few individuals.

The chambers help us to access wisdom from an ancient source. They act as a mouthpiece for the higher mind to amplify the call for that which we need at this time on the earth, and they help all who walk upon her. By building chambers on the surface of the earth, a web of light is created so that a person making sound inside a chamber sets up a continuous resonance around the earth.

All chambers have a spiritual generator. They generate twenty-four hours a day and they are going on now. They will continue to be active forever like the first chamber I built in Bernalillo. It no longer exists in the physical but was carried up to another dimension where it is still active. When people come and want to build a Sound Chamber they think they are calling it in because they love the idea. Really the chambers are the ones that call us, and then we decide to build them. The energy that the chambers are broadcasting is calling the people to come to be part of the chamber community.

We are each made from music. Everyone of us was creatively inspired from our dreamtime. Our creator made us from principal ideas, or fundamental truths which inhabit and govern the cosmos. Our main purpose

in life is to dialogue with the self-empowering qualities of these principal ideas that were instilled in us, and in the physical beauty of the earth.

Working as a group, people then become a collective instrument of the resonance of beauty for a particular sound. Each Sound Chamber would become its own syllable signature because of its placement on the surface of the earth, and each chamber holds a specific purpose. That specific purpose or principle idea would be amplified by the geological and geographical sound particular to each place.

In a chant, the vowels carry the essential meaning or fundamental truth embedded in each syllable, and the consonants propel, or give form. Like ripples across the lake, the sound waves move out into the earth from each chamber. These waves then open the earth to healing from the ancient sacred places where wisdom has been stored for countless eons.'

* * * * *

Breath, Matter and Movement



Sacred Offering for Humans

Artwork (copyright © Joseph Rael)

from *Becoming Who You Are: Beautiful Painted Arrow's Life & Lessons for Children ages 10-100*,
Joseph Rael (Beautiful Painted Arrow) & David R. Kopacz MD (p.26)

* * * * *



Stories of Thundersong Chamber, Gold Hill, Colorado

related by storyteller **Jeff Combelic**

part 2: The Design and the Permit

See issue 24 for part 1 which concluded with these words:

I go see Joseph and we talk. The group returns from break, and he announces that I am going to build a Peace Chamber. Being who I am and the sweat lodge visions, I am committed.

Part 2 -

I went up to my sunset viewing power spot and prayed about where to build the Chamber. Out on the 140 acres I was caretaking? Or on my little 1/3 acre house plot? The house was the answer. I moved back in and got some roommates, Andy and Anna, studying at Naropa who later became part of the crew.

I read up on the history of Kivas in the local university library. Bevel Bob got interested. We decided on a "keyhole design" which had an entryway which made it look like a keyhole when viewed from above; our design would have a sunspace entryway. Our common math backgrounds decided on an ellipse for the shape which would have two focal points.

How to build the roof became a question as well as getting a building permit in our zoned historical town of 120 people where neighbors' opinions were highly considered.

A few days later I hung out at friend's watching basketball, totally unlike me, and headed up the hill later. My uphill neighbor Chuck was hitching. I picked him up, told him about the Chamber project, and asked his opinion. He was silent for a bit and then asked: "Do you know how to build the roof?"

I replied "No." He then proceeded to tell me that he had gone with his kids on the local elementary school annual field trip to Mesa Verde and that the Kivas there had what he called a cribbed log roof covered with clay and dirt. I couldn't quite grasp the cribbed log concept and he said, "Come on over when we get home, and I will show you with match sticks." It turned out to be built up square layers of logs each at a 45 degree angle to the former that would taper to a square entry hole at the top.

Great, I had all the pieces for design now. I found myself with a curious writer's cramp but two weeks later I woke up and started drawing up plans for a building permit. So quickly did I progress that I thought I could get them copied and even submitted before the planning department closed. Well not quite, but I had a strong urge to go down and get them copied anyways.

I walked into the print shop with my little 4 pages of 8-1/2 x 11 to see a large 24 x 36 sheet coming out of the plotter behind the counter with the title *Mesa Verde Kivas and Above Ground Dwellings*. In amazement I asked who was having these printed. She pointed to an older man in the corner reading a magazine. I introduced myself to Jack Morris, Chief Archaeologist at Mesa Verde. He was delighted. We ended up conversing until the store closed.

He shared some interesting things. One, contrary to standard academics he was certain that the Kivas were not just used ceremonially but were in fact lived in winter because of their underground warmth and archaeological evidence. Two, a most interesting story from the guards; they would hear drumming from one of the Kivas at night yet had seen no one enter or leave. In the morning they would find corn meal laid out in the four directions. They were too scared to investigate the drumming. "Wow," I thought, "maybe the Anasazi vanished to another dimension!"

Time came to present my plans to the Historical Board meeting in town. I went out and prayed in the woods beforehand and asked the Great Spirit for a sign. People thought I had lost it.

The meeting had the usual assortment of townies; the board, three elder miner widows, one of the two town busy body ladies (who curiously would become long time Chamber elders), the town gadfly Matthew, and a few other assorted characters. My turn came up and after some discussion Matthew asked who inspired the building, I told a little about Joseph, and then he asked point blank: "And what is his name?" I hesitated as I knew this was usually kept secret. Finally, I replied, "Joseph Rael." At which point a bolt of lightning struck outside from a nearly clear sky and the lights went out for twenty seconds. Matthew's jaw dropped, I jabbed, "He is a man of power" and I thought, "Thank you Great Spirit, I know I am on the right track."

To be continued.....

*****note from the editor:** 'Kiva' as it is used in the context of this article is the name for the sacred buildings that are part of the cultural heritage of the Puebloan peoples. In the early years of the building of the Sound Peace Chambers, as given to Joseph in visions, it was used to describe them, but out of respect for the culture to which they belong, we do not use it any more except when referencing those Puebloan structures.

opening photo: the exterior of the cribbed log roof structure of the chamber, from Jeff Combelic

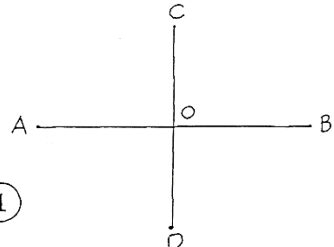


There follows a drawing demonstrating how to lay out the ground plan of an Oval Chamber. Sent in May 1998 to Beautiful Painted Arrow people in *Chamber Notes*, a newsletter of that time put together by Brenda Sue Whitmire and found in the archive of Ocean Graham.

How to draw an oval of any size

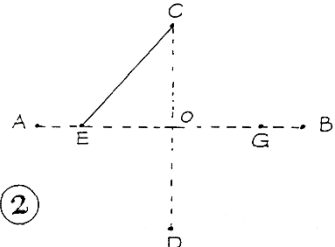
Suppose you wish to draw an oval 2 1/8" long (major axis) and 1 1/8" high (minor axis).

①



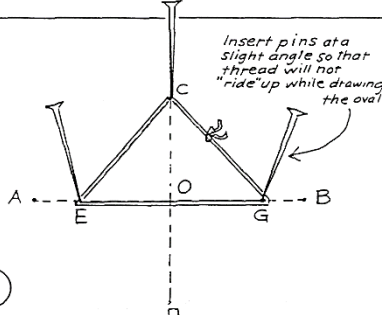
Draw the major axis AB and the minor axis CD. The axes will be perpendicular to and bisecting each other at O.

②



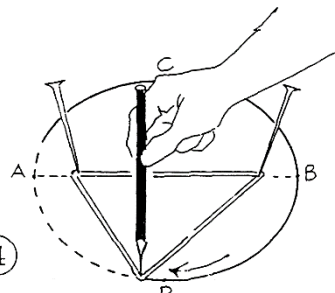
Find E and G on the major axis. CE and CG are equal to 1/2 of the major axis (AO or OB).

③



Insert pins at 3 points: C, E, and G. Loop a thin strong thread around the bottom of the pins tautly and tie a knot. Then, remove the pin at C.

④



When you insert a tool, pencil, or pen into the loop and radiate it around the pins, as shown above, you will draw an oval which passes through points A, B, C, and D.



An Event in a Bookshop

My Introduction to Grandfather from Martha Boose in Arizona

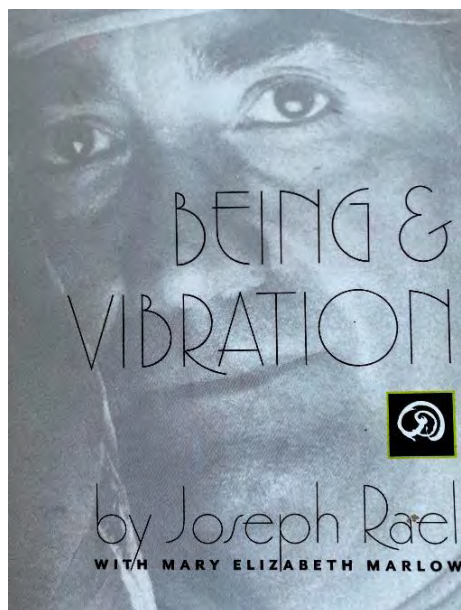
Bookman's was not just a used bookstore. It was a used everything kind of store, which allowed people a place to explore for hours on end. Among the multitude of books, maps, magazines, were lines of CDs and computer games, unique and strange decorative and functional vintage pieces placed around the store, typical and creative musical instruments, jewelry, greeting and tarot cards. If you owned it and wanted to get rid of it, this just might be the place to exchange for store credit.

The store was organized according to genre of books. The shelves were alphabetized in category. You never knew what you might find when you walked through the doors. If you came here with something specific in mind, it might take a long time to find it, or you might go home with something totally different, but with a sense of finder's satisfaction. Even with the organizational aids, it was still very easy for me to get lost among the stacks, as I had in my college days when I needed to find comfort from the chaos of my life.

So on a nondescript afternoon, time off from my hospital work and space from my partner, I entered the store and headed straight back to the Spiritual / Religion section. I had no idea what I was looking for, but thought it had to be in this section. Just before turning the corner to that section, I passed by an area called Native American Literature and stopped. As I was beginning to read the titles and authors' names along the spines, a book came flying off the shelf and fell at my feet.

I just stood there a moment, looking to the left and right, carefully avoiding looking at the book. I peered through the shelf to see if there was someone on the other side, who had accidentally pushed the book through. No one there. I picked up the book without reading title or author and walked around to the other side to see if someone was there. No one.

I turned the book over to see the cover and these two dark eyes appeared to be looking at me, with the words *Being & Vibration* printed across this man's nose and face. The author was Joseph Rael, no one I had ever read before. I perused the Table of Contents and was intrigued with the elements of vibration, mystery, vision, and the final chapter - *Freedom from Choice*.



When I read the first sentence of the Introduction by Mary Elizabeth Marlow: "*Some meetings are Divine Appointments.*" I got chills. I gathered highlights from the Introduction and found myself nodding and a smile coming across my face.

While these items might have been enough to purchase this book, what followed the Introduction, one line each on five separate pages were thoughts, which caught my breath.

"Life is the road of Goodness."

"Life is connected to time

as crystalized meanings"

"Life purifies itself with heart connection

so it can ascend beyond the heavens as radiating innocence."

I read these words and stopped. It was more than a pause. It was a full stop, so nothing could distract nor deter me from filling myself with those words. I read them again and as I did, I seemed to drink them in. They were satisfying, nourishing, connecting something new within me.

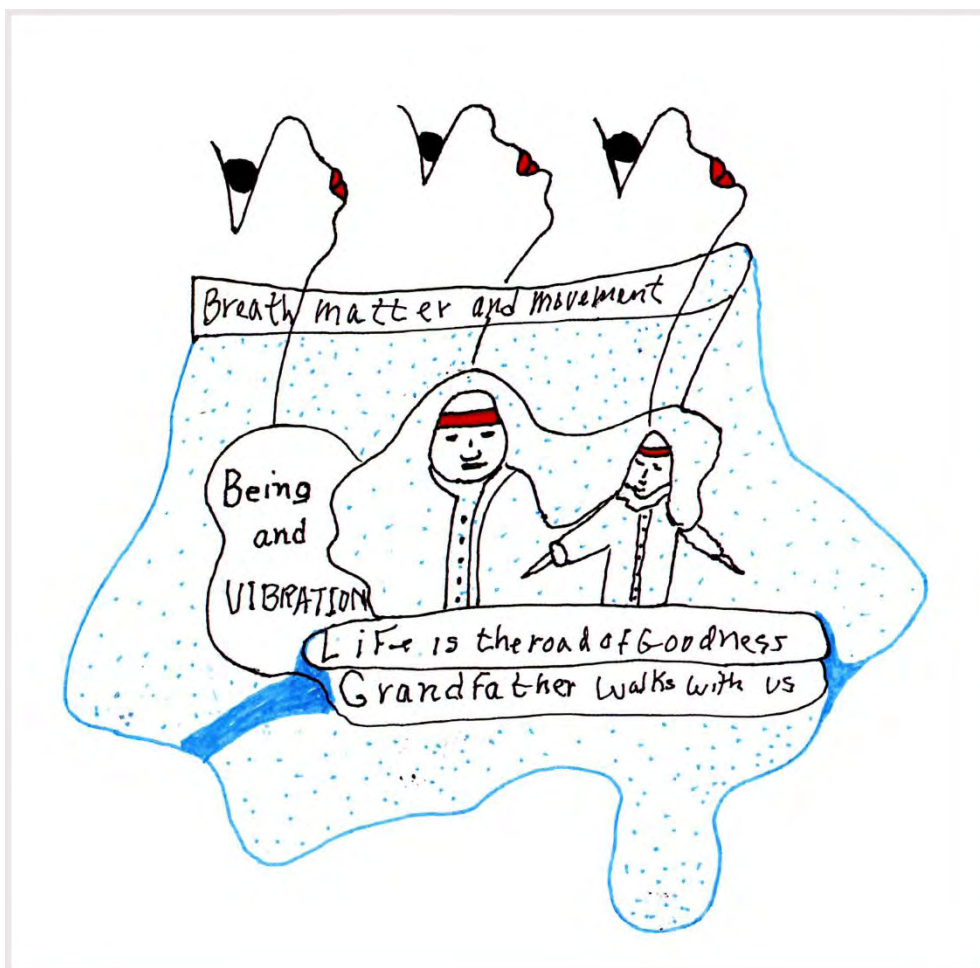
I bought the book. I devoured the book. There were times when I felt I was reading a foreign language. Other times it seemed so natural to spin out among the metaphors of Self, Vast Self and Vibration. I practiced the Fire Ceremony for Water Purification for a year by myself, until I came into contact with Jane Innmon, Keeper of the *Sweet Beautiful Waters* Sound Chamber of Peace, in Tucson. The first day I stepped down into the Chamber and took one deep breath, I broke down and cried. Not from sadness, fear or misery, but because I felt Home. Real home.

Joseph Rael, Beautiful Painted Arrow's teachings, books and paintings have continued to be my Home, as I participate in ceremonies, classes, sweat lodges, the Long Dance, the Sun-Moon Dance, Chamber Gathering, Drum Mystery Schools, both here and with other Chamber communities across the country. Today, these teachings - these communities are where I find comfort from chaos and can breakdown my crystalized thinking, purify my heart connection, so I may be peace and spread peace.

* * * * *

Breath, Matter and Movement

Being
and
VIBRATION



Life is the road of Goodness
Grandfather walks with us

Artwork (copyright © Joseph Rael)

Being and Vibration: Entering the New World by Joseph Rael, Beautiful Painted Arrow (p.34)

* * * * *



landscape of the Arizona Sun Moon Dance site 2017 (from Stella Longland)

* * * * *

Electromagnetics and the Sun Moon Dance

from Donnalee Forbes

Due to family needs I moved from Montana to Tucson in 2017. In Montana I had belonged to a group that followed a Native path from the NW Coast. Spirit Dancers were the highlight of the Winter Ceremonies. In the NW Coast a “dancer” is called by Spirit. Through Spirit they receive their song and regalia, and most importantly a deeply spiritual connection to an aspect of the Divine. To honor this connection, they “dance” at Winter Ceremonies. One year as the Dancers were dancing, I witnessed the vibratory effect of their dance on what I call the grid of our 3D reality. I carry these memories with reverence.

I found the Tucson community that follows Joseph’s teachings in the fall of 2018. There was talk about the annual Sun Moon Dance, but it was cancelled due to COVID. Conversations described different perceptions of the process and peaked my interest. How would this “dance” be? I was told the event takes place in the arbor on the property. In the center of the arbor is a youthful mesquite tree spreading its branches like feathers falling from the sky. The space feels sacred, but empty waiting with patience. The land has a quiet peaceful solidity that feels fluid. I volunteered for the April 2021 event with much anticipation and was not disappointed.

There was no regalia. There were no individual’s songs. As I watch I can hear and feel the beats of the drum and the high pitch whistles. The dancers move back and forth between the tree and their bedding. And then there it was - Gaia / Pachamama / Earth’s vibrations / frequencies surfacing in full force unbroken and strong. To the rhythm of the drumbeats the vibrations / frequencies are driven into manifestation thru the energy of dancers’ dancing. These vibrations and frequencies are what humanity requires for existence for body-mind, but more importantly for healing the Consciousness of Separation. Wow.... Could I witness this again?

It was during my studies in graduate school that I learned about PEMF and ELF - pulsed electromagnetic frequency and extremely low frequency. Most of us have heard about the Schumann resonance. The pulsed waves that are emitted from the Earth’s outer core that make up the Earth’s electromagnetic field. Their existence was theorized in the 1800s, and scientifically verified in the 1950s. It was believed these frequencies did not affect biology - until man went beyond Earth’s gravitational field. The Cold War did not allow the exchange of information,

both sides had to figure out why the men in space were getting sick. Eventually they discovered these “incidental and unimportant” frequencies are a requirement of our biology.

It was also during my studies in graduate school that I learned Einstein and his merry band of scientists discovered that light can be either a wave or a particle. This depends on whether it is witnessed. Where could I go next to witness Joseph’s Sun Moon Dance? Tucson is close to Colorado. Joseph had retired and his daughter Geraldine was hosting a dance. Can I come? The answer returned - Yes.

I arrived well after dark as I got lost on the mountain dirt road. Luckily, a neighbor pointed me and another lost arrival in the correct direction. The air was crisp with the scent of pine as I got out of my truck. A familiar smell from my childhood – a good omen. The next morning, I walked up the hill towards the arbor. This higher altitude land feels “lighter” than the desert. The sand sifts beneath my feet as I walk. The arbor is nestled in an open space surrounded by very, very tall pines. The space feels sacred. Branches are woven into the exterior rim of the circle that defines the arbor. A pole resides in the center with four bands of fabric: black, yellow, white and red. The hustle and bustle of anticipation is in the air.

I wait until the appointed time. As the time draws near to start there is a swirl of wind at the very tip of the treetops. The intensity of this wind gets stronger as the wind accelerates. It has an audible howl. The ceremony begins. There are no drums, only the whistles. As in Tucson the dancers move back and forth to the center. How would this dance be different with no drums? I sit and watch and wait. Like a funnel the wind drops down into the arbor, I can feel it brushing past me. The wind’s energy is not chaotic, instead I feel a gentle strength. Hmm. Then the ELF’s surface in full force unbroken and strong, the result of the dancers dancing and their whistles.

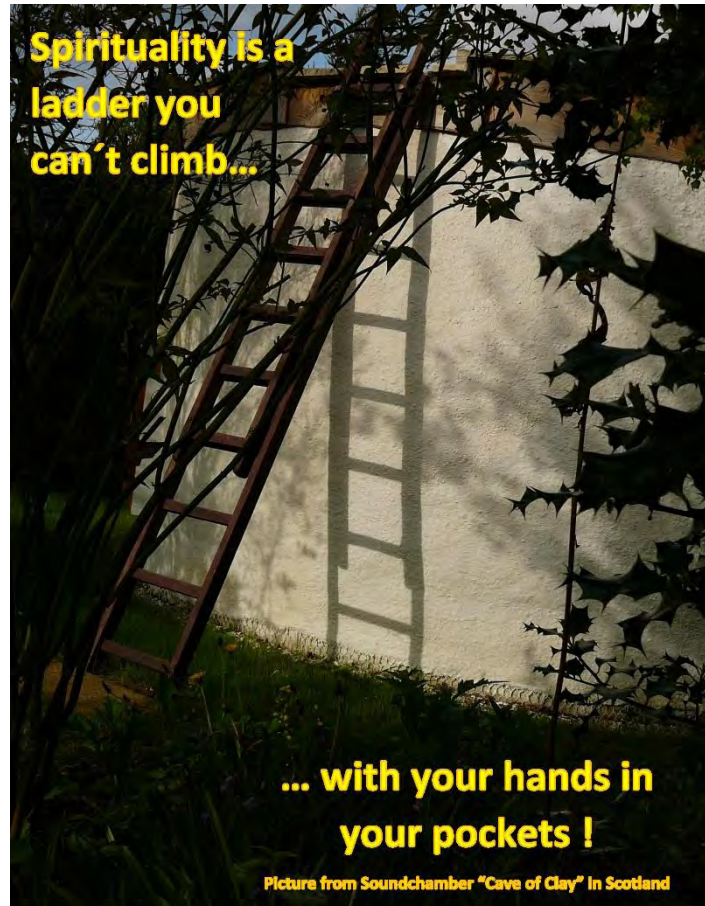
Birds soar overhead. The drums and the whistles each help to bring in different spectrums of vibrations. The drums with song help to manifest a broad spectrum of vibrations, and the whistles give rise to the subtle ELF spectrum. Together they inform our DNA’s evolution towards healing the Consciousness of Separation. I give gratitude for the message. I give gratitude to Joseph for his vision and to the Keepers of this tradition to continue with his work so that all may participate in this extraordinary life-giving connection.

* * * * *



landscape of the Colorado Sun Moon Dance site 2019 (from Stella Longland)

* * * * *



* * * * *

In Memory of Sammie Jo Harvey

extract from the text in the Center for Peace newsletter March 2020

It is with a saddened heart that we inform you of the passing of Sammie Jo Harvey. Sammie Jo passed away March 23 from stroke. Sammie was born with the Christian name of Sammie Jo Harvey, named after her Grandfather who is from the Chippewa Tribe of the Ojibwe Nation. Sammie grew up in a mixed culture of Native American and white.

Her native childhood name was **Many Colors** (meaning, Open Heart). Sammie was blessed with many other names. Israel has named her **Hahova** (Beloved); Credo Mutwa, High Prophet of the Zulu, gave her the name **Indaba** (Daughter of Many Stories).

Sammie was a beloved storyteller, sharing stories from not only the Chippewa/Ojibwe, but also from other native cultures. She loved to have children gather around her as she excitedly retold the stories. Having worked with the deaf for 12 years, Sammie used American sign language in some of her stories.

Sammie said: "One of my jobs this lifetime is to remind people of who they are. I gently tap on their cellular memories and remind them they are light beings. I help them to lay down their pains of this and other lifetimes. I am only one of a billion light workers that are helping prepare for and raise our vibration consciousness and reactivate the memory of LOVE. Only by doing this will the earth be healed and peace come. I have been shown and told the time when this will happen. This is my responsibility."

you can subscribe to receive the Center for Peace newsletter via this link: [Subscribe](#)

* * * * *

My Memories of Sammye Jo Harvey

from Nick Hurn, Sun/Moon Dance Chief, South Africa and England

Sammye Jo and I met first in New Mexico 26 years ago. I say 'met' but in fact we danced side by side in the Sun/Moon Dance Arbour and never exchanged a word. We didn't meet again until many years later in South Africa, in Rustlers Valley, where she was acting as Moon Mother in Jeanne White Eagle's "For the One Dance". It was here that she offered to help me fulfil a Vision that I had when I first met Joseph Rael many years before, in the 1980's. This Vision, which I came to realise years later, meant I was being asked to Chief a Sun/Moon Dance. It was Sammye Jo Harvey that finally gave me the courage to fulfil this sacred duty. Sammye helped me in her capacity as Moon Mother in all of the Seven Dances we held in Wrenningham, in the county of Norfolk, England.

I don't know much about Sammye Jo's early life, knowing only that it was difficult at times and her guiding light then was her Grandfather. She told me several stories of how he taught her about the great Spiritual truths of life as a little girl and I know that his influence stayed with her, guiding her, throughout her life. In fact, when she met Beautiful Painted Arrow, it was he that Grandfather Joseph reminded her off. Joseph was aware of this and when I talked to him before I ran my first dance, he asked her to remember the Ancestors and I know that she saw it as her role to make sure that sacred ceremony was run in such a way that they were honoured.

Sammye was always busy in Arbours around the world. Mothering those who needed it, sharing her instinctive and natural wisdom with all that came to her with the capacity she had. She also dedicated herself to teaching others within the dances how to do the same, with a quiet gentleness and at other times ferocious strength, helping people flower into their own capabilities and find their own strength. She seems to have devoted most of her life to this. She taught outside the dances as well and was particularly renowned and loved in South Africa, where she also went through an initiation into the way of the Sangoma, the traditional healers of Southern Africa.

It was in South Africa that she received the Medicine name she was most proud of, "Mother Moon". Sammye was a traditional Storyteller and as she was travelling through a part of South Africa telling stories a group of children suddenly and spontaneously just started calling her this. She wore the most beautifully carved medicine amulet of the crescent moon wearing an exquisite expression around her neck.

It was through her friends Fritz and Elba Duminy in Mid Rand, Johannesburg, that she was asked to Chief her first Sun/Moon Dance in South Africa in 2016. She and Fritz had always dreamt of bringing the Sun/Moon Dance there. Sammye then invited me to Co-Chief the dance with her and we went onto lead two dances there and so fulfilled her and Fritz's dream.



Chief Sammye Jo at the 2016 Sun/Moon Dance in South Africa (photo from Andrew Macdonald).

Throughout her life Sammye Jo was always struggling with her health. She faced her many problems like the warrior she was. As an example, she once told me that when her People, "the Native Americans", make a commitment they stick to it, and that is the creed she followed, turning up at the Sun/Moon Dance to dance herself in New Mexico just a few weeks after having major heart surgery. Grandfather Joseph took her to the tree and told her that her dance was done. Whilst she rested in a house nearby, she had a major vision that helped a child of that household. Throughout her life she was concerned for the welfare of all Children. Towards the end of her life, she had a series of strokes which took her in the end. Her awareness stayed with her to the end and the day before she departed, she told the nurse that she wouldn't be seeing her tomorrow. She left Children and Grandchildren behind, and I know she touched deeply the hearts of the many people she encountered around the world and her loss will be felt universally within and without the dance community.

* * * * *



'We have powers and potentials beyond our current understanding. We come from the stars and are part of an infinite universe.'

'A BROTHER AND SISTER GAZE AT EACH OTHER WEARING BANDS OF YELLOW LIGHT WITH A GOLDEN STAR ABOVE THEIR HEADS. A RAINBOW CONNECTS THEIR FOREHEADS AND THEY ARE COMMUNICATING WITH EACH OTHER THROUGH THIS LIGHT. THEY ARE CHILDREN OF THE COSMOS.'

(copyright © Joseph Rael)

Beautiful Painted Arrow Visionary Art Cards: The Path of the Red Road (p.34)

* * * * *

Whatever Beautiful Painted Arrow subject inspires you, all articles are welcome.

NEXT ISSUE Seeds of Peace Issue 26

publication target date: August 5th 2022

please email submissions before July 5th

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

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: stellalongland@btinternet.com based in the U.K.

Marina Budimir: marinabudimir@gmail.com based in Croatia.

Rick Cotroneo: homica@nycap.rr.com based in New York State, U.S.

Jane Innmon: peoplegardener@gmail.com based in Arizona, U.S.

Tom Bissinger: tomasbiss@gmail.com and Kristen Bissinger: krisbiss601@gmail.com based in Pennsylvania, U.S.

editorial policy: *Seeds of Peace* newsletter 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, forming an archive of material for the future.

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 your first contact is: stellalongland@btinternet.com.

related websites:

<https://beingfullyhuman.com> : the blog of David Kopacz, Joseph's co-author.

www.josephrael.org : owned and managed by Millichap books.

<https://www.geraldinerael.com> : the website of our Vision Dance Guardian, Eldest Daughter Geraldine Rael.

Geraldine is the person to approach for clarity on matters concerning the 3 *Beautiful Painted Arrow Vision Dances*. She can be contacted via the website and by email: geraldinerael382@gmail.com.

www.peacechamber.co.uk : a website covering the Chamber Vision and the manifestations of Sound Peace Chambers worldwide.

To sign up to receive the newsletter visit our website <https://seedsofpeace.news/>. On the site you will also find previous issues and other documents available for download.

* * * * *