

Seeds of Peace

**inspired by the visions of
Beautiful Painted Arrow,
Joseph Rael**

'Becoming Who You Are'

Issue 26 August 2022

quarterly newsletter

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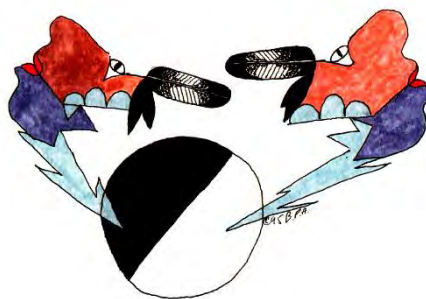
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The Winter Summer People

(copyright © Joseph Rael)

'The Winter Summer People'

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.90)



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



(copyright © Joseph Rael)

'The moon arrives near the Earth to seed abundance in the Oceans'

Sound, Native Teachings and Visionary Art, by Joseph Rael (p.50)



The Metaphor of the Moon Song

words spoken by Joseph Rael on one of the *Sacred Sounds* recordings

"The Moon Song is the song of the understanding that comes when a beam of light from the moon comes and reflects itself upon a still pool of water. And one looks into that still pool of water and picks up the reflection of the Moonlight.

At that point the energy, that's coming from that quiet pool and that reflection of the moon, is the song, and that song is the connection between the Lover and the Beloved, a bonding, a coming together of the two in divine love, and in this divine love there is a purity, a clarity, a peace, a joy in which the Moonlight, the light of the Moon, is singing to the stillness of the pool. To this pool of water that is full of purity, which is reflecting back to the Moon the Song of Love.

And the passer-byer who sees the Moonlight and is captured by its reflection becomes a principal participator in the understanding of this pure joy of the Moon Light Song; the song that brings life to the Moon Flower, the flower that only blooms at night, that, that blooms to that radiance of the Moonlight of the night.

And so, the passer-byer looks into the Moon, and lights of all dimensions enter into the soul of Being-ness, and out of the song come the different vibration levels of the loving, the carrying, the lifting, the joyous. The Song of all Songs between the Lover and the Beloved.

And so, this is the way that this sound then moves, moment by moment, in the reflection; reflection inside of reflection inside of reflection; as it moves deeper and higher into One-ness, into this great joy of One-ness. This great joy of understanding, this great joy of expansion, of the beauty of womanhood, of the beauty of manhood, of the beauty of the highest accord and divine essence of divine love, of song made by Moon Light: the Song of Love."

Footnote: The *Sacred Sounds* can still be purchased as a download which is a cornucopia of songs, chanting and teachings. *The Moon Song* is among those treasures. You will find more details on: www.houseofmica.org.



'The breath is the infinite void from which all creativity is first given life, then its purpose.'

from *Becoming Who You Are* Joseph Rael & David R. Kopacz (p.128)



'The Blowing Breath of Dark Energy'

(copyright © Joseph Rael)

from *Becoming Medicine*, David Kopacz and Joseph Rael (p.171)



A Blessing Ceremony for Your Self

**given by Chief Benito Rael during the 2016 Sun Moon Dance in Germany
as recalled by Stella Longland**

On the afternoon of the third day of the Dance, Chief Benito signalled the drumming to stop and the thirty-four dancers to return to their places. When everyone was quiet and attentive, he stood by the maize line at the East Gate and looking up to the Tree, he cupped his two hands together horizontally at chest height then, bending his elbows, moved them slowly, reverently, up to the vertical about six inches from his mouth. Holding them there, he blew very gently with a puff of air into the cup that they made, and lifting it high, he tipped the breath that it held to rain the blessing of the liquid light of breath over his head. He returned the cup to his mouth and blew into it again, blessing his front, then his back, then left side of his body and the right, each one with a new breath. Finally, he blessed his legs and the soles of his feet.

Then, starting with the dancer nearest to the East Gate, he moved clockwise round the Arbour. He visited each dancer in turn, standing before them and gesturing that they follow him as he showed them, individually, how the ceremony is done. When the dancers were all doubly blessed, by their Chief in giving them the ceremony and by themselves, he visited every other person at the Arbour, drum team and support team members, moon mothers and visitors, and taught each of them in the same way.

As a member of the Moon Mother team, I received and learned the blessing ceremony that day and, if only I can hold it in my consciousness, it will help me in many a situation of personal need. The Teaching that came to me from it is: Don't forget to care for your Self; not a selfish act but a way to get in touch with and draw goodness from your highest potential.





Benito Rael sharing wisdom with Lukas Budimir, Frank Hoelzer and Davy Jones in Scotland 2015, photo from Christine Linaker



Our Dances Spring Back into Being Vibration in 2022

from editor Stella Longland

How joyful it is to know that the *Three Beautiful Painted Arrow Vision Dances* and other Dance ceremonies from Joseph Rael and his students are in the process of happening as planned in this year of 2022! In this Issue we are delighted to include articles from the *Sun-Moon Dances* in Arizona in April and in Colorado in May, the *Long Dance* in Bolivia for the winter solstice (on June 21st in the Southern Hemisphere) plus the *Drum Dance* in Pennsylvania also in June. To access the Dance Schedule for the rest of the year please contact Jane Innmon by email on: peoplegardener@gmail.com.

If you would like to share your Dance experiences, please feel free to write for the newsletter and send it us. Please see final page of this Issue for guidelines and the editorial committee members' emails.



photo: Joy after the Long Dance in Bolivia 2022 from Miguel Kavlin

To honour and to protect our connection to the spiritual source of the *Three Beautiful Painted Arrow Vision Dances*; as you will read, in the following *Long Dance* article, that Chief Miguel Kavlin did many years ago when he made his request to First Chief Joseph Rael to introduce something new and sacred to the form of the *Long Dance* and received permission; please seek guidance and permissions from our Vision Dance Guardian, appointed by Joseph to take his place in 2018, Eldest Daughter Geraldine Rael: geraldinerael382@gmail.com.

Joseph teaches that change is inevitable, that Life is Movement. It is the responsibility of the Dance Chiefs to manage the ebb and flow while keeping the connection to the Source secure.



photo: carrying the future from Miguel Kavlin



Three Appreciations from the Long Dance at SachaRuna, Bolivia 2022

the first from Chief Miguel Kavlin

I first did the *Long Dance* ceremony after meeting Joseph at the Southern Ute Sun Dance in 1982-83 in California with Julie Hamilton.

I made my banner and danced all night with much faith and devotion around the fire on a full moon. I didn't really have much of an experience during the dance, but I remember asking Julie at the end of the dance what the full moon was all about. And she told me to ask her myself. As I was riding home on my motorcycle on an LA freeway the sun and moon were both on the horizon and I decided to follow Julie's advice and asked the moon...and afterwards the moon answered! I felt imbued with a huge current of divine sacred energy that put me in a very special and ecstatic state which literally lasted for three whole days. I felt blessed and graced.



Many years later as I was conducting *Long Dance* ceremonies in Bolivia, I received the vision and inspiration to perform the *Long Dance* with the Sacred Cactus of the Andes, Wachuma. I asked Grandfather Joseph for permission to do this, which he gracefully granted me. Since then, I have conducted the ceremonies all over the world in Europe, Canada, United States, and various countries of South America.

In the 25 years since then I've been awed and honored to witness the sacredness and transformative power of the dance; the very powerful liberation of many traumas and karmas; the connection to Source, to Mother Earth, to Grandfather Fire and to the many beings that come to help, heal, and bless the Participants. It has truly changed many people's lives.

For this and much more I am eternally grateful to the Great Spirit, Grandfather Joseph, and the teachings he has bestowed upon us. I look forward to sharing the sacred ceremony with many of you in the future, if possible, in this beautiful land of Bolivia.

photo: 2022 Long Dance Chief from Miguel

I would like to also include in this article the experiences of both a long-time apprentice who has participated in many dances and a first-time participant.

with much love, by Miguel Kavlin.



the second from Julio Añez, shaman apprentice of Miguel Kavlin

Since I had the opportunity to rediscover this world through the lens of love, I found that to serve this creation is necessary first to heal our wounds, to walk towards reintegrating ourselves with our most inner and sacred essence and start forgetting the idea of the self in order to perceive everything as one, as a whole. That process, however, sometimes means breaking mental misconceptions, emotional trauma, physical illness, and even spiritual disconnection, which most of the time are correlated between each other and so healing in one of our bodies has a carryover to the other ones.

The *Long Dance* for me has been without a doubt one of the most powerful ceremonies in achieving this goal. Since my first ceremony, I could feel the immense amount of work I had done when at the end I was lying down trying to rest with my entire body aching and cramping from dancing all night, but my heart fulfilled with love and a sense of gratitude for the opportunity of not only dancing for myself, but for all creatures, the Great Spirit and our beloved Mother Earth.

During the different ceremonies I had to face serious old trauma, mental conditioning, and a lot of cleansing from both male and female lineages. The company of our Andean grandfather Wachuma has been beautiful and has opened the opportunity to elevate our spirits as the chanting rose with the smoke of grandfather fire, who nurtured us with the heat during the most cold and difficult nights.



The energetic impetus of the medicine brought me numerous times the fuel to keep dancing when I had no more motivation left but my heart asking me to keep going for love. The transmutation of stuck emotions and teachings received not only during the dances, but days before while thinking and painting my flag with much dedication, and days after through intense dreams was therapeutic and cathartic for me.

In other words, it has been life-changing to find SachaRuna, my teacher and great friend Miguel and this wonderful lineage of wisdom passed down from Joseph Rael. My most sincere gratitude to all of them, and specially the Great Spirit for the blessing and gift of this life. It's truly an honor to have the opportunity to walk this path and share with beautiful souls who are in the same journey of love, devotion, and surrender.

photo: 2022 Long Dance after dawn fire from Miguel

I wish nothing but the best for all and hope to find you in the heart of the divine, where all is one and one is all,
thank you, Julio Añez.



the third from Giovanna Gutierrez, first-time dancing the *Long Dance*

This was the first time I participated in the *Long Dance*; it was a wonderful experience. First, I helped with the decoration of the chamber and the floral arrangement of the Pachamama** altar. I also painted the faces of my companions with inspiring designs.

Before beginning the *Long Dance*, we did an offering to Mother Earth and had the blessing of Don Lucas Choque, head Shaman from Tiwanaku, in which I was touched by a butterfly. It was very important for me because this animal means transformation and that was my intention for the ceremony.



photo: 2022 Long Dance painted faces from Miguel

Then we began to dance, and I began to feel heaviness in my hips as if I were going to go into labor. This made me walk slowly and that's when I realized that the medicine started working on me. Afterwards I saw in a vision the father of my son and asked him to send strength to my child. I also asked my father for strength, and to help me in the dance. After that I began to feel free and motivated, because I felt that they would not leave me alone. I also got to see an ancestor of my male lineage for a while.

I was able to see all the flags and feel emotions such as freedom, love, strength, and blessings that were coming for all of us who participated in the Dance. I started to connect with my body and felt a need to stretch, so I did that for a while. The dance required a lot of effort and I was struggling, at that moment I remembered what they asked us at the beginning about dancing not only for ourselves, but also for our children, grandchildren, and all humanity.

The moon smiled at me, I began to have visions of all the animal fauna: tigers, dragons, monkeys and had a vision of the African continent. I saw the animals suffering and all the damage we do to them, I offered my apologies to all the animal spirits and started to thank because everything was perfect for me at that moment.

At some point I saw airports, war tanks and I did not understand what I was seeing, but then I realized that I saw the war that surrounds us and that I could feel that it was very bad for Mother Earth because of all the suffering that it is bringing with it.

I did not stop dancing and singing with gratitude, because I realized that I was receiving what I asked for, the transformation of my soul and body. I began to receive a lot of healing, especially in my uterus, in my heart and head. When the sun started coming up it was very special for me because I felt like dancing with it.

I am happy to have participated in the dance, the group was beautiful, and I was able to find a family in this process with the desire to heal. Thanks to all my colleagues, the masters and everyone who participated, now I know that the best is yet to come, Giovanna Gutierrez.

****footnote:** 'Pachamama' is Mother Earth. See also 'Pachakuti' in the article titled, *The Bolivian Sacha Runa Chamber and the Condor and Eagle Prophecy* by Miguel Kavlin, in Issue 11. Available for download on <https://seedsofpeace.news>



Black Light

from *Being and Vibration: Entering the New World* by Joseph Rael, *Beautiful Painted Arrow* (p.73)

'The essence of the darkness is "to call into existence from non-existence that which we are searching for." That is the metaphor of the nighttime. The breath and blackness are the same thing because Spirit is in the breath of nighttimeness. Spirit gives life through the breath to the body of life. Since the breath is what gives life to everything moment by moment, then it is by looking into the black moonlight that we find what we cannot find in the white daylight. The reason we cannot find it in the white light is because what is in the black hasn't appeared yet, hasn't manifested yet. In the white light we do not exist until the dark moonlight gives us existence.

If you want to find out something you know nothing about, formulate a screen in front of you and look into the black light. You may see whatever knowing you are given coming out of the black light, because the essence of black light is seeing that which we have been looking for and haven't found yet. Suppose we want to find out something about someone's health. We send out that seeking vibration into the black light.

Knowledge appears always from the no-formness of the dark space into the white daylight of knowing.'



(copyright 1995 © Joseph Rael)

'The voice of silence'

sent to the *Peace Group* in June 2010, also printed in *Ceremonies of the Living Spirit* (p.4) and *Sound* (p.10)



Listening with my Heart and Soul

Rebecca Howell, Sun-Moon Dancer at Sweet Beautiful Waters, Tucson, Arizona 2022

What, after all, is the Sun-Moon Dance? Is it the hours spent in preparation, tying prayer ties, gathering gear, recruiting a support person, traveling there and home (“I am visible, I am visible, visible...”) ? Gathering with old friends and new ones, preparing the arbor, greeting the tree...? Full of energy, drained by fatigue, overwhelmed by joy, or grief, or boredom? Too hot, too cold, too thirsty...? Wondering why I am here again, so grateful to be here again?

It is all of those things and none of them. It is a brief space of time carved out of the year, to listen with my heart and soul and body to what the Spirit can tell me, and to allow myself to be shaped into something more than what I have been.

I have only done this for five years now, and always at the same place, but each dance is different, and each dance is different for each dancer. So what follows is just a bit of what became very real to me in the dance this year, and that has stayed with me in the days since then. These are not particularly original thoughts, but I am grateful for the force with which the dance has carved these insights into my life in ways that have remained with me.

In the dance, we dance first to the Tree which represents the Tree of Life, the source of life. For me, that has always meant God. Then we turn and dance blessing out to the world. This year, I was struck by the thought that although the physical tree to which we dance is rather small, and its branches only reach about half of the distance to the edge of the arbor, the spiritual tree that it represents has branches that spread throughout the world. However far I might travel, dancing blessing into the world, there is no place, no situation I could go to where I would dance out beyond the branches of that tree.



photo of the Dance Tree from Rebecca Howell

The second, complementary insight was how amazing, how wonderful, how magical is this world that we live in. Now, to be fair, the Sonoran Desert in springtime is a very special place, and it's easy to rejoice in its magic. But I was feeling something closer to Gerard Manley Hopkins's declaration that, "The world is charged with the grandeur of God." Each grain of sand, blade of grass, dewdrop and mud puddle is chock-a-block full of God's glory. It's just that we often don't recognize it.

Now these are abstract and perhaps somewhat pretentious ideas, though I would argue that what happened for me in the dance was that their reality worked its way into my life. But if I had to save only one snapshot moment of what was special for me in this year's dance, it would be kneeling at the end of the dance, waiting for my turn to receive the water blessing. As I looked down, I saw a perfect little grasshopper about half an inch long, colored to blend beautifully with the grays and beiges and whites of the sandy ground. I moved my head so that the water poured over me would not squash him, and poured a little of my first glass of water onto the thirsty ground, hoping that it would be near enough to him but not overwhelming. And I watched as he slowly and delicately moved over to get some of the water for himself. It was a perfect moment.



photo of the Moon, the Dance Arbor and the white wall of the Peace Chamber, from Jane Inmon



Dancing my Dance, a Sun Moon Cycle

from Marina Budimir completing her 16th Sun Moon Dance in Pagosa May 2022

In 2000, as I stood on the ridge at a campsite favoured by paragliders and hikers called Raspadalica (= to fall apart) above Buzet, Croatia, at the start of a new millennium, I knew very little about the Sun Moon dance I was about to embark upon. Inquisitive by nature and always up for a challenge, I had attended numerous courses and investigated various techniques in the years leading up to this, yet as I stood there looking out to the town and its historic medieval core on the neighbouring hilltop, I felt very small and somewhat unsure of the choice I had made. On one hand ready to catch the first ride out of there and on the other curious to experience something I had been planning to do for years.



some dancers and crew after this 1st Sun Moon Dance in Croatia, photographer unknown

I stayed and danced in the sweltering heat with 30 plus dancers, craving for water and rain. Ahead of the dance, we had been asked to think about our reason for dancing, our intent. What I had concluded after much consideration was that I wanted to better know myself, who I was and where I was going with my life and that I needed change. Looking back after so many years I realise that each dance brought me just that – an insight and a way to move forward.

My first dance gifted me a means to resolve a mental pattern that no longer served my needs, the habit of looking back and recycling events. As I moved to the tree and back, with each exhale I let go of the old and with each inhale embraced the new. I saw the circle we danced in as a spiral, expanding as it extended from the earth to the sky and contracting and expanding as we moved to and fro.

After the dance, sitting close to the ridge and looking out to Buzet as the sun slowly rose over the horizon, I wept tears of joy, content with a new knowingness of the beauty life brings and how I had come into a new me, calm and at peace, embraced by nature and vibrating with echoing drumbeats. We had been told that the dance was a 4-year commitment and as the sun rose slowly, I promised myself that I would return and dance again.

In the years that followed I danced not only in Croatia, but also in the US, Brazil, Scotland and Germany. I came to realize that the dance may last only 4 days, but what I receive I dance through the year and that even if I have to skip a year or two, as I had to do on my journey, I carry it all until I dance again. Dancing has gifted me the opportunity to address all aspects of myself, to delve into my possibilities and to discover myself and to be in the moment. The Sun Moon arbour has offered me a place where I can be myself, feel at home, nurtured and carried, and take the energy I received out into the world. I have met many on the way, some as friends, some as teachers, some were in my life for a short while, others resurfaced at times and places when least expected and some remained a permanent and steady presence. I thank you all, and I thank my four-legged dog friends – Mely my dog who ate watermelons for me as I danced my first dance, Venus the ever-vigilant keeper who loved to do a round to check on the dancers and eat for us from the compost heap, Magic the friend of the spirits of the land, and Ezra the loving guardian of the land and assistant drummer, and Sy, the kitchen angel, dog soldier and best dog ever.

In May 2022 I danced my 16th dance, completing my commitment to dance each direction for 4 years each. I was honoured to participate in and observe the Southern Ute Bear Dance and it was in Pagosa that I was blessed with the waters from the world's deepest geothermal hot spring. (The Ute people called the sulfur-rich mineral springs *Pah gosah*, which is commonly translated in modern documents as "healing/boiling water"). As I lay in the arbour and listened to the wind howling in the pine trees, I heard a whisper: "Keep dancing".



Looking towards the Pagosa Dance arbour, photo from Lukas Budimir



The Dark Light and the White Light

from *Sound, Native Teachings and Visionary Art*, by Joseph Rael (p.28)

'Physicists tell us that black light, or dark energy, is pushing everything farther and farther apart. When there is separation between you and a friend or loved one, it is an aspect of the tendency of the dark light in you to push away. The white light is in you, too, and its tendency is to bring in and incorporate.

That dialog is the only thing that really exists. That is what causes the struggle within us. In our decision-making processes, really what we are dealing with is what the dark light and the white light are doing. In our perceptual reality, it looks like our particular struggles or life dramas, but really all there is is that dialog between dark light and white light.

The essences of the *ahh*, *eh*, *iii*, *ohh*, and *uu*, or purity, placement, awareness, childlike innocence and carrying, are really all part of the struggle or dance between the black light that is pushing things apart and the white light that is bringing things together.

The term "black light" doesn't refer to evil energy. The culture I come from teaches that there is no hell. There is only the dialog between night and day. We are "in the dark" and then all of sudden we have knowing and we are in the light.'



Dark Matter, Deer Energy, from *Becoming Medicine* (p.300) (copyright © Joseph Rael)

'Black light, or the dark light of the night times, is light that is so very, very pure that it cannot hold any of the colors of the rainbow. Black light is purer than white light. White light contains all the colors and allows us to see. Being enlightened with the white light, we then have connection to the knowledge that is stored in the blackness. All the potential is in the black light and the realization or materialization is seen in the white light, so those two have always been in an eternal level of dialog. What we experience as perceptual reality is the result of the dialog between the black light and the white light.'



The Drum Dance at Birdsong in Pennsylvania, a Chief's Perspective

by Lindsley Field, ceremonial leader and shamanic guide



Over the Years the *Drum Dance* has become my personal favorite annual retreat. I have danced the *Long Dance* many times, Joseph eventually charging me to lead them. I have been blessed to dance 2 *Sun Moon* cycles. All such powerful dances, each one expanding me further, but I fell in love with the *Drum Dance*. Each year I couldn't wait to return to the field, and Birdsong, lovingly created by Tom and Kristen Bissinger, became my 'go to' happy place.

When Tom decided to retire from leading the *Drum Dance*, he presented me with an extraordinary opportunity, "Would you consider taking over Lindsley, when I retire?" Deeply humbled and thrilled, I accepted with a resounding, joyful, "YES!" I shadowed him when he chiefted his 30th Birdsong *Drum Dance*. It was his retirement Dance. Such an amazing array of dancers and support people who came from far and wide were there to honor and celebrate his years of dedication and devotion.

The *Drum Dance* is always held at Birdsong the 3rd weekend of June and this year I solo chiefted my 4th. 'Solo' is strange to say as we had such fantastic support people and it isn't a solo venture by any means, it just means I have found my Chief Wings. Tom is content with how I'm doing, and each year I learn and grow along with everyone involved.

This year was particularly remarkable, unique and profound. I felt an expansion of energies, alongside of those familiar ones. As I began the myriad of dance preparations in early February, fresh insights and perspectives, clear visions and guidance channeled through, all prompting me to pause and listen even more deeply than I normally do, hearing, "This will be different, listen." I found my way to trusted moon mother sisters, who added to and affirmed these new energies and the additional themes that wanted to pour in and be accessible to the dancers.

As I drove the 2 days to Birdsong from my home in mid-coast Maine, I kept hearing the words "*Becoming Medicine*", the title of one of David Kopacz's and Joseph's books, "*Pathways of Initiation into a Living Spirituality*." An extraordinary book, I have slowly been reading, and it's never far from me. The strong message I received was, "Teach them they need to realize they are the medicine, and this dance is going to help them become the medicine." So along with the *Drum Dance's* traditional themes, this new theme joined forces. My job as Chief and Lodge Keeper is to be obedient to what the spiritual realms are saying and to follow that guidance. Joseph would so often say that's what he always tried to do, to the best of his ability.

The strong message that I heard and that was brought to light in our dance, was our need for sacred community and how we are each a vital component of this sacred web, or circle of light. Like spokes on a wheel, it doesn't roll and have integrity if spokes are missing. Each dancer, and of course, the Drum Team, Kitchen Chief and Angels, Firekeepers and Field Angels (a new term this year!), all are intrinsic components of that wheel (of life). We all expand, just as the dancers are working hard on the field, each support person is expanding (dancing) as they perform their service to the Whole. Testimonies so far have been powerful, as everyone was deeply touched in unique ways. Support people had a chance to dance some rounds, which some have shared touched them deeply.

As is my tradition, I add a War Veterans' altar. So we spent time dancing to all veterans, honoring those vets who were there, those that gave all. I wore my husband John's Vietnam veteran cap and danced. Later my Drum Chief, Michael Griffin, danced and wore my husband's cap. John said he could feel this happening back in Maine.

Additionally, I was guided to have a Children of the World altar. All were invited to bring sacred objects to this altar. Using the Ukraine colors, we added large prayer bundles and tied them onto the center heart pole of the feather line. We danced for all the children: those who have been killed in war and in unfathomable mass shootings; those displaced, removed from their homes and culture; the starving, the impoverished, the forgotten and the indigenous children ripped from their culture, shamed and often killed: the list goes on. The dancing was beautiful and powerful. Most all support people joined in, alongside the dancers. Our 2 drummers, Michael Griffin and Jim Houck were truly amazing throughout!



photo: Lindsley and Drum Chief Michael Griffin

Prior to the beginning of the Dance, I conducted a very different lodge. Initiated into lodge keeping using Joseph's unique mandala, I have come to understand that my job is to stay vigilant to how Spirit directs me, so I swung out of my familiar lodge protocol, it was remarkable really, "Teach them about *Becoming Medicine*." In each round we expanded. In the East, we opened our bodies, front and back, to welcome 'Eastness' into ourselves. Breathing and pausing and really feeling this connection and union. We are the East! We chanted and toned the sound for the East and followed suit in the same way with the South, the West, and the North, and the Up Above and the Roots down below. Then we welcomed and opened to our centers, chanting and toning our heart centers, the center of the Medicine Wheel! I explained that each of us has over 40 quadrillion cells and Joseph taught us that each of those baby cells is a medicine wheel. In the lodge, we took time to breathe that in and FEEL IT. One of my new dancers painted a picture after the dance of a becoming medicine person, adding this statement to her art.

In the lodge, it was explained through me, that our anatomies are connected to and made up of all the elements. It was explained that as we open and welcome attunement to the Medicine Wheel of Ourselves, we will realize that the fluids of our bodies want to align to the waters, the rivers, the trees, and all of the natural world, "We are the land dancing," Grandfather wrote and said so often in Mystery School. It was a very peaceful, grounded and illuminating experience!

Each round was completed, and the flap opened with the very loud exclamation: “WAH MAH CHI”, not what I normally say. When I asked about this, the answer was, “This will help melt the barriers, the misconceptions that their medicine is external to them, and that they have to go get it. Their medicine is in them all along.” As I understand it, it is a shifting from the masculine of the Lakota term, “A’Ho Mitakuye Oyasin”, to the feminine “WahMahChi”, which opens the gates necessary for the times we are in. Bringing in the feminine energies in this way, initiates rebirth, soul nourishment, and deeper listening and feeling sensitivities, “*Becoming Medicine*”. Joseph knew that we must elevate the feminine in order for the changes to happen that we so desperately need. Not to ignore the masculine but ignite it from the strong opening the feminine makes possible. The guidance was, that to survive and to thrive for all people, for all of Earth, we must find new ways, we must trust and innovate together as a unified team, each contributing unique and valuable innovations but also opening our “pathways of initiation into a living spirituality”.

For the Dance days, the weather was perfect. Friday’s rain became an early morning drizzle. Predicted heat transformed to unseasonal, cool temperatures. Along with the coolness, a Northwest wind blew in Saturday and blew steadily through the day. Incredible clearing was accomplished as the dancers moved back and forth on their feather paths. I could see the layers lifting, swept cleanly away by this remarkable Northwest wind. I saw the golden plates Joseph writes about that form above and below each dancer, as they continue working and worshipping on their feather paths**. The insight I received regarding the cool Northwest winds was that this was facilitating the deeper and broader soul transformation, it empowered and furthered those generational lines, beyond what I have normally witnessed, clearing back many generations. Dancers’ testimonies supported this insight.

What a gift to our world, the *Drum Dance*. It continues to grow, to expand, a living spirituality, helping us birth and anchor in our New Earth, with Love and Gratitude, Rev. Lindsley Field, Jefferson, Maine.

Visit the Birdsong website at: [Birdsong Peace Chamber](#)

the 3 photos in the article are from Lindsley Field

****footnote:** for more about the ‘golden plates’ see: *Being and Vibration: Entering the New World* (p.100)



photo of the Drum Dance area with Birdsong Peace Chamber to the right

~~~~~

*The picture at the beginning of this article is of the t-shirt image for this year’s dance. The design is a collaboration of myself and my husband John. 3 years ago, I told him I was looking for an image for the next Birdsong Drum Dance. In a meditation, he received the outer image from Joseph! This year I asked Spirit for ideas that would bring in the themes for 2022. The drum images came through, the dove of peace, the sun and moon and stars!*





## ***The Sacred Drum Dance***

**from Holly Lynn Troupe, year 2 Drum Dancer**

The Sacred Drum Dance at Birdsong Peace Chamber is not the easiest experience to find words for. There is truly no way to articulate what takes place on the Dance Field.

My name is Holly. I am a year 2 Drum Dancer. In 2021 when I completed my first Dance I laid on the field crying, feeling the Great Mother's heartbeat. I longed to return to the field.

As the 2022 Drum Dance approached I could feel the call. Along with the call grew large waves of resistance. I was afraid. I was afraid of the work to be done. The path to be cleared, the soil to be held, the seeds to be planted and the tears that would fall feeding the seeds and prayers. Wrapping and weaving into all of creation, the Great Mystery of Life. (Please note the seeds are a metaphor for the prayers and healing for all of life).

My ego completely swirled with fear. The first hours and into dream time my ego spoke loudly, keeping me up all night. I couldn't stop my ego, I had to let it speak. It chattered, even at early sunrise onto the Dance Field. I had to move and dance. The ego beckoned for the Dance. I had to let it be what it would be. My ego surrendered and died on that field.

As I danced I prayed to heal the past, clear the path for the present and future. Every step was in prayer. Parts of self died and new life was born. Visions of hardships and trauma of Ancestors poured out onto the field. I died on that field. I gave birth to my truth and the truth of my Ancestors. I gave every ounce of myself to Spirit. I surrendered and cried out for Spirit to take it all. Let me die, let me be filled with your love. Let me become the Dance of Life, the song of Creation.

The Dance brought forth many visions that I am still soaking and sitting with. I am not fully ready to share what I saw and felt. Maybe I will always cherish and hold in my heart only for me. I do not know yet. I will tell you. Eagles flew above the field, vultures and crows blessed us. Cold winds of the North carried the Ancestors to the field. Angels surrounded us and Danced in the Heavens. Visions and messages of great depth.

Illusion falling and fading away still weeks after the dance. New life, old remembering of Sacredness emerging. Truth and the essence of life coming to light. The Dance stays with you. I close my eyes and remember the Dance and my Dancing Family. We were and are Warriors of Truth and Heart fighting through prayer and love for the traumas of the past, clearing the way so the Ancestors can find us once again.

“Close your eyes.

Slowly inhale, surrender, slowly exhale, melt into.

Go back, keep going back, never forget.

When I close my eyes, I'm right there back on the field!

To my fellow Dancers I will see you soon

I can see the feathers now

There are memories within the earth

Stories within the stones.

History erased

Language forgotten

Dances, no longer danced

Songs, no longer sung

Suffering

Tears


Poverty

No rights

Control

Fear

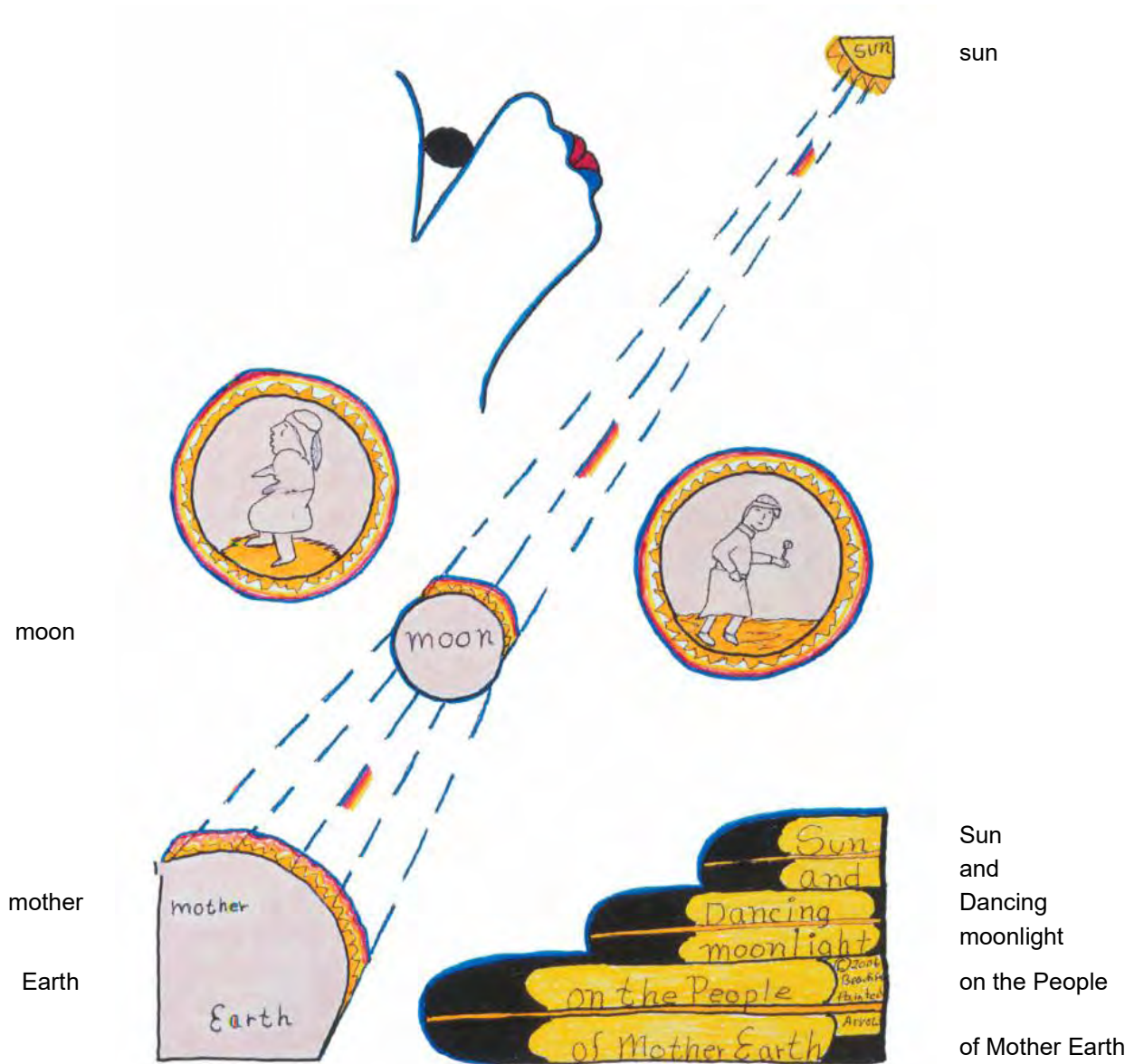
Yet Spirit still moves

The earth still beats 

As I connect with land  
 I hear your stories  
 I remember your tales  
 Sacred tools found within the land  
 Their stories held in the memory of the waters  
 I will remember  
 I will tell your tales

And I will dance the Feather Line to the Sacred Drum and ancient songs in honor of you.  
 The Drum Dance is within. I will show up in your memory and stories to come.  
 For the children of the past and the children to come.  
**Joseph Rael** Beautiful Painted Arrow thank you ♡”

Love Always Holly Lynn Troupe



(copyright © Joseph Rael)

from *Becoming Medicine: Pathways of Initiation into a Living Spirituality*, David Kopacz and Joseph Rael (p.61)



## Invitation to the 10<sup>th</sup> Gathering of Peace Chambers

September 30th, October 1st & 2nd, 2022

from the Rainbow's End Community in Southern California



The first Gathering of Peace Chambers was held October 31st thru November 2nd, 1997 .... 25 years ago! The Rainbow's End Community here on this beautiful High Desert in Southern California is eager to welcome ALL to the 10th Gathering of Chambers!

The creation of our Chamber by renovation of an existing structure continues with completion in clear sight. We have already gathered in the new Chamber several times, so the space is being blessed in good ways with Drumming, Prayer Circle, Butterfly & Water Dance preparation and of course, Feasting!

We have many wonderful things planned for our time together during our Gathering. Several in our community have stepped forward so we will be offering a Chant for Healing, a Crystal Bowl Sound Bath, Song, Drum and of course, Chanting, Chanting and more Chanting. We are also planning Ceremonial "work" in our Dance Arbor, a Hand Prints for Peace Ceremony and a Fun & Funky Fund Raising "Auction" (for this you'll bring your quarters, dimes and nickels). There will be time too for stories and more from those of you who are able to be with us, so please keep us posted on your plan to share. As plans continue to evolve we want to be sure everyone is included!

The "rules/protocol" for gathering here at Rainbow's End remain the same as they have always been since we came to the Land in 2000. If you are ill, please stay home! We believe "Your Word is Your Honor". In keeping with this belief when you step onto this Land you are telling everyone you are healthy & well.



*photo: magical San Pedro cactus from Lukas*

We do ask that there be no postings/sharings on Social Media regarding this Gathering. In keeping with promises made long ago to my Teachers, this community has grown by word-of-mouth, meaning personal invitation to 'new' people from those who have been invited. And, yes YOU are personally invited!

Let us know of your plans to join us and we'll forward the "Information" packet of places to stay, things to do, etc. We will need a confirmation of your attendance no later than September 9th to ensure we are prepared in a Good Way to receive everyone with enough food for our meals together, porta-potties, etc.

We have been asked about camping here on the Land during the Gathering. If this is the only way you are able to be present for the Gathering you need to know there are NO inside facilities available .... no kitchen (and we are not allowed any open flames outside), no showers, no wifi, etc. We are recommending AirBnB or hotels.



*photo: Californian landscape on the road to Rainbow's End from Lukas*

There is no fee, cost or charge for participating in this Gathering. We will be setting out a GiveAway Basket and ask that you Give From Your Heart so expenses are covered.

We are looking forward to welcoming ALL!

In Love & Peace .... Valerie Eagle Heart  
(US Code+) 909-224-1750

[eaglehearttrex@earthlink.net](mailto:eaglehearttrex@earthlink.net)

PS..... Just a heads-up .... if you are Heart Called to Dance or Support the SunMoon Dance, we are Dancing here at Rainbow's End the week-end following our Peace Chamber Gathering....October 7, 8, 9 & 10 AND the Men's Hollow Bone Dance will be offered October 14, 15, 16 & 17!





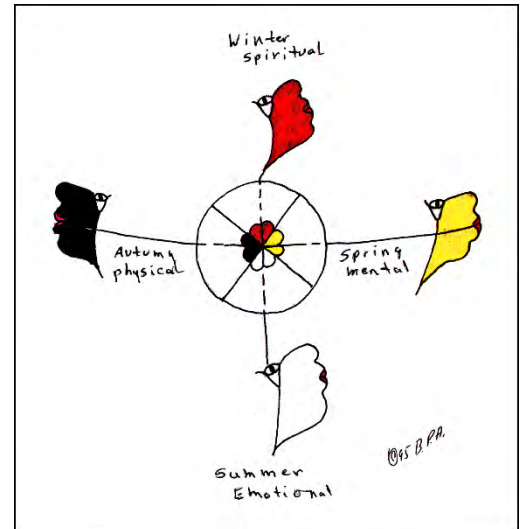
## ***New Peace-Sound-Chamber to be built in Zagreb, Croatia, Europe and hopefully more and more all over the Earth***

**inspirations and the developing plan described by Lukas Budimir**

Our name is Marina and Lukas Budimir. We lived in Denmark and Germany and moved to Zagreb last year. When the war of Russian aggression in Ukraine started, we thought about what we need most in the world right now.

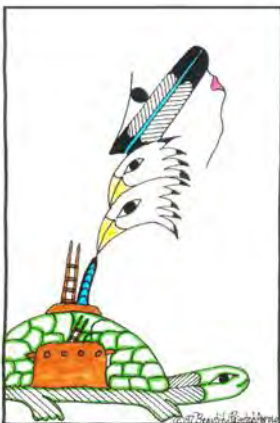
We need to find a balance between the straight and the round, the male and the female principle that we both have inside us. The male principle goes straightforward forever, without stopping. The female principle goes around in circles forever. We tend to immediately judge things, but what we need is not about good or bad, it's about how we can balance what we do, feel, think and believe - the four directions of the medicine wheel, and wherever you go you'll find 4 directions. The 4 directions are connected in the middle, which is the heart level. The connection between the North and South is straight, and between East and West is straight and we live on a round Earth, so we have both principle ideas in the Medicine Wheel.

When we come from the East to the Center, we feed it energy from the mental direction and, as the Sun starts a new day, we feed it with new beginnings. Following the Sun will bring placement, awareness and childlike innocence into our heart. We balance the four qualities and create the energy for teachability, which is necessary for change. When we are in balance, we enter the here and now, which is the only way to access the past and the future. Only now, can we heal the personal and global injuries, the unbalanced decisions that were made long time ago and cause the problems we face today because we didn't balance things then. When the energy is centered and balanced, it goes out to all the directions and the whole world receives this information.



Artwork: *Wheel of the Directions* (copyright © Joseph Rael) This artwork can be found in *Sound*, in the *Visionary Art Cards* booklet, and in *Being and Vibration, entering the New World*

### **Why do we want to build a Sound-Peace Chamber after Joseph Rael's vision?**



Joseph Rael had the vision of the Sound-Peace Chambers in 1983. In the following years more than 60 were built and created an energy web over the Earth that had a great impact: the confrontation of the Eastern and Western blocks ended.

See pictures of different Chambers on: <http://www.peacechamber.co.uk/chambers/>

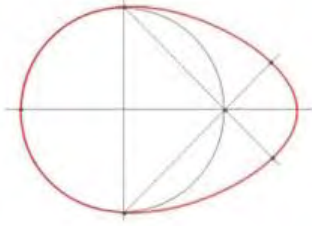
See also "Introduction to Sound Chambers" from Joseph Rael and Francis Rico on:

<https://www.youtube.com/watch?v=Jac3qtfbEGA>

Artwork: *created for the Sound Chamber Gatherings* (copyright © Joseph Rael)

In Germany, with the fall of the Berlin Wall in 1989, it happened so fast and peaceful, that the people in charge could not stop it, but it seems that the way of thinking that caused the overall situation in the world that created the blocks has slowly recovered. Therefore, we have to change our way of thinking and doing by realizing that we are all connected, we are all one and what we do to others we also do to ourself. Through chanting the vowels in a Soundchamber we center ourself and are in the here and now. That is where change happens. When it happens to us it is a possibility for everyone, since we are all vibrating, living beings and any vibration is sound. Joseph Rael says that the Chambers bless all people, even if they never have been in one, and our skull has the same oval form as a Soundchamber. That is where our thinking happens! The oval is a symbiosis of the straight, male principle and the round female principle, so we have the ability to think in a balanced way.

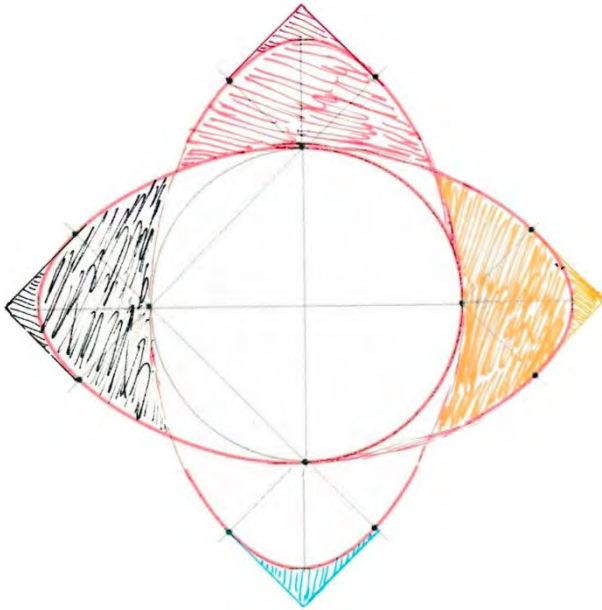
## The basic idea behind the shape of our new Sound-Peace Chamber



The chamber to be build will be an oval with its narrow end towards the East so we get a good connection and exchange with the mental, for new beginnings. However, we also want to have this good connection to the South, to the emotional level, where we find placement in our lives. The West, which is the physical side of our beingness, comes with new awareness and in the North, our spirituality adds the childlike innocence that we need to be teachable. We balance these directions through the center, the heart level. Now we can find balance in ourself.

*the diagram above shows the construction of an oval pointing East.*

*the diagram below shows the construction of the new chamber, 4 interconnected ovals, illustration by Lukas.*



To enhance the strong connection and exchange with the directions, the narrow end of each egg-shaped oval comes to a tip, like an Oloid.

We are planning to write more about the form of the Oloid and our experience with it in the next *Seeds of Peace* newsletter.

Please notice, that the 4 ovals of the Directions share the same central circle.

Measurements:

Height: 3 Meters = 10 feet

Diameter of the center Circle: 6 Meters = 20 feet

Oval from East to West / South to North 9 Meters = 30 feet

Tip to tip from East to West / South to North 10 Meters = 33 ft.

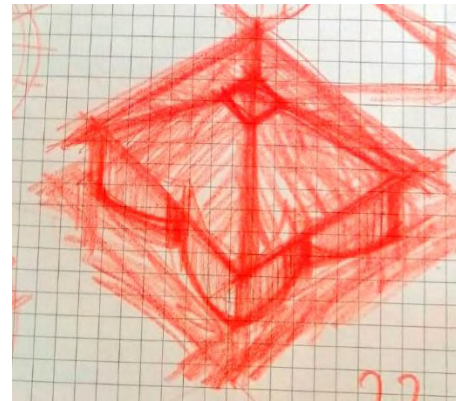
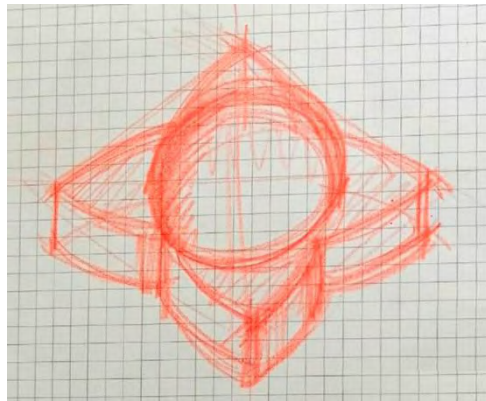
## How are things developing?

We bought a former farm with an old house, barn, orchard and fields in total about 1 acre / 4200 square meters. The property is 20 miles from Zagreb, Croatia's capital city. Somehow it ended up to be Earth-Day that the sale was finalized (April 22<sup>nd</sup> 2022). The property is a 15 minute walk from the Save (Sahveh) River, which flows into the Danube, the river that flows through 10 European countries and into the Black Sea in both Ukraine and Romania.



The aerial photo shows the abandoned farmhouse with barns, orchard behind the barn and a meadow on both sides. On the meadow to the right is a wooden structure, where the Sound-Peace Chamber could be built.

Through a good friend from Austria, we found and hired a couple that combine architecture and design and live in both Austria and Croatia. They are going to do the construction plans that we need for the building permit. Here are their first drafts.



3 illustrations (copyright © Davor Markovic)

Building can hopefully start at the end of this year.

For suggestions, ideas or questions, please contact Marina and Lukas Budimir: [soundchambereurope@gmail.com](mailto:soundchambereurope@gmail.com)



### ***Stories of Thundersong Chamber, Gold Hill, Colorado***

related by storyteller Jeff Combelic

### ***part 3: The Construction of the Sound Chamber***

photo: building progress, from Jeff Combelic

See issue 24 for part 1.

See issue 25 for part 2 which concluded with these words:

.... 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."



#### **Part 3 -**

My building permit application had been tabled. There had been a couple of full moon mushroom drumming fire circles out in the woods in the past and town folk were concerned. I reassured them that Joseph's workshops were tame and the silent Buddhist retreats, I envisioned, even more so.

I took my truck in for new tires and headed to a coffee shop to revise my written presentation. As I passed a Health Food store my little voice said, "Go in there." I argued that I wanted to go to the coffee shop, "Go in there!" came the reply, so I did.

First, I needed a pen for corrections. The gal at the register said, "Someone left a Gold Cross red pen earlier," and she gave it to me. I started my editing. Then I heard a man checking out ask her if she knew of a spiritual group which, from his description, I recognized as the Guru Mai Seva Yoga group. I invited him to come over as



one of my friends was in that group. He told me that his name was Edwin and I told him about the Chamber project and an upcoming Eagle Elk pipe ceremony. He did come up to visit and subsequently ended up peeling about 60% of the Chamber log beams. Thank you, little voice.

The application for the project was approved at the Town's next Historical Board meeting. At that time, Joseph was doing the "jet set Shaman" thing, coming from Philly headed to Aspen with a long enough lay over in Denver to do a several hour workshop with us in Boulder.

On one visit he came up to the Chamber site, to do a ceremony to bless the land where we would build. He placed a power bundle that hung from a tree and brushed the ground as the wind moved it. I prayed for work as money was going to be needed. Three jobs lined themselves up, God bless.

My excavator came in. "Bevel" Bob and I formed the footing and sunspace thickened edge pad. We got inspected and had a cement truck come for the pour. In finishing concrete, one wets and trowels it every 45 minutes a few times. What I liked was that rain would sprinkle just right every time before I came out to trowel! No extra water needed.

The Sufi crew of Myra, Abby, Steven, and Shannon coalesced into an organizing force, Myra even moving into my back room. I started stockpiling materials for the next round: cinder block, rebar, cement, and sand and gravel. My '70 Chevy one ton wood truck with a steel dump bed and a boom was getting a workout. I loved coming down the steep and winding hill into town downshifted with the exhaust crackling.

One morning getting coffee before going after cinder block, my little voice said, "You won't have to pay today." After getting a full load I went to the office to pay and the guy said, "No charge, we are going to close the yard, you can have all you want free." Money wise I sought no donations for the building materials as the structure was on my land and the volunteer labor was so appreciated.

The volunteer crew stacked the walls, door in the south and niches in the three other directions, and we were ready for the big day, mixing and pouring the walls. I was concerned about directing so many people as everybody had little to no construction experience. Kika from down the street shows up early with a friend who turns out to be a professional mason. Hallelujah, I put him in charge of the mixing crew, and we, numbering 16 or so, have a great day, all the walls getting poured.



*photo: volunteers mixing and pouring the walls, from Jeff Combelic*

Deepika builds a sweat lodge. Joseph comes and we do a sweat with 20 or so people. At the end of the evening there is only \$47 in the pot. I had put in \$20 and my friend Debra \$10. Joseph says, "Enough" and henceforth does a paying workshop before the sweats. I had noted way back a "freeloader hippy energy" in the crowd and there had always been talk about how sweats should be free. It seems people didn't realize how medicine people were taken care of on their Reservations, even receiving gifted trucks. Joseph had also mentioned people being bailed out of jail and being helped with utility bills. Another financial aspect was that Joseph was in the process of moving to Bernalillo and building a Chamber.

Eventually the era of the "jet set" workshops came to an end and after the Thundersong Chamber building was completed, he would come up to us and we would travel down to Bernalillo, 350 miles, for workshops.

**To be continued.....**

### A footnote about Gold Hill

Gold Hill is located to the northwest of Boulder, perched on a mountainside above Left Hand Canyon at an elevation of 8,300 feet. Originally a mining camp, it was the site of the first major discovery of gold during the 1859 Colorado Gold Rush and remained an important mining camp throughout the late 19th century, with a population approaching 1500 at its height, before falling into decline. It has been revived somewhat in recent years as a quiet isolated haven, with no paved streets, but easily accessed by dirt roads.



source of text and photo: [Gold Hill, Colorado - Wikipedia](#)



### Thoughts of a Navel Gazer



What is Mind?

When something is extracted from the mass of the Earth it is mined.

I am mind from the Earth.

And the source of the mind?

It comes from a mine; the mind is mine.

And, on further reflection, mind out -

because everything I have mined is mine - if you don't mind!



### Inspired to Contribute to Our Newsletter?

**If you would like to write, give it a go!**

**Guidelines for Writing Articles:** A word.docx is the best format for an article to be submitted in. The length of the article can be from a few sentences to a maximum of around 1700 words. 1600 words is a good length for an in-depth article. Photos and drawings are very welcome and, for better quality reproduction, should ideally be sent as separate .jpg files. They can also be included in the submitted document, or some words inserted to indicate their position in the text.

We will transfer your article to the page format of the newsletter, check it for errors and clarity of meaning and possibly make some suggestions. If we do make changes, we will send a draft back to you for approval or for your further revisions. This back-and-forth process can take some time, which is why we ask, if possible, to receive the proposed article a month before publication day.

We like to give the readers some idea of who you are, so please send a few words about yourself and your location to go in the author line at the head of the article.

**On the Subject Matter:** The subject matter can be wide ranging but should have a strong connection to Joseph's Teachings. We like to include articles on the present and future development of the visions; on how we and our communities work with and interpret the Teachings to keep them in tune with the current times. This forward-looking focus seems particularly important now that we, globally, need to make changes fast and the body of Joseph's work offers so many helpful insights.

**We would love to hear from You.**

*see the next page for more details*

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

**NEXT ISSUE** *Seeds of Peace Issue 27*

publication target date: November 5<sup>th</sup> 2022

please email submissions before October 5<sup>th</sup>

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

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**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.

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**Related websites:**

<https://www.geraldinarael.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: [geraldinarael382@gmail.com](mailto:geraldinarael382@gmail.com).

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

[www.josephrael.org](http://www.josephrael.org) : owned and managed by Millichap books.

[www.peacechamber.co.uk](http://www.peacechamber.co.uk) : a website covering the Chamber Vision and the manifestations of Sound Peace Chambers worldwide.

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